

# When the World Gets Loud

When the world gets loud it's hard to feel happy. People often go unheard and feel lost in the crowd. When the world is loud so are our thoughts that bring doubt and fear. When these thoughts overwhelm us is when we need to find our peace. But peace is different for everyone, and is found in different places. For one girl it is found in the sweet and tender words of a song. For her peace is not quiet or soft, but loud enough to drown out the negative thoughts and noise of the world.

That girl is me.

As I started to grow and become a woman I finally noticed how scary and painful the world is. So I would escape by listening to or playing music. I learned to play instruments and I was gifted headphones. Little did I know how much these headphones would mean to me. I wore them on the bus, in the car, in my room, and almost everywhere. I used to get in trouble because of how much I wore them because I was "cutting myself off from the world". I don't think people realized that was the point.

For years my inspiration for all my poems and stories have come from the ideas and feelings that I've felt while listening to songs. They help me escape the world that's full of noise that brings you down rather than builds you up like the noise of songs. Music allowed me to close my mind and let my heart take control of my thoughts. It allowed me to leave a world that made me feel inferior and lesser than everyone else. Music brought me the power to enter my own world where I was beautiful, confident and had friends who praised me. It helped me to access my power of imagination and that is what allows me to become the writer I am today. I wrote about young girls who are realizing the pain of the world and who use their imagination to leave the darkness behind for just a moment of peace, and wrote about fantasy worlds where I could share my creativity.

Songs hold memories, hidden feelings and the confidence you wish you had. Some songs hold the feelings of the past when you were happier and you didn't have much to worry about and it brings you back to those feelings. It makes you feel like you're back to those days and allows you to feel the way you used to. Songs unite people, they persuade, and they express the words you wish you could share.

However, it's important to be careful about choosing the right kind of music. Music has a power that speaks powerfully to your heart and can control things like your thoughts and emotions. When I'm listening to music I can feel the shift in emotions. The kind of music that truly speaks to me and gives me the magic I need is not music of this generation but the authentic music that was meant to bring joy. Music started being used to persuade people to feel and do bad things, and music that celebrated the things that only increased the volume of the painful noise of the world. This kind of music can control you the same way the good music can and take you down roads you don't want to follow.

Many times I found myself feeling sad or lonely, angry, and then happy in a matter of minutes. I found that the kind of music I listened to controlled the way I felt in a moment. So instead of letting music keep me in a state of misery, I changed the way I listened and the type of music I listened to. I used the power of music to make myself a safe place where I could go when things got hard or too much. I listened to this music so much that the singers who sang them became some of my closest friends who were with me for all the hard times in my life. When life was constantly changing I would always come home to one of the only constant things, which was my songs.

One example of how music kept me at peace in a time of difficulty was when I got very sick. It started slow but I soon was in so much pain every day that I looked forward to going to bed so I wouldn't have to feel it. I felt lost and alone like nothing was worth doing anymore. I didn't want to do anything but sleep and I fell behind in school and sports. I was always angry and tired. Not only did I lose weight and my smile but I slowly watched as I lost the person I was. I slipped back into listening to music that only encouraged the sad thoughts.

One day I came across a song that I had heard a million times before but it hit harder than ever before. It was a song my mom would sing to me every night when I was little. "Somewhere Over the Rainbow". I played it on repeat every day. It closed my brain and I was able to feel with my heart. I felt like I was back in my warm bed when I was young. Suddenly I wasn't as worried and the pain slipped away for a moment. The lyrics, "Someday I'll wish upon a star; wake up where the clouds are far behind me; where troubles melt like lemon drops; high above the chimney tops; that's where you'll find me," reminded me of the fantasy worlds I would make up and I found myself in a place of peace.

I started listening to the artists of the songs of my childhood, the Beatles, Billy Joel, ABBA, the Mamas and Papas and most importantly Neil Diamond. Neil

Diamond's songs especially helped me to go through all the doctor visits, all the many tests I had to take, and the nights that the pain was overwhelming. I would push through the pain with my headphones and get lost in a world that I created for myself.

After this I still have days of pain and I have no answers for the pain but I still have my friends and my music. I use that music to take control of my thoughts and feelings. I play in my orchestra and feel powerful as I make music with a large group of talented people. As I learned to drive I played music to keep my mind from going crazy. I would get in a zone and gain the confidence I was missing. After long days I close my door to my room and put my headphones in. I play my music and I sing and dance as if I'm in a different world.

Music is my safe place where I go when I'm scared or stressed. So peace isn't always found in the calm and quiet places but sometimes in the loud and powerful music. One of my best friends, Neil Diamond said in his song, Song Sung Blue, "Funny thing, but you can sing it with a cry in your voice, and before you know, it get to feeling good, you simply got no choice." So like ABBA said, thank you for the songs I'm singing.