

SidePATH: The Power of Music

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Music clears the mind and makes us happy. Music has the power to help us pour out our heart before God. It also has the power to sharpen our memories and enable us to concentrate on our goals (*Advice, Joy* 14, 15).

Therefore the Rebbe taught that it's a very good habit to inspire ourselves with a melody. The spiritual roots of music and song are very deep and can arouse our hearts and raise our spirits (*Rabbi Nachman's Wisdom* #273).