



MELINDA GARDINER

Saint Hildegard of Bingen expressed in the 12th century that music “softens hard hearts, leads in the humor of reconciliation and summons the Holy Spirit”, from her book of visions “Scivias”. She believed that music was a Divine regulator, a therapeutic agent, with the ability to facilitate perfect balance between Heaven and Earth, and that the natural state of the human being was to sing in harmony with creation and all of the divine hierarchies. In my work as a Certified Music Practitioner[®], playing and singing at the bedside of very ill or dying persons, I have had the honor to experience that truly blessed moment when the music I am playing or singing creates a state of resonance and coherence among and within all of us who are present: musician, caregivers, family, and patient. Sometimes this state-of-Being allows what has been hidden to be expressed, suppressed emotions to be released, complete rest to be enjoyed, or a last breath to be taken and gently breathed-out. It is the music, facilitated by the musician’s ability to be fully present to it, which creates this marvelous sacred space: beyond words, beyond the rational and analytical mind, beyond fears and sorrows. Music, of all of the arts, has this inherent power. It reminds those listening that life is a Sacred Mystery.



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*“SHADOWS OF THE LIVING LIGHT:
SONGS OF SAINT HILDEGARD OF BINGEN”*