



SANDI KIMMEL

Music is the first language of the earth – the sound of the wind in the trees, the melody of birdsongs, a bubbling stream, the rhythm of the rain – and it touches an ancient and eternal place within us, beyond the logic of the mind. We are all hard-wired to respond to music, beginning with nine months of listening to the “drumbeat” of our mother’s hearts and the sound of her breathing. Music enables us to express all kinds of feelings and fears, passions and pain, even when words cannot. It reduces stress, elevates moods, helps us move through grief and fear, and enables us to express joy, peace, and love. Music can literally change the way we feel – emotionally, mentally, physiologically, and spiritually. Whenever I wonder where music comes from, I remember that all of creation arose from sound. Music is the Creator’s voice. It is always there, in the background, whispering to us, singing to us throughout our lives, and beckoning us to soar to unimaginable heights on the wings of a song.



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