

The power of *BanLyeo* (伴侶, companion) music: better than medicine (<https://youtu.be/GTfOIJ7bZbo>)

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ABSTRACT

The aim of this article is to argue that *BanLyeo* music (companion music) is much better than medicine. A companion who shares thoughts or actions, or a metaphorical description of an object that is always close or carried. Isn't the music that we share in our daily lives a *BanLyeo* music (companion music)? Music stays with us forever as long as we choose. Therefore, it is music that can go with us until the end, so I think we should call it *BanLyeo* music (companion music). Music can be with us whenever and wherever we want, soothing sadness and pain and cheering us up. Here is a person who is living a second life happily because of *BanLyeo* music. Beyond the passive listening to music, direct and active music performance is a great power to save one person. As a more effective healing agent than medicine, *BanLyeo* music is a great power to stay together for the rest of your life and cheer you up. So, I think music is much better than medicine.

Keywords *BanLyeo* music (companion music), better than medicine, direct and active music performance.

INTRODUCTION

The dictionary definition of a companion is as follows: A companion who shares thoughts or actions, or a metaphorical description of an object that is always close or carried.

A companion dog refers to a dog that lives with people like a family. He is not just a pet, but a companion who will be with him forever like a family. As such, companion plants are also emerging these days. By the way, isn't the music that we share in our daily lives a *BanLyeo* music (companion music)? The history of music that has been accompanied by human emergence is as old as human history. Since we were already fetuses, we have been familiar with the rhythm of our mother's heart beating and have been feeling stable in it. It is no exaggeration to say that rhythm is an important component of music and that our lives, the microcosm, are all filled with rhythm. Animal companion and plants have limitations of life and death. Music stays with us forever as long as we choose. Therefore, it is music that can go with us until the end, so I think we should call it *BanLyeo* music (companion music). Families can share their joys and sorrows, but depending on the environment they are in, it is difficult to continue to be together. However, music can be with us whenever and wherever we want, soothing sadness and pain and cheering us up.

Currently, the number of music therapy papers listed in PubMed is 6,864, and music is used as an aid to healing in many areas that cannot be treated with medicine in many countries. Music is often used for therapeutic purposes in

medical environments, and it has been a long time since the specialized field of music therapy has emerged. Current research into music therapy and depression points to a significant and persistent reduction in patients' symptoms and to improvements in their quality of life (E Van, 2015). Among musical components, a repetitive rhythm plays a significant role. It regulates physiologic and behavioural functions through the mechanism of entrainment (synchronization of biological rhythms with musical rhythm based on acoustic resonance) (Elzbieta, 2015). Music appears to exert direct physiologic effects through the autonomic nervous system (Kathi and Suzanne, 2005).

RESULT AND DISCUSSION

Here is a person who is living a second life happily because of *BanLyeo* music. He is still teaching students at the university, learning and serving various Korean and western musical instruments. He accepted and overcame the pain and suffering he suffered while playing an instrument. He regained the courage to live by being immersed in music. He said that when he was immersed in music performance, resentment, anger, and depression disappeared and felt a new energy rising. It is believed that music presented itself with a mysterious power that no one else can give.

Confucius said, "Knowing is not only what you like, but what you like is not only what you enjoy."

Beyond the passive listening to music, direct and active music performance is a great power to save one person. As a more effective healing agent than medicine, *BanLyeo* music is a great power to stay together for the rest of your life and cheer you up.

So, I think music is much better than medicine.

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CONFLICT OF INTEREST

None

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