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Music and Spirituality

Music is an art form whose medium is sound. Generally a song is considered the smallest stand alone work of music. The common elements of music are pitch, rhythm, dynamics & the sonic qualities of timbre & texture. Spirituality & music are related to each other. A uniform pitch & tempo leads to sense of spirituality. There is no single, agreed upon definition of spirituality. It may denote almost any kind of meaningful activity. It denotes a process of transformation. The ways of approaching & talking about music as well as disclosing a possible relationship of spirituality to music, a relationship that has been concealed or obstructed until now. This relationship might be characterized as susceptible instead of controlling, open instead of excluding, grouping instead of rigid. Music is the mediator between spiritual. Music is the binding force which connects both the words.

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Any music that helps reconnect us to our essence to our inner and divine nature is spiritual. Music is one of the most powerful gateway to connect our spiritual nature our divine source, the unseen, as well as to the universe around us and those other divine beings that inhabit it with us music has the unique ability to transform us independently of our thinking mind to a piece uninhibited by the Judgments doubts and fears that too often dictate the narration of our thoughts and self limiting beliefs.

Music is also the language of our soul and soul is the residence of our spirituality our lives are filled with music. Everywhere on the internet, television, radio which we cannot avoid hearing. There is a profound difference between hearing music and listening to music hearing music is simply a physiological response to the vibration of sound waves which our ears detect but listening to music is a voluntary with all of our senses which evokes our emotions. Our spirituality can be likened to an inner voice which permanently resides within each of us.

This inner voice is not easily heard due to the distraction of noise. Our inner voice requires the discipline of listening with the intention to discover.

Plato says "The spiritual nature of music cannot be defined by religion, culture of genre. Music is a moral law. It gives soul to the universe, wings to the mind, flight to the imagination and charm to life"

Relationship of Music with spirituality :

It is not commonly considered in this light there by enriching the ways of approaching and talking about music as well as disclosing a possible relationship of spirituality to music. In order to achieve this, it is necessary to show

that spirituality is not an Attribute of music, not a simple adjective providing Extra information about or use to categorize certain types of music. Instead spiritual as a listening attitude a more or less personalized relationship with music the relationship might be characterized as susceptible instead of controlling Spiritual process is not connected with any particular aspect of life. These are activities which cannot be done without involvement.

(ii) Ex:-If you play proper music without involvement you can't do it. if you are absolutely involved then you can produce worthwhile music.

Swami Vivekananda said, "You are closed to the divine in kicking a ball then in prayer. "Because you cannot kick a ball unless you are absolutely involved. it is the involvement not a particular activity which opens the door. If you are very good at it please play!"

Connection of Tone and Tune in Spirituality :

There is a tone and Tune to our spirituality and inner voice. When we are listening we can hear the tune of our spirituality when we are present with life in the moment we can feel the tone of our spirituality. Unfortunately, the tune and tone of our spirituality are often out of alignment with each other when we express dissonance with ourselves, we project dissonance outside ourselves to the people decisions and challenges. Music assists us in creating meaningful connections with ourselves and with the significant other in our life. If we do not have a meaningful connection with our spirituality. We are inhibited from creating meaning connections with other and the decisions or challenges we face in life. The real artistry of life is to live our life from the inside out and experience the

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integration of our spirituality or inner voice with our orientation actions & decisions towards the physical life.

Music Yogi and Spirituality :

(i) A musicians and a yogi qualities can go side by side. The yogi has the capacity and inherent talent for music. Yogi spends a very short time in the music world, he can be a very good musician but a musician will take more time to become a yogi. When a spiritual master plays his music, through his music he enters into heart and soul of the audience. At the same time, he is bringing down light from above. He is not just playing on an instrument. He is receiving something from the higher world and then offering it to the world at large. In an hour thousands of people can feel this higher light as their very own. So music has the opportunity, the capacity to calm the universe as its very own. When a musician's spiritual capacity becomes most powerful he doesn't even have to speak. Others will just look at his face & see some illumination. The source of true music & source of true religion will always remain the same.

(ii) **Inspiration :** Spiritual music can inspire non spiritual listeners in the same way that god inspires un inspiring humanity. Different people have their own unique way of explaining it but everyone knows the moment, it happened. Some people make a futile attempt to try to re-create the moment, so that they can package it for their next performance. It is beyond human control. The inspiration of god, his goodness is not confined only to a special group of people.

The inspirations of God is at work in and through all cultures and communities, who has ears to hear to connect to him for help, beauty joy and prosperity. He is the creator God. And all those who know creative inspiration have sensed his presence. In the beginning there was darkness then there was light because god has always inspired un-inspired humanity. This light is continuously increasing. If some individuals are not aspiring right now. It is the bolder duty to inspire them. In the same way who are now well established in the world of aspiration.

Conclusion :

Each individual has a heart. Spirituality is in the heart, with the heart and for the heart. It is only a matter of time. Before the heart responds to spiritual music. A great musicians can add to the inner cry of person who practices a spiritual life and if the musician himself believes in God then, his music can be of tremendous help to his own spiritual practice. Spirituality and music will never be separated.

If words were limited language of my mind music is the limit less calling of my soul. Here on earth as soon as art is created you can steal it with force, you can appreciate it but you can't capture the art & you can't claim it because it is not manifested.

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