



JOHN KULIAS

I believe the spiritual significance of music is a connection to our heart and soul. It is an expression of our being, who we truly are and what is inside our heart. Music surrounds each moment of our life. Think of what the very first sound you hear when you awaken in the morning. Your breath, your heartbeat; each of us creates this music. It is the music of our spirit. It is an expression of ourselves, our spirit. When I close my eyes and play the flute, the music that comes from the flute is an expression of what lies in my heart. My spirit. Sure, you can play a song and that song can be music. You can also play a heart song which, for me, is very different. Playing from the heart expresses what is inside my soul. It is who and what I am, and is expressed as music. It is a way of bearing my soul through music. I can hear this each time I pick up a flute. The songs reflect what feelings are in my heart at the time. Happiness, joy, love: they all come out of my spirit as music. Playing music from my heart is a meditation and is healing in the way it affects me. It brings a calming balance to my life and grounds me.



JOHN KULIAS

COMPOSER AND FLAUTIST