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Music has always been a source of spiritual sustenance for me. This is true in both listening to various music and to playing on my baby grand piano. Choosing appropriate music to meditate to, enhances the intensity of the meditation, and allows the spiritual dimension of the pieces to be apart of my own spiritual fabric. Sitting down to play my piano, after receiving the gifts of being more centered, and more open from meditating, creates more possibilities for a spiritual experience to emerge.

What spirituality and music have in common, are that they both bring me to a deeper place in myself. This is a safe place of true peace, wonder, joy, an ability to stay present and child-like in hearing and sensing things seemingly for the first time. When playing amidst the spiritual dimension, I no longer hear the music. I have merged with the music, as in an enlightening experience, where no thoughts of past or future reside. Music is, and will always be a continual source of spiritual sustenance for me.