

Harmony



- 1st October is International Music Day, celebrating the power of music to bring people together, strengthen relationships and bridge cultural gaps.
- One of their suggestions is that we should switch everything off for a few minutes to reduce noise pollution and enjoy listening to the sounds of nature around us.
- How does music improve your wellbeing? Do you use it to help you relax after a busy day, to make you smile, or to motivate you when you're running or working out? Perhaps you like to dance, or play an instrument?
- How can you share music – or make music - with others?
- Is there anyone in your life who you need to reach out to, to restore the harmony between you?

‘Music gives soul to the universe, wings to the mind, flight to the imagination and charm and gaiety to life.’

Attributed to Plato

