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I understand the word "*spiritual*" to mean any activity that takes us beyond the narrow confines of our habitual tendency to care only for our own self-interests. Spirituality is that which promotes our development in the direction of what we regard as the Supreme, the Best and Highest that we can imagine. Music can certainly support us in this evolution. But music's effect isn't automatically positive; it amplifies the energy of whatever cause it is linked to. Music can be pressed into the service of everything from wanton destruction to the most sublime aspiration of the human spirit. Music particularly affects our emotions, the meeting ground of our bodies and minds. When music's potential is fully engaged, we experience the healing integration of all the diverse elements that make us up. This wholeness is Love itself; it is self-evidently Divine. In music, and especially in musical forms of spiritual practice like devotional chanting, we have the opportunity to forget ourselves through total immersion in the moment. We can take a vacation from the overwhelming burden of conceptual thought, and resonate with something we find ultimately beautiful and therefore emotionally elevating. There is perhaps no human endeavor so archetypically cooperative and communal as the creation of music. Music allows us to join with others in a unifying exercise of Ecstasy. This experience finds its epitome when we make music that we regard as Sacred, as when we chant mantras ("*mind protectors*") together. Then we collaborate in the creation of the very Sound Form of Perfection, using the tools of our own harmonized body-minds.



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"FOLLOWING SOUND INTO SILENCE:

CHANTING YOUR WAY BEYOND EGO INTO BLISS"