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With that statement we can emphasize, without any doubt, that through the art human beings experience a change in their feelings... In rankings of the arts we find the music in the group of "arts of movement." In this group we have the music, the dance and poetry (JOLIVET, 1961).

Since the old cultures is noted the importance of the music, and that history records connections between song and healing. Through the history of ancient cultures such as the Egyptians, Greeks and Persians, we find citations in their legends of miracle cures, made through the use of music.

The philosopher Plato, in his work The Republic, in the book II, stresses the importance of music:

"... it was a season which provided wonderfully serious intellectuals struggles ... along with the music (our underline), the rationalism frivolous, the grace of the rococó style and the charm of salons [...] constitute an essential aspect of the ludic that everyone recognize [...] (PLATÃO, s/d, p. 175).

The beauty is the only idea that shines in the world. Plato says that in his teachings to his disciples. Saint Thomas Aquinas defines the beautiful as what pleases the eyes. Through recreational activity can reach the absolute shutdown of the concerns.

The movement is inserted in the music and is confused with it, one is essential to the other; the movement released through music we feel that we have to release the sensitivity and the emotions of human beings, which is aware, through music because the sensitivity comes to the surface of the skin, as in Teles says: "the art deals with the emotions, operates in the field of sensitivity. It is undoubtedly one of the most beautiful expressions of man-be-involved-in-the-world" (1996, p. 27).

The use of music as a therapeutic method comes from the beginning of the human history. Some of the first records in this regard can be found in the works of Greek philosophers in the period pre-Socratic.

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In ancient cultures were observed connections between music, song and healing. Egyptians, Greeks and Persians cited in their legends, the cures that nowadays could be classified as miraculous, made through the music.

Plato stated that the music of the soul, that the body, can be reached through the soul that governs it; and if the body is trained by the gymnastics, the soul must be trained through music; if the exercise is not integrated to the music, can make man rude and worried and the same way if the music is not linked to the movement, leads to frustration and indolence.

The use of music as a therapeutic method comes from the beginning of the human history. Some of the first records in this regard can be found in the works of Greek philosophers in the period pre-Socratic.

According to the philosophies, music and poetry (JOLIVET, 1961).

Music is a powerful force that can be used to give us health, peace and harmony; we need to learn how to use all the resources that produce health to improve our own physical, emotional and intellectual integrity.

On the music’s motor aspect (by its elements: rhythm, melody and harmony) contributes to an assimilation of movements with maximum efficiency and a minimum effort, in the relationship of contraction and relaxation that constitute a movement. The Chinese believed that the music could directly affect the health of the physical body, associated with melodic standard; the pace produced particular mystical influences in humans.

The music also helps in the treatment of Aphasia (total or partial loss of speech), schizophrenia and other mental disorders, to arouse the attention and stimulate the confidence of the individual in itself; and to relieve nervous tension and psychological depression.

There is no doubt the value of music on the human brain; And this has been confirmed every day that goes by the technological advance, which allows renowned scientists to extend their studies on the subject, conducting experiments in the treatment of a lot of kinds of health’s problems, as in cases of patients with neurological problems, heart conditions, mental disorders, disabilities not only referring to cognitive aspects, but also to the physical and sensorial.

It is understandable that the music antecedes the proper language, which enables you to think of a possibility of a musical brain, as the thought of Oliver Sacks (2007), argued in his latest book, Musical Hallucinations. He refers to music as holding the function of transmitting emotions, join people, calming and animate.

We talk about music therapy, sing therapy, ways in which the music is used for therapeutic purposes, always associating themselves to the body, the emotions and their effects on the general of human beings health’s state.

The medicine and the music can be measured as a means of approximation and sociability among patients. Improving the body’s function and calming fears and confusion.

Throughout the history writes the Dr. David E. Bresler, in Free Yourself from Pain, "the music has been incorporated in many rituals of healing. Recent scientific studies have shown that music balances the metabolism of the body, muscle activity and breathing. And also affects the speed of the pulse and blood pressure in addition to minimizing the fatigue's effects."

The movement is inserted in the music and is confused with it, one is essential to the other; the movement released
the body and the music the soul, and may not be separated from the other risking to break the "man" into body, spirit and soul.

The Dr. Tartchanoff, specialist in brain phenomena, proved that "The music exerts powerful influence on the muscular activity, which increases or decreases, according to the pace, the volume, style, in any activity. In studies on the effects of the sound stimulus on the skeleton's muscles, Dr. Tartchanoff found that:
The music stimulates the movement, and second Camargo (1994 pg71) "if there was no movement this inevitably rises from the music."

Still on a body workout using music with pre-set movement and limiting the action's freedom, initially, the benefit lies in the character of the rhythm which gives strength, encouragement and plasticity to their practitioners.

The general conclusion is that the sounds are dinamogenic or that muscular power increases with the intensity and the height of sound stimulus. It appeared that isolated tones, scales, reasons and simple tonal sequences exert an energized effect on the muscles.

Shakespeare: "The music "aids the sick minds, pulls from the memory a sadness rooted, destroy the anxieties written in the brain, and with its sweet and forgettable antidote, cleans the core of all the dangerous substances that weighs on the heart."

In view of these words is clear the music's importance in the life and health of a person. "According to the French Association for Music Therapy: The Music therapy is the "use of sounds and the music in a psychological relation" (Bruscia, 1998 p.298)

The music can reconstruct identities, integrates people, reduces anxiety and provides the building of a positive self-esteem, as a tool in a subjective building, in the development of identity, recovering and developing the person's healthy aspects. Through the music you can ease the emotional tension, overcoming difficulties of speech and language.

The mental illness may be a medical area that has enjoyed better the music. This success appears to be related to the fact that the music may offer the only safe means of communication and acceptable for a person that suffers emotionally. As the music is a means of non-verbal communication, it helps the person to release emotions and feelings repressed changing your emotional and vibrational default, being the default of the whole pattern vital through the performance on the physical body and emotions.

The Music as therapy is used by its elements (sound, rhythm, melody and harmony) in a systematic process in order to facilitate and promote the communication, relationships, learning, mobilizing, the expression and the organization of mental processes of one or more individuals so that they recover their functions, develop their potential and acquire better quality of life.

**Keywords**: Philosophy, psychology and music.

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**Discography**:  
Musical Recommendations: Pessimism, memory, insight, stress, optimism, energy, relaxation, sleep repairer and serenity.

Bizet: Abertura de Carmen
Wagner: Abertura das Walquirias
Grieg: Concerto para piano em La menor. Primeiro movimento
Tchaikovsky: Concerto para piano número 1, primeiro movimento
Gershwin: Rapsódia Azul
Debussy: Clair de Lune
Saint-Saës: O Cisne do " Carnaval dos Animais
Brahms: Dança Húngara número 5 e 6
Ravel: Bolero
Verdi: Marcha triunfal de "Aida"
Schubert: marcha Militar
Liszt: Sonho de Amor
Strauss: Valsa "Danúbio Azul"
Vivaldi: As Quatro Estações

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**HUMAN MOVEMENT: THE MUSIC'S IMPORTANCE IN MENTAL HEALTH**

**ABSTRACT**
Through music we feel that we have to release the sensitivity and the human beings' emotions, which is sensitivity, because through music the sensitivity comes to the surface. The beauty is the only idea that shines in the world. Plato says that in his teachings to his disciples, Saint Thomas Aquinas defines the beautiful as what pleases the eyes. Through recreational activity we can reach the absolute shutdown of concerns. Being the body a product of the society which is part, the changes of rates of
body movements, change as according to the place, the stimulus and the season, therefore, even before communicating or expressing themselves through language articulated, the man used his own body with a standard rhythmic movement, at the same time we developed a plastic sense of space. The music phenomenon presented in a more or less pronounced way in most people's life is associated with experiences that may contribute extensively to our welfare, through its physiological and emotional effects, related with self-knowledge and social relationships. It is incontestable the music's value on the human brain; and this has been confirmed every day that goes by the technological advance, which allows renowned scientists to extend their studies on the subject, conducting experiments in the treatment of lots of kinds of health problems, as in cases of patients with neurological problems, heart conditions, mental disorders, disabilities not only referring to cognitive aspects, but also the physical and sensorial.

KEYWORDS: Philosophy, psychology and music.

HUMAN MOVEMENT: THE IMPORTANCE OF THE MUSIC IN HEALTH

A través de la música sentimos que conseguimos liberar la sensibilidad y las emociones del ser humano, que queda sensibilizado, pues a través de la música la sensibilidad viene a flor de piel. La belleza es la única idea que brilla en el mundo. Platón afirma esto en sus enseñanzas a sus discípulos, Sán Tomás de Aquino define la belleza como algo que agrada a los ojos. A través de la actividad lúdica podemos llegar a la desconexión absoluta de preocupaciones. Siendo el cuerpo un producto de la sociedad de la que forma parte, las variaciones de los ritmos de los movimientos corporales, cambian de acuerdo con el medio, el estímulo y la época, pues antes de comunicarse o expresarse a través del lenguaje articulado, el hombre utilizó el propio cuerpo con modelos rítmicos de movimientos, al mismo tiempo en que desarrollaba un sentido plástico del espacio. La música fenómeno presente de forma más o menos pronunciada en la vida de la mayoría de las personas está asociado con experiencias que pueden contribuir en gran escala para nuestro bienestar, a través de sus efectos fisiológicos emocionales, relacionales de auto-conocimiento y de relaciones sociales. Es incontestable el valor de la música sobre el cerebro humano y eso permite al hombre sentirse con representación de modelos rítmicos de movimientos, no solo referidos a los aspectos cognitivos, sino también a los físicos y sensoriales.

PALABRAS-CHAVE: Filosofía, psicología y música.