



# NICK PAGE

Nada Brahma: the world is made of sound. Atoms and consciousness are made of resonance. This interconnected self-organizing living being that we call the universe overwhelms us with its' complexity, but at its core, the universe is seeking harmony. To paraphrase physicist Brian Swimme, "*If you leave hydrogen alone for a long enough period of time, it will create great symphonies.*" Our emotions are chemical reactions in the brain. These reactions are triggered by resonance, both the physical and the mentally perceived. The most humble emotion can be brought on by a simple smile. The most enlightened emotion can be brought on by uplifting music. We describe this heightened emotion as being spiritual. The words "*spiritual*" or "*God*" do not come close to describing the magnificence we feel with music that manifests the conscious vibration of the universe. We touch the harmony and we are changed.  $E=MC^2$  is energy equals music times consciousness squared.



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*THE TEACHER'S GUIDE TO MULTICULTURAL SONG LEADING*"**