

How Taking Music Lessons Taps Into One of the Biggest Keys to Success in Life

by [Dennis Winge](#)

Randy Gage, best-selling author of 11 books on prosperity and success, says that his biggest breakthrough to huge success was something that might surprise many people because it's not the usual things we hear like writing down your goals, taking daily action, visualizing, etc. For him, the key was self-care. He simply realized that as much as he wanted to get things done, allowing himself down-time for things that made him feel good was the best way to be, do and have all he wanted.

In fact, Gage recommends putting your own self-care first and then structuring your life goals around it. This makes perfect sense because by prioritizing your own health and well-being, you will be much more effective in providing value to others in your work and family life. Part of this self-care may involve going to the gym, getting a massage, making time for meditation, or any other activity that nourishes you physically or mentally.

Taking music lessons is great self-care because it nourishes you physically and mentally at the same time. In learning something new about music, your mind is stimulated not only on the more logical side, but also in the realm of the imagination. In addition, practicing music gives you a tactile satisfaction that you get when working with your hands as in building, fixing something, or growing a garden, for example. The after-effects of taking music lessons can combine the mental stimulation you get from a good book with the physical euphoria you get from vigorous exercise.

Thus, taking music lessons is perhaps the ultimate investment in your self-care, which is a big key to success in your entire life.

What's even better, however, is that unlike getting a massage or doing a workout, the effects of which wear off relatively quickly, whatever you learn on an instrument you can use and re-use the rest of your life. And even better than that is that when you uplift yourself by having the satisfaction of having learned something new and having been able to play it, you also uplift everyone around you. Music gets an immediate response. Unlike writing a book which may take many months to write and many more months after that to gauge whether or not people have read it and benefitted from it, playing music can give immediate satisfaction.

Some less secure musicians or students might point out here that performing is also risking immediate failure, resulting in frustration or embarrassment. To this I would point out that taking the risk is part of what makes performing so fulfilling. And, unlike being a surgeon, for example, making a mistake in music is not going to hurt anybody. Further, taking lessons is acknowledging that music-making is a very rewarding journey because you deliberately put yourself in an environment where a) you learn new things b) you get inspired c) you are held accountable, similar to the way someone who has a personal trainer is held accountable for what he or she eats during the week in between training sessions.

Let's face it, there are many ways to invest your time and your money, and we are constantly barraged with advertising for ways in which to spend both of these. But how many of them are really healthy for you? Is binge-watching TV healthy? Is eating junk food that is so prevalently advertised really good for you? How about going to the bar or the movies regularly? It may give you temporary satisfaction or relief from a stressful life, but is it really helping to empower you to become the highly creative being you are meant

to become? Taking music lessons is therefore an outstanding investment and maximizes one of the biggest keys to your success in life: your self-care.