



# SNAKE DAVIS

For me, music and spirituality are deeply and forever bound together. At its best, when going well, playing and creating music is an intensely spiritual experience. The music simply runs through me: my body and my instrument are merely vessels through which the music travels. Of course, practicing time *and* many performances often feel far from spiritual. Learning or teaching technique, theory, and aural skills can all be hard demanding work. However, when the player reaches a stage where they can shut their eyes and let their music flow, with a clear mind, the process can become intensely spiritual.

For the player, and equally for the listener, music can take us off the crazy treadmill on which we rush from one thought or place to another, constantly looking to the future, and root us to the spot. It can anchor us in the “*now*”, the present moment, and it is then that music can do powerful spiritual work. Whether listening or playing, these times can be joyous, moving, passionate, revealing, and thought provoking. These are the wonderful, precious, spiritual occasions which I treasure and which I encourage and help others to achieve.



**SNAKE DAVIS**

**SAXOPHONE, FLUTE, AND SHAKUHACHI PLAYER**