

Science Of Happiness Essay

Topic - Listen to music that gives you peace

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The Healing Harmony, Finding Peace and Happiness Through Music

There was this one evening I remember so clearly when everything inside me felt like it was spiraling. I couldn't name the emotion exactly but my chest felt tight, my thoughts won't stop racing and silence around me made it worse. I did not want to talk about it and had no idea how to express or deal with it. So I randomly typed "music that heals" into youtube. One of the top results was 528 Hz love frequency. I had no idea what that meant, but I clicked. At first it sounded like nothing special, just a soft hum. But slowly my shoulders eased. My breath evened out. I wasn't magically okay, but I felt like something shifted. I felt held, seen and felt like my chest lightened. That moment has stayed with me since. In this essay, we will explore how listening to music is related to our inner peace. We will discuss scientific research, philosophical thoughts, ways to apply this in our daily life and the challenges people may encounter with its ability to bring calm.

That was the first time I realized music is so much more than background noise or entertainment. It is kind of a medicine. Not a cure but a comfort. Over time peaceful music became a quiet ritual in my life. It sneaked into my mornings and my late nights, into study sessions and emotional spirals and without me even noticing, it started building a little room inside me. A room where I could breathe, reset, and just be.

Scientifically, there is actually a lot happening beneath those sounds. Calming music activates the parasympathetic nervous system, which is basically the part of us that knows how to slow down, rest, and heal. Studies in music therapy have demonstrated its effectiveness in reducing anxiety, managing pain and improving our mood. A key example is a comprehensive study published in The Lancet in 2013 which looked at multiple clinical trials demonstrated that using music lowered anxiety levels in patients undergoing medical procedures compared to standard care. But beyond that certain frequencies like those in the Solfeggio scale are said to match the vibrations of our body and mind. 396 Hz is linked with letting go of fear and guilt. 528 Hz, the one I stumbled upon, is connected to love, transformation, even DNA repair. These aren't just spiritual claims. There is research into how sound frequencies can help reduce anxiety, improve sleep and restore focus. Binaural beats work similarly, when two different frequencies are played in each ear the brain interprets a third internal beat. That beat can guide our mind into states of relaxation, meditation or alertness. In some therapy sessions now music is not an add on it's like a treatment.

But honestly I didn't start this because of studies or science. I started because I was struggling and it made me feel comfortable. That's where culture plays a role too. In

Hinduism, sound has always been sacred. Not just what we hear but how it vibrates within us. Hinduism views sound '*Nada Brahma*' as the essence of the universe itself. Om is considered as the primordial sound from which creation began. It is made up of the three syllables *A*, *U* and *M* representing the three aspects of God: Brahma the creator, Vishnu the preserver and Shiva the destroyer. The three *gunas* or fundamental energies of nature: *sattva* (harmony), *rajas* (movement), and *tamas* (inertia), as well as the three sacred Vedas: Rigveda, Yajurveda, and Samaveda. AUM isn't just a sound it's a symbol of wholeness, infinity and the ultimate truth.

To me, it's not theoretical. I've heard my mother chant these sacred sounds during pujas, her voice carrying something far deeper than words. That vibration, that resonance is ancient healing which is still alive in all of us.

In my own life, this practice didn't become a habit overnight. It just slowly became something I returned to without even thinking. Some mornings before college, when the house is still quiet and my thoughts haven't started buzzing, I put on flute music or a soft frequency like 528 Hz. I'm not meditating exactly. I'm just breathing with it. Letting it hold me for a while. When I am studying for long stretches, binaural beats help me to stay calm and focused. Sometimes I don't notice it working until I forget to play it one day and feel more scattered. Other times, I listen to temple bells I recorded during trips with my family or bhajans my grandmother used to hum while cooking. They aren't just songs, they are memories and home. No neuroscience can measure the kind of peace that comes from hearing something that once made you feel safe.

Of course, it is not always easy. Some days I forget. Some days I resist. And in the beginning, I wondered if it was just in my head—could a certain sound really shift my emotions? Could music actually help? With the overwhelming variety of music out there, I also struggled to figure out what truly resonated with me. The results were not instant, but over time small shifts added up. Expecting instant results can sometimes lead to doubt or impatience, but healing happens quietly. A calmer morning here, a less anxious night there. I realized the real challenge wasn't whether the music worked. It was whether I would show up for it, especially when I was overwhelmed. We often forget to turn to music in moments we need it most. That's the irony. We often skip those things that could help us most because we're too stressed or too busy. Sometimes I'd catch myself playing it while multitasking, only to realize I wasn't really listening, I was just letting it play like background noise. And other times, I'd notice I wasn't being intentional about it. The solution is simpler than we think. It's not about perfection, but intention. Five minutes of focused, mindful listening. A favorite mantra in the background. A small habit that says, *I choose peace today*.

Sometimes there's hesitation from others too. That same skepticism I felt in the beginning is something I've also seen in people around me, wondering how music could really help. People think healing frequencies or sound therapy sound too new-age or Western. But to me, it's familiar. It's Vedic. It's my roots. It's not about trends—it's about tradition finding a new voice. When I realized this, it became easier to trust the practice, to keep returning even when life got noisy.

When I first began this journey, I thought peaceful music might just be a soft distraction. Something nice in the background. But I've learned it's much more than that, it's a way to return to yourself when everything else pulls you away. Peace isn't something loud. It doesn't shout over chaos. It waits for you in the quiet and peaceful music, at least for me, is one of the ways I find that quiet. Listening to music for peace isn't just a passive thing, it's an intentional act. A quiet decision to reconnect, and to gently guide yourself back to balance.

This wasn't just an essay for me. It became a mirror. A way of looking at how I hold myself together when things get hard. If you're reading this, I'll ask you something I now ask myself often. When was the last time you truly listened, not to your phone or people, but to yourself? What sound brings you back home? What vibration reminds you that you are okay even for a little while?

You don't need a perfect playlist or spiritual routine. All you need is a moment, a breath, an intention and a sound that feels like truth. The kind of sound that doesn't fix you, but reminds you that you were never broken.

If you're interested in diving deeper, here are some links to guide you:

1. Solfeggio Frequencies:

- 396 Hz – [▶ 396 Hz ▶ LET GO of FEAR ▶ Remove NEGATIVE BLOCKS ▶ Marimba Medi...](#)
- 528 Hz – [▶ 528Hz - Whole Body Regeneration - Positive Transformation + E...](#)
- 639 Hz – [▶ 639 Hz | Reconnecting Relationships | Attract Love | Solfeggio Fr...](#)
- 741 Hz – [▶ 741 Hz ▶ REMOVES TOXINS ▶ Full Body Cell Level Detox ▶ Heali...](#)
- 852 Hz – [▶ 852 Hz - LET GO of Fear, Overthinking & Worries | Cleanse Destructive En...](#)
- 963 Hz – [▶ 963Hz ❖ FREQUENCY of GODS ❖ Awaken Kundalini ❖ Activate Pineal G...](#)

2. Chakra Healing Mantras

- Root Chakra (Lam):
[▶ Magical Chakra Meditation Chants for Root Chakra \[Seed Mantra LAM Cha...](#)
- Sacral Chakra (Vam):
[▶ Soothing SACRAL CHAKRA CHANTS - Seed Mantra VAM Chanting Medita...](#)
- Solar Plexus Chakra (Ram):
[▶ Soothing SOLAR PLEXUS CHAKRA CHANTS - Seed Mantra RAM Chantin...](#)
- Heart Chakra (Yam):
[▶ Soothing HEART CHAKRA CHANTS - Seed Mantra YAM Chanting Meditat...](#)
- Throat Chakra (Ham):
[▶ Soothing THROAT CHAKRA CHANTS | Seed Mantra HAM Chanting Medit...](#)
- Third Eye Chakra (Om):
[▶ Soothing THIRD EYE CHAKRA CHANTS - Seed Mantra OM Chanting Med...](#)
- Crown Chakra (Om):
[▶ Soothing CROWN CHAKRA CHANTS - Seed Mantra AH Chanting Meditati...](#)

3. Aum Chanting: [▶ Om 108 Times - Music for Yoga & Meditation](#)