

Le emozioni:

Accettazione di sè e solitudine



In che modo le emozioni posso sorgere? e come possiamo affrontarle o esprimerle?

Loneliness & solitude - music



Introduction

The term music comes from the greek and means "art of the muses". Music stimulates inner awareness, increases our well-being and improves our mood, it also brings physical benefits. It has always been a way of universal communication that unites all languages and cultures



Music always express something as....



Solitude

Gustav Mahler was one of the most important composers of the 20th century, known for his dark, visceral symphonies and his emotionally intense style wrapped up in extremely complex, yet meaningful compositions, which often deal with existential difficulties.



Das Lied von der Erde

it's a musical composition which literally means: "the song of the earth"



How can music communicates a feeling?

The philosophical core of this multifaceted work is perceived from the lacerating separation of the individual from the eternal cycle of death and rebirth of the world. Das Lied is placed at the end of the author's creative journey, who reaches in this cycle the most refined outcome of that combination of organicity and attention to detail, so typical of his style. The perfection of the technical comes from the complex poetic and musical strategy of the work.



Self acceptance- music



Christina Aguilera

"Remember that words can't bring you down."



Beautiful

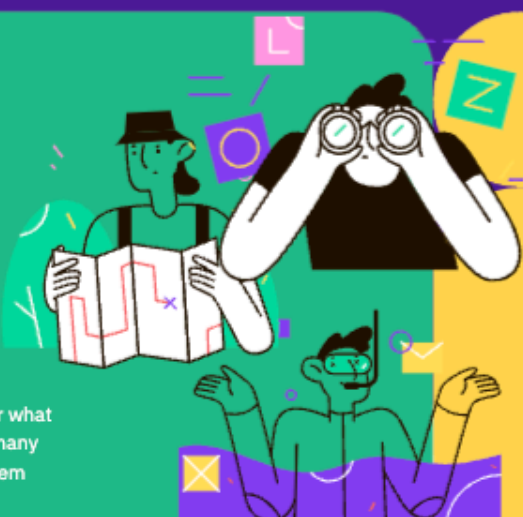
"Beautiful" by Christina Aguilera is a song from 2002, included in her album Stripped. The track became an anthem for self-esteem and self-acceptance, delivering a powerful message against insecurities and external criticism.



The meaning

The lyrics talk about how beauty is not just about physical appearance, but comes from within. Christina sings that, despite difficulties and negative words from others, we are all beautiful for who we truly are. The song encourages embracing our imperfections and recognizing our worth and dignity, no matter what others think.

The chorus, which says "You are beautiful no matter what they say", is a powerful message that has inspired many people to feel confident and not let others define them



"Accepting oneself also means recognizing and embracing one's mistakes or failures, without allowing them to define us, but rather using them as learning experiences."

