

On Music and Spirituality

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What is Spirit?

We know that Spirit is sensed; even though we cannot see it, we know it is there. Spirit is composed both of our unique individualism, as well as the gravitational force that connects our hearts and souls with the world around us. Spirit is one with nature and our world; it evolves just as authentically as we do.

To say that music is spiritual by nature is incomplete. Instead, I believe the words of Ravi Shankar: “the highest form in music is spirituality.”

Music, then, can be likened to how we perceive nature when we stand in the middle of it. As we allow music to cohabit within us, we inherently change, and our spirit is redefined.

Spirituality and beauty go hand-in-hand: what is spiritual is that which is beautiful; whatever is beautiful is spiritual. Therefore, music’s beauty and spirituality can only be defined from our unique perspective as individuals. What resonates deep within one soul may not resonate with another...but the beauty within our spirits tells us that both perspectives are equally valid.

At the height of its spirituality, everything in music has its place and time. Just as a song is influenced by a composer or a great artist, so the world around us is influenced by our great Creator. Nothing is created without intent, and yet nothing is superfluous. The world ebbs and flows in conjunction with our own thoughts and feelings. Similarly, it is easy to feel intertwined with a good song, often feeling like it is an extension of our souls. The perfect song encapsulating that perfect moment can be absorbed *again* and *again* and *again*, molding our hearts and minds like a potter shapes clay. Our thoughts synchronize and we feel renewed in our connection to our inner beauty.

Since we all experience the world differently, we all have unique inner beauty. To resonate in harmony with someone else’s inner beauty, we need to be listening with open hearts. This means we need to prepare ourselves to be receptive.

The next time we are able to attend church together, it is my prayer that we sing strong, listening to the collective heartbeat of the music around us. When we allow ourselves to do this, we will feel the spirituality of our friends and neighbors. We will be transformed by something greater than our own minds, something that will shape our future interactions and experiences. And most importantly, we will be spurring ourselves to Divine enlightenment that reveals what is most unique and beautiful inside each of us.