

## Healing The Heart Through Music

Good morning..and welcome. Thanks for coming this morning.

Graham Nash said ..all I have to do is sing, and I lift myself way up off the ground, and as we explore here together this morning what physiologically goes on for us when we sing, play and listen to music..I think you'll agree with me – he was not too far off the mark.

This morning I will be exploring the role music has played in our lives throughout history and civilization. Some of the points I will cover will be the impact music has had on us from ,both a scientific and Physiological perspective: How the Chakra's factor in, how religious leaders, Medical community view it's importance.

Then through the music I will play for you, I will take you along on a personal journey and share with you the crucial Role and part music has played in my life in healing my heart,and how it helped me define where my stages of grief were – almost a road map if you will . My hope is that you will view it as a highly accessible resource to help you through the dark times and have it be a beacon of light to light your way and provide the path to healing.

So..... Lets start with the part music has played in our lives since the dawn of civilization:

Since the beginning of recorded history, music has played a significant role in the healing of our world. Music and Healing were communal activities that were natural to everyone, and music has been used in spiritual and healing rituals for many thousands of years by virtually every culture and civilization on the planet. Swami Vivekananda..claims Music alone can take you to the highest

In nearly every culture that has existed , the power of music has been amplified by group participation in music, rhythm, and dancing. Most of the music that has been created in the past has been used to connect with a higher source to induce healing and often to tell stories and preserve history through the songs.

In fact in Ancient Greece , Apollo the God of the sun was also the god of music and medicine Ancient greeks said “ Music is an imbued art with power to penetrate the very depths

of the soul. In the mystery schools of Egypt and Greece, healing and sound were considered a highly developed Sacred science.

Pythagoras taught his students how certain musical chords and melodies produce definite responses within the Human Organism. He actually demonstrated that the right sequence of sounds played musically on an instrument could actually change behavior patterns and accelerate the healing process.

There are in fact thousands of case studies of psychological healing that has taken place through the use of music.

music has successfully been used to:

Release deeply hidden and repressed emotions to aid in the healing of unprocessed emotional trauma and psychological damage.

The use of music and Rhythm has been used to greatly enhance physical therapy when repetitive movement was necessary for rehabilitation but painful for the patient.

This mind body connection that had finally gained acceptance and scientific validation tells us that our emotional health directly affects our physical health..and Vice Versa.

Goldman and Gurin’s research work on psycho-immunology revealed to us that nerve fibers are contained in every organ of the immune system and provide biological communication between the nerve endings and immune system. They believe that the direct link between a person’s thoughts, attitudes , perceptions and emotions , affect the health of the immune system

This being the case we have the ability be proactive in the health of our body, mind and spirit through music.

Did you know that...as you listen to music..your heart can slow down or pick up it's pace!!

Lets talk about how music moves through the Chakra's in our bodies.

For this part of my presentation I would be remiss if I did not thank my wife (who I also refer to as my New Age Goddess Corporate Dynamo..(chuckle) well C'mon.....her sermons were on Resiliency and Renewing ourselves daily.....she is deeply ensconced in healing and is both a Reiki master and Yoga enthusiast.

She has enhanced my vision and inspired me in more ways than I can count. She focuses on the Chakra's in her healing practices.

Chakra as many of you are aware I'm sure, is Sanskrit for wheels, the Chakra's are thought of as wheels or vortexes of energy found throughout our body...the program cover graphic is a great reference point.

Notes we sing start in the diaphragm, and the sound makes it's way up and out literally passing through all the 7 primary Chakra's.

First one: **Red** Root/ Base of Spine/ Ground

Second: **Orange** behind Navel/where we encounter change- family creativity

Third : **Yellow** Rib cage/ will

Fourth: **Green** Heart- where we integrate and balance the realms of the spirit and mind with our body.

Fifth: **Blue** Voice/ Communication/ Personal Truth

Here we have the realm of consciousness where communication occurs, whether that be within ourselves or to and from another (Sanskrit) Situated: throat are Sound Area of consciousness: Words: sound, vibration, communication, and

self-expression  
 Physical organ association: thyroid and parathyroid glands, lungs, vocal cords, and bronchial apparatus.  
 Relationship: the throat area where sound is created  
 Governs: communication, expression of thoughts and feeling"

**see spirituality and the search for meaning in life, intuition, visualization**

Sixth: **Purple** 3<sup>rd</sup> Eye/ **see spirituality and the search for meaning in life, intuition, visualization**

Seven – Crown/ Heavenly connection/Belief system- both conscious and unconscious. Gateway to the worlds beyond and governs our connection to God..and the worlds beyond.

For me when I sing ..the sound travels along this chakra path.

It is not just my body. but my soul and spirit that are somehow magically awoken and as the sound makes it's way from within me out into the world.... I somehow become more connected with my surroundings. the music and rhythms integrate with those found in

nature...the words and the stories we tell with them transcend us to another state of consciousness' and being

This whole process relates very directly to the healing and cathartic process of moving through and out of Grief through words and music

To quote a great singer. Songwriter Lili Collins, who Sings Rooty Toot toot for the moon: a lyric from her song..baptism of fire  
 Baptism of Fire – I never knew what that meant ..but now the flames are rising higher..I guess I haven't seen anything yet....Because it's coming down around me..and I am rising up...Like a phoenix from the ashes ..wings across the blue..the only way out is through:

Dr. Elisabeth Kubler-Ross identifies five stages of grief people go through following a serious loss. Sometimes people get stuck in one of the first four stages. Their lives can be painful until they move to the fifth stage - acceptance

They are as follows:

Denial

Anger

Bargaining

Depression

Acceptance

Moving through Grief and healing the heart is a process, each song I play this morning will represent a stage along the transformation to healing my heart.

I would like you all to join me on alternating verses and on the chorus on Blowin in the wind...after all...,,,the opening Hymn is come Sing a song with me.

And music is more powerful when it is shared.

These are the songs I will share with you:

Tupelo Honey- **representing the joy of Love**

Cancer didn't even know her Name- **representing the grief and loss of my first wife Birgitta to cancer**

Blowin in the wind- **reflection of that loss**

By my side **The acceptance to love and open my heart again..By my side**

Moondance- **the need to sing and dance and celebrate life, nature, and love!!**

The last song will be very high spirited , and will incorporate several of my talented UU musical friends from this area as well as a special guest from Westport UUCD Ruth Ahler on Saxophone.

As you listen, I invite you to imagine the instruments as elements of nature

Perhaps the piano could be the rustling of the the wind through the trees..

Maybe the base becomes the first crisp fall air  
..the Sax drifting clouds  
Enjoy!

Benediction after circle

Lest dance and Sing..because we never know how long we are here....  
Lets celebrate our existence and our love for nature and the beauty all  
around us.

Let our lives be like songs

Namaste