



JULIE BLUE

Music can connect us to who we really are. It can make us cry, free us to dance, make us angry, or help us fall in love. I believe the music that connects us with our deepest longing to be part of something larger than ourselves is the music that touches our spirit, and so is spiritual music. I write a lot of music for an eighty-voice "*non-denominational Gospel choir*" I direct. The themes are personal and universal; songs that speak of gratitude, living for today, finding grace in everything, and bringing in joy. Singing, especially in a group of people that love and accept us, can be an amazing spiritual experience. I've also been exploring African traditional music and also creating chants, which we can sing for a long time. The amazing gift of being part of creating music is that when we are wholly absorbed in the music we become whole and holy. Some other energy comes through that puts us in time, in tune, and in touch with an essence that enlivens us. I believe that spiritual music transcends genre and language, it is all about the intention and presence behind each note; it's about who is playing the music and why.



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