



# PEGGY BLACK

## **THE SPIRIT OF MUSIC**

The spirit of music is our very essence, our very bones. The vibrations, frequencies, rhythms, and tones interface with every level of who we are. Music lives in our deepest and most sacred place. The spirit of music affects the body's physiology, increases or decreases our heart rate, relaxes or tenses our muscles, awakens us to great passions, renders us to tears or stirs our deepest fears. The spirit of music triggers distant memories evoking long forgotten emotions. It captures our wandering mind in a soothing embrace inviting visions of wonder and longing. The spirit of music enchants us with its haunting melody, its perfectly blended notes, the hidden weavings of its sacred geometry; that touches and communes with our sublime knowing. The spirit of music is the foundation upon which cultures are built and civilizations arise. It is flavored and it flavors the expression of nations and entire races. Music stirs our pride, devotion, and patriotism. The spirit of music bridges the conscious, the unconscious, and the super-conscious awareness. Music offers wings for those who want to fly, rest for those who are weary, and healing for those who are fragmented. Music opens our hearts and reminds us of our magnificence.



**PEGGY BLACK, CO-AUTHOR OF  
*“THE CHANTNAL”***