

## **Music from the the heart serves healthiness**

Spiritual music is heart music. It creates joy, confidence, comfort and healing, connecting the seeker to the all-pervading power of love.

Heart music as an expression of the whole man, soul, mind and senses, springs from the spiritual heart, it connects people and brings about healing by pure sound and pure consciousness.

Music is an expression of language, culture and 'Zeitgeist'.

It serves information and communication. We think of the drums of Africa and the harp of David in the Old Testament.

In the sound of the word, in rhyme and in the content of what is expressed and shared, the core of each composition is hidden .

Depending on the inspiration and mood of its creator the music will find a joyous and easy or a more sober and serious expression .

Healing music is born in the heart. Music follows a law: man becomes what he thinks. People who live in connection with God will act in this awareness.

Divine expressions, such as Love, peace and truth are balm and healing for body and mind.

In the Bible we read:

*"And it came to pass, when the evil spirit from God was upon Saul, that David took an harp, and played with his hand: so Saul was refreshed, and was well, and the evil spirit departed from him." (1 Sam.16 , 23) .*

Health ultimately is the mental and spiritual state of oneness with our Creator. With the mind resting in God's nature, the person will experience a state of contentment and sound happiness. As we use peaceful, loving words in music, our mind will be aligned with our soul, which is the divine essence within us. By the healing sound of pure, fine words inner liberation from material attachments will be established.

Man becomes what he thinks. Let us direct our thoughts to goodness, thus we will merge with the good. In music and singing in praise of God a universal communion of the soul with our Creator will be established.

Music, that is serving a good purpose, will basically lead us - consciously or unconsciously - into a state of inner contentment.

The power of goodness is the basis of harmonious and wholesome sound. Turning our focus to the One - eternally existent in all - will reveal the sound of peace and love in us. To hear the sound of His voice is the goal of every seeker.

May our discrimination serve us to find and recognize Him.

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