

The Healing Holiness of Music

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<https://www.youtube.com/watch?v=-lW75pBkNUM>

Music can heal, uplift, and bring happiness. It can also agitate, drag down, and bring depression. Rebbe Nachman teaches that music, in order to exert its most beneficial effect on the soul, should come from a holy source. By choosing music that has the power to heal, we can nourish our psyche and help our soul connected to God.