

## Healing through Music...with a Lil' Bit o' Southern Drawl By Brian Zylinski, OMS-II

Throughout my life, music has always spoken very strongly to me, and I'm sure that this is the case for many others as well. There are few things out there that transcend every known culture on the planet, and music just so happens to be one of them. I, for one, think that this is an incredibly profound concept.

While I listen to and appreciate many different kinds of music, the genre that has always resonated the most strongly within me is country. Whether you're happy or sad, in good company or lonely, young and reckless or old and wise, or riding the high of your life or weathering out a difficult time, there truly is a country song for every occasion. I feel that it's this universality of country music that has caused the genre to appeal to me again and again over the course of many years and experiences.

Whenever, for whatever reason, I find myself in need of healing, I know that I can get it in very short order by listening to some of the many country songs that I have on my iTunes account. It's never ceased to amaze me how I can go from having a terrible day to feeling like I'm on top of the world by listening to only a handful of songs. I also find having my car radio pre-set to WPOR to be tremendously helpful for getting me into the best mood possible, regardless of whether I'm heading to or from school, to a clinical experience in the community, or even just to the grocery store. I also try to play my guitar for about 20 to 30 minutes every night before I go to bed so that I can end the day focusing on the highs of the day and forgetting about any troubles that came my way during it. I usually like to play some country songs that speak very strongly to me, but sometimes I just strum and mess around and play what "feels right" to me.

Medical school, and life in general, will always be full of highs, lows, and everything imaginable in between. However, we should always savor the good times (while knowing that they won't last forever) and persevere through the bad times, having always having faith that tomorrow will be better than today. No matter what comes our way, we'd be wise to follow the advice of the Texas-based country group The Eli Young Band to "keep on dreamin' even if it breaks your heart."