

Likely Human-Written

AI • 51.2% Human

Discussion: The exploration of cross-cultural music offers insights into holistic well-being and creative expression.

55% AI

Participants experiences suggest the music 's audio meditation goes beyond relaxation fostering novel creative and embodied experiences

50% AI

The study highlights the music 's multifaceted effects with its blend of instruments and polyphonic vocals evoking emotional depth and resonating with participants bodies and memories

55% AI

However some found the intensity overwhelming losing control during the process

57% AI

The music also influenced reflections on gender and cultural history with many participants feeling more connected to nature and less stressed

