

MUSIC THERAPY

A key element of any piece of music is its unique rhythm. We, too, possess our own unique rhythms that we feel deep in our hearts. Don't be afraid to march to your own beat- your music is just as beautiful as anyone else's!

Not everyone may appreciate our style of music, and they may want to turn a deaf ear to us or even shut us up. If we strive to really listen to one another, however, we might just find that our music can sound pretty good together.

Birds sing, crickets chirp, children giggle- some of life's most beautiful music comes from instruments such as these. Let the ears of your heart be open to life's simple symphonies.

Although there exists in music the mournful sound of the cello, or the solemn resonance of a pipe organ, there is also the craziness of the kazoo, the whimsy of the slide whistle. Celebrate the quirkiness of life's music, realizing that it too is an important part of the whole -symphony.

Many mothers and fathers sing gentle lullabies to their children to help bring about the peacefulness of slumber. Know that God desires to sing to us Of such peace- that we may be lost in God's loving lullaby

A baby's contented coo and hair-raising cry come from the same place. Even though we might not always like the music life plays for us, we can appreciate that the instruments used are beautiful indeed.

Scattered throughout every piece of music are rests, little breaks from the sound to make us appreciate the song all the more. In the midst of life's hurried pace, recognize the sheer beauty of silence, and enjoy its rests.

Sometimes the smallest violin can soar above a full orchestra, begging you to pay attention to its plaintive pleading. Listen to the little voices in your life, and know they have something to sing about too.

There are times when it seems the world around us is nothing but a dissonant cacophony of painful noise. One act of kindness or beauty, however, can soar above the clamor like a sweet symphony.

Some of language's most beautiful words are set to melodies that can so combine with the text that nothing short of inspiration occurs. Pick up a hymnal or songbook & belt out a favorite, feeling the amazing grace of such sweet sounds.

Some people can make the angels weep with joy at the sound of their singing; others can make them run for cover. Regardless of how melodic the voice, singing a little every day helps put us in touch with the great song of creation.

When distance separates friends from one another, music can bring them closer. Listen to an old song and think of good times with friends with whom you shared the music. You just might find they seem as close as the next beat.

Some music makes us sadly mindful of a loved one who is no longer with us. Even in the sadness, don't be afraid to hum along; for in so doing, we realize that their song continues in us

Sometimes a single voice can't be heard over the din of a busy world. But if we join our voices together in song, odds are good that not only will we be heard, but the world might just stand up and take note.

Joyful music from a rousing march to gentle laughter helps complete the symphony and makes us aware that dirges and songs of unbridled happiness use the same exact notes, just in different ways at different times.

Russia produced Tchaikovsky Austria gave birth to Mozart; England formed John Lennon; the United States saw the development of Duke Ellington. In a world where there is much division, hear in the swells of their music the way to understanding. Imagine a universal song of peace

Sadness is a part of everyday life and sometimes we need to experience it so that our joy may be more complete. Getting lost in a reflective piece of music can help our hearts know that our sorrow is sometimes natural and shared- not only with the composer but with so many other listeners as well.

From a rousing song to a ponderous opus- certain music can inspire us to do things that we might want to put off. Hear in the urgency of each note the inspiration needed to tackle your next project.

Even the best musician hits a wrong note every now and then. Embrace your mistakes, and hear in them the necessary prelude to the fuller, richer song of humanity.

Music isn't always about performance, and life shouldn't be either. If we find we're trying too hard to sing tunes for the approval of others, we're missing out on the delight in songs just because they're ours.

Dissonance, loud cymbals, screeching voices, changing gongs: sometimes music expresses an anger that can make us feel uncomfortable. But our anger can teach us something- if we're not afraid to listen to it.

A popular song once began, "I'd like to teach the world to sing." Recognize the valuable lesson in your failures and successes, your hopes and disappointments. And don't be afraid to share your song with others, for everyone has something to learn.

Life is too short to get into a rut, to listen to the same music over and over again even if the familiarity of it all can be a comfort. Listen to something new and exciting, and see in the surprises of the music the possibilities that can exist when we trust that what is to come can be good.

As long as music has been around, so have love songs, as people have desired to express the beauty of their hearts to others. Don't be afraid to sing your song of love to the important people in your life.

Deadlines, appointments, money concerns, family struggles: life is filled with one worry after another. But the soothing melody of a quiet sonata has the ability to drown out the clamor of worry. Revel in the sweet music of calm.

As we listen to music, we notice that each note, each beat, is in relation to another; each chord relies on the interdependence of several notes. Hear in these strains the music of life itself, and celebrate your connection with others.

Some people have no rhythm; others sing off key; still others don't know a crescendo from a credenza. When we begin to think that we are the sum of what we can and can't do, we need realize that the marvelous music of life itself flows through our veins, making all of us maestros.

Even the world's greatest composers had their critics, people, who just didn't like the music they wanted to share. Know that critics will assail our music from time to time; but also know that that doesn't make the music -or us -any less beautiful.

Anger and hurt can at times swell up in us so great that we cannot seem to hear anything else. Know that in the words, "I forgive you," exists a harmony so sweet that nothing can overcome it.

Composers go over the same sections of music time and time again to make sure they're just right, but eventually have to trust that the notes will do their magic. In life's composition, don't be afraid to try to tweak the music here and there, but also know when it's time to be at peace with what cannot be changed.

Music has the ability to tap into our moods whatever they may be. Listen to your heart, and don't be afraid of the beat that is there. Never be ashamed of the music that is in your soul.

It takes two to tango. Know that there are going to be times when we can't do it alone. In these times, grab on to a friend, listen to the beat, and dance up a storm together.

The greatest musical composers and performers will tell you that true greatness comes from much discipline and practice. Recognize that the never-ending struggles of life are necessary exercises- scales that help us make life's music all the more beautiful.

When life seems rocky, roll right over those rocks. A rolling stone gathers no moss, and if we keep on rocking, troubles will not cling to us either.

We all have things we know we should do but sometimes we just can't work up the energy to face the music. While it's OK to put some things off, sometimes we have to just "step high and march" or the parade will pass us by.

When listening to our favorite music, we trust that each note following each note will add up to make something beautiful. Know that you are God's most amazing composition, soulfully beautiful in your very self.

Everybody gets the blues sometimes; it's part of life's music. Even if there's no sun up in the sky for us right now, know that the stormy weather won't last.

Some people treat music like a science: a precise, carefully orchestrated system of tones and rhythm that follow immutable laws. But music, and life, aren't always so standard. So we shouldn't be afraid to jazz it up every now and then.