

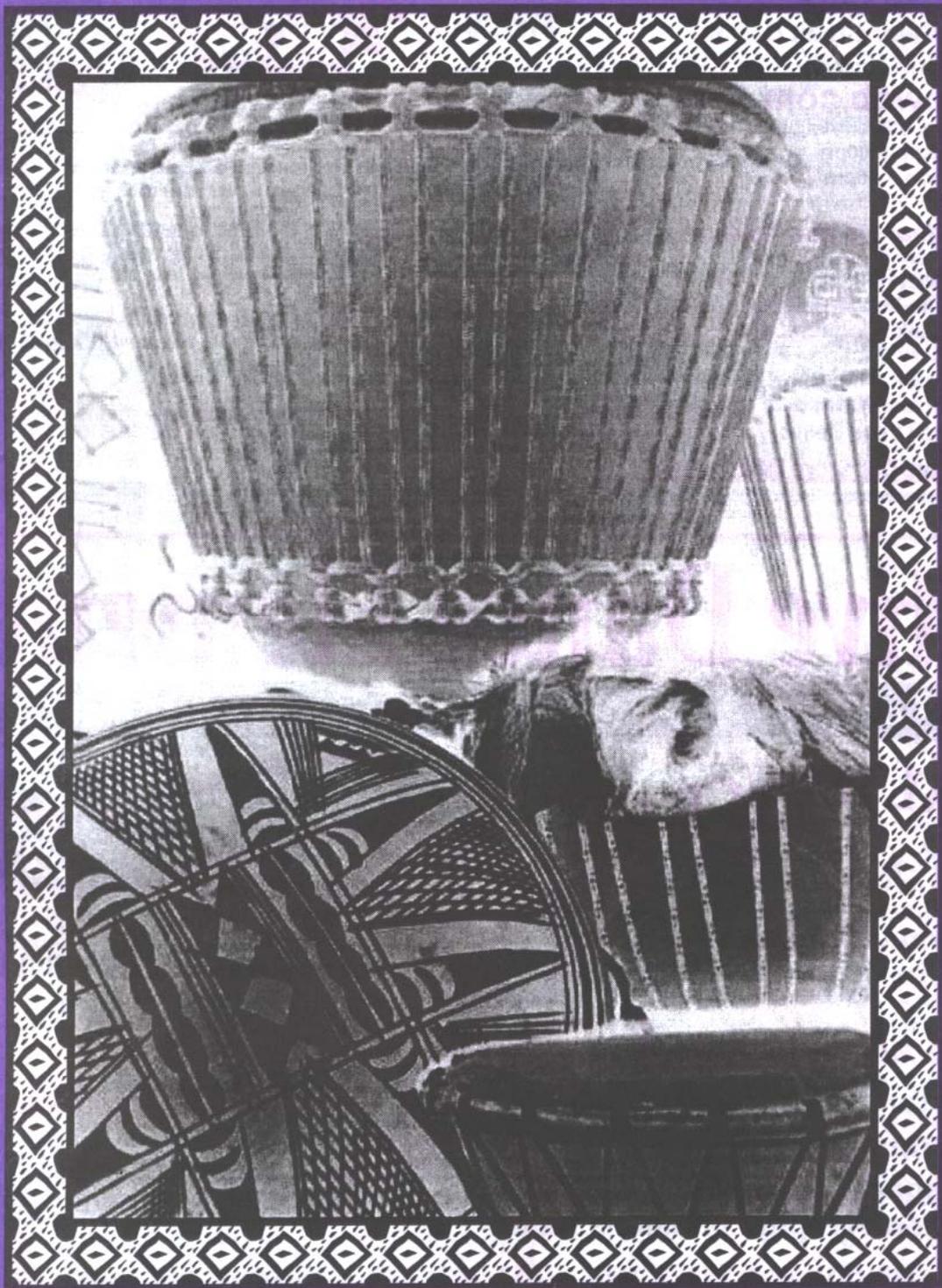
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Holistic Resource

A Magazine Supporting Integrative Health Care for Balance of Body, Mind and Spirit.



DRUMMING & WELL-BEING



The Head To Heart Relationship of Music

by Debra Lee

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Music, as with all art, is a spiritual expression with a multidimensional impact—mentally, emotionally, physically, and metaphysically—whether one is "conscious" of this effect or not! And music being a "language" in and of itself has this effect with or without lyrics.

When music resonates with the heart, there is a heal-

ing effect we can "feel" in our bodies. Music, as with all art, is a spiritual expression with a multidimensional impact ~ mentally, emotionally, physically, and metaphysically—whether one is "conscious" of this effect or not! And, music being a "language" in and of itself, has this effect with or without lyrics. Lyrics add an intellectual dimension to music, where head and heart work together, enhancing the healing impact through the mental thought process. Whether or not one is listening closely and intentionally to the lyrics of a song, the "message" of the lyrical content creates a subliminal imprint on the mind.

The impact of music is easily observed in our culture through the use of "background" music in films and on television to enhance and convey the emotion of the story. Music is also played to inten-

tionally create an ambiance or "energy" in our everyday experiences, for example at a restaurant, doctor's office, or other public place. Music can open us to higher levels of consciousness, which is the case with classical music or new age music, enhancing meditation, massage, or practice of Yoga. Music can also have the opposite effect, inducing negative emotions. This is why it is so important to be consciously aware of the music that surrounds us in our culture, and to also teach our children to be consciously aware of the impact of music in their lives.

One can know intuitively the effect a song has by how it "resonates" with the heart and the resulting emotional and physical effects. A song has the greatest impact --and popularity--when it relates to universally experienced human emotions, which is readily observed in the standards and popular genres of songs that have been made famous through radio and the recording industry over the last 50-60 years.

Songs written intentionally from a higher "spiritual" perspective--to enhance healing, with a message of love and peace--is of great service to humanity through the power that music wields on the psyche, body and spirit. In my partner's and my experience as songwriters in our music duo the Lyra Project, the songs with the greatest healing impact are those that speak to the mind through the heart, as well as to the heart through the mind with lyrics that address the very human experiences and processes of growth we all go through on the spiritual journey ~ the challenges of doubt and fear, the "shadow" side of a society and world that is the collective reflection of who we are personally ~ with a full faith and realization that Love is the healing power that prevails.

As people consciously listen and relate a song's lyrical message to their own experience or need in the moment, a wonderful transcendence occurs. The heart opens the mind to an understanding through the symbiotic relationship of the lyrical message with the tonal and rhythmical musical "language". Each

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person's experience of music is as unique as the person experiencing it. A powerful song meets people at their intellectual level of understanding, and opens them to where they are most in need of healing. The song/music can be experienced as bliss, release, inspiration into action, or any myriad of positive feelings. The songs that open the doors to this kind of healing energy are the ones that people want to hear and experience again and again.

A songwriter has a great responsibility in terms of what is being transmitted musically into the mass consciousness. It is also listeners' responsibility to cultivate a conscious awareness of the emotional, psychological, and physical impact they are experiencing when listening to music. By enhancing healing energy through music, we allow the qualities of peace and balance to come forth from within our own Divine nature into a greater expression of peace throughout our world.



Debra Lee and Rick Denzien

Cultivating conscious listening skills

Here are some exercises to cultivate conscious listening skills:

1. Put aside part of the day without background music. Notice if "music" plays in your head and if so, what do you hear? Listen to the "tones" and "rhythms" around you, the "hum" of electrical appliances, office equipment, street or construction noise outside, your car wheels as you drive (or bicycle wheels as you ride) along. Try humming or tapping along. Spring is an especially great time to notice the music of birds; does the first birdcall of morning wake you at dawn? Notice your response.

2. When you are in a public place where music is playing, don't "tune it out" but take notice of its effect on you emotionally, mentally, physically. When listening to songs on the radio, listen to the lyrics and observe the relationship between the lyrics and music being played, and your responses. Observe how the music being played during a movie or TV show enhances the emotional impact of the story.

3. Listen to a song with a "healing message". Read along with the lyrics as you listen. Notice your body's response as your mind and heart work together.

4. With children or teens, discuss music and the "feelings" it creates, how it is used on TV and movies. Read lyrics on CD jackets and listen along with your teen. Discuss the artist's image, how your teen feels and how you feel when listening, and how the music and its message relate to values and beliefs and its energetic impact.



For more information on The Lyra Project read about them in People and Places on the Move on page 32.

Watch for upcoming appearances of The Lyra Project in upcoming issues of The Resource.

PEOPLE & PLACES

The Lyra Project ~ A guitar and keyboard based songwriting duo, the music of Lyra Project "speaks to the mind through the heart with the sensibilities of the spiritual journey." They perform at acoustic venues, Religious Science and Unity services, festivals, seminars and holistic events. The Lyra Project's music embraces universal principals and natural spiritual laws that lead to peace and balance within the individual, reflecting outwardly to create a world of beauty, abundance, and harmony among "ALL our relations". We recognize the integral web and unity that binds all people and cultures, and are especially aware of the role of music in fostering a quantum leap for healing we must make as individuals within our personal relationships that reflect and create a consciousness for Peace on Earth. You can visit the Lyra Project website at www.lyraproject.com for more information and to hear music samples. You can also contact them regarding their "Networking" page to add links for healing and holistic resources. (For more information read The Head to Heart Relationship of Music by Debra Lee on page 30.)

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