



CAHILL & DELENE

BARRY CAHILL & DELENE ST. CLAIR

Music is the ultimate spiritual experience. When creating and writing music or lyrics, one either consciously or subconsciously “opens” to be inspired – to be in spirit. When one decides to open, there comes the idea, very quickly, like a computer download from Spirit, in whatever form you want to call it. For me, when I am busy with the work-a-day life, I subconsciously shut off this creativity and nothing comes. It’s as if Spirit is saying, “*I’m ready when you are*”. When I answer, “*okay, come on through*”, and stay focused on the creative flow, within a few days, or even minutes, inspired songs come to me. I always know when an idea is truly inspired, and not formulaic, when my body literally starts shaking, like all the creative molecules are coming alive and jumping up and down with excitement waiting to get out! THAT is how inspiration feels!

Another example of the spiritual significance of music is when I am in an open state, and “dream” a song. The WHOLE thing is there, in the dream state. I can hear every instrument, every vocal part, and it’s PERFECT. The challenge then, is to bring it into physical manifestation – writing it out, practicing the parts, and recording it. Very rarely can I translate the entire, finished song into “material form” except for fragments of melody, chords, and lyrics. Sometimes those fragments are enough for the “*10% inspiration and 90% perspiration*” that ultimately gets the job done!

The other side is the actual performance. You ARE in the moment – listening and vibing with the other players and connecting with them. For me, this is the ultimate “*Be Here Now*” experience. What’s more, is the synergistic creation that goes on in “*real time*” when a great band is playing a song they know and love or jammin’ on a new song. The on-stage dialogue can really spark the creative flame in all the players involved, taking the collective creation to even higher levels! Even if you are performing by yourself, then you can connect with own instrument, voice, and your SELF – or the Spirit within. Ultimately, we connect heart-to heart, soul-to-soul with the audience, who, if they are open, will leave the performance transformed at least in some small way by the music. For many, this is the best expression of the spiritual significance of music!



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MUSICIANS AND SINGER-SONGWRITERS IN CAHILL & DELENE