



CAROL GRACE ANDERSON

My very first memory as a child was hearing my parents sing while we rode in the car. It was music to my ears... literally! Since then, I've had an emotional reaction to music of any kind. Nursery rhymes were very comforting; upbeat, rocking music is energizing; gospel music is uplifting; classical music is soothing; and country music is fun. Physiologically, music reaches both the left and right side of the brain, making a huge impact on our lives. That's why lyrics and melodies are subconsciously embedded in our mind when we hear a song over and over again. We hear music everywhere, from the grocery store to any special event. In fact, during my keynote programs, I perform several songs I wrote that have a powerful message. Music can be more memorable and inspiring than the spoken word. Our spirit is touched and stirred by music. The spiritual component of life is the most valuable in the big picture. It comes from a deep place in the heart. It is our soul. Music awakens this place within. The result is that we "feel" it. Music can make us cry, laugh, dance, dream, and feel alive! That's not only significant, it's awesome!



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*"GET FIRED UP WITHOUT BURNING OUT"***