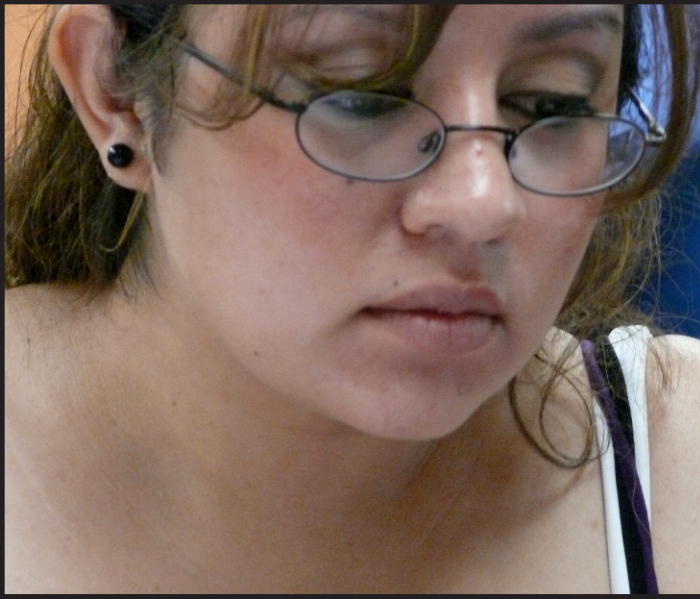


Music

by Nancy Ramirez



It's my inspiration, my medication and my meditation.

Every time I feel stressed, mad or sad, I turn it on so loud enough for everyone to hear. It helps me ease the pain and make me happy again.

When I go outside or in the car it bring so much joy but not just me everyone who appreciates the sound and the different beats it makes.

There are so much diverse sounds and beats from around the world, some are joined together to make great piece with that makes powerful words that make you think and other makes you want to move your feet to the beat.

It's my inspiration, my medication and my meditation.

I heard music everywhere some are sad, about life's struggles and what is going on in the world. They want their listeners to open their eyes and make a stand against those who take away peoples

rights or fight against the unjust of what the government is doing. Music is also about shaking your body to the groove.

It's my inspiration, my medication and my meditation.

I love to hear music every day. Like I said before it's my inspiration, my medication and my meditation.

