



KATHERINE SCOTT

As a singer-songwriter immersed in writing a new song, I perceive no separation between music and divine spirit. Creativity means spirit is speaking directly through me, and the essential me is more present in those moments than at any other time. As the world moves faster and faster our souls are longing for those moments of divine connection both within and with others. In moments of fear and anxiety it's easy to perceive other people as being separate from us or even a threat to our well-being. Sharing the universal language of music moves bodies, joins the beating of our hearts, melts boundaries, and gently nudges our awareness of Oneness. It moves us to deep feeling, inspires us to our best creative work, and merges deeply with our souls to renew us. When we open ourselves to the experience we cannot help but be changed. It matters not whether we are the composer or the listener, the singer or the dancer. Whatever our role, we are of equal importance in the equation. Whether we compose or listen or sing or dance, the music inspires us to make the inner shifts toward joy and fulfillment. When music moves us to say, *"Ah, I see more clearly, I know what that means in my life"*, we are touching our own divine essence.



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