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## **Music Therapy: It's Dimensions and Possibilities**

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### ***Abstract:***

The word "Music" covers a broad area of possibilities. From the beginning to the end of life we listen Music (Rhythm) in each and every activity and stag of life. from the very ancient time period of our civilization, we used music (sound) as a healer and relaxer. With the passes of time music evolves with Its therapeutical values. Music therapy is basically the prescribed use of music and techniques those were based on music to assist and motivate a person towards his/her well beings Music therapists use music in a proper and specific way for the betterment and enhancement of their patients. Now music therapy becomes the topmost therapy which is used for the treatment of patients. Music Therapy works as a motivator and energizer. It relaxes our minds and expresses our emotions. Music therapy work very well on the problems of adolescents. Music therapy is the combination of two words 'Music' and 'Therapy.' It means that a therapy which is based and used music as a tool is called music therapy. Music therapy works active mode and passive mode both on patients.

***Keywords:*** SHARM (Self Hypnosis and relaxation Machine)