**Music, Moods, and Memories**

Have you ever heard a song somewhere and were instantly transported back in time? Or you listened to a sad piece of music and ended up smiling for no good reason? Music Has that power, power change your moods, power to give you memories of the past and power to transformed your current feelings.

I don’t listen to music as often as I used to when I was young, in my youngest days, I would listen to music for hours on end. I would change from one music to the other without getting bored. Sometimes it could lead to me getting problems with my parents. Though they wee not against listening to music, there are varieties they were against but those were my favorites especially the Reggae which my parents believe to have belong to people who consume bangy.

Nowadays, I’m too busy with rea life to follow the music scene, after work I go to evening classes after that family to look after, though I still appreciate a live concert now and then. But this hasn’t lessened the magical spell music casts over me by music, whenever I feel down, I feel lonely, I feel stressed, music is my go – to mood therapy. Once I listened to my favorite music, my moods always come back.

When I worry about the future, I take a stroll through memory lane with old bands that seems to make the future seem brighter. When am Happy, I make the feelings last with a catchy beat and sunny lyrics, When depressed, I wallow in sad tunes, like blue or jazz, because music has the best capacity to shave and alleviate bad feelings, though to be fair, I always chase these with something fun and funky to cheer myself up.

Who could ask for better friend than music?

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***Jechonia Ochieng***

***Author***