



*The Spiritual Significance Of Music*

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When I was a young girl, I had a music teacher who came to our school once a week with her record player under her arm. She would play recordings of classical music while we closed our eyes and “*experienced*” the music. Afterwards we were encouraged to draw a picture or write a story about the music. It was at that young age of eight that I learned how to really experience music as colors and feelings and movement rather than just passively listen to it. To this day those once a week music classes remain some of the best memories from my childhood. I now know that what I experienced was so much more than the “*music*”. It was a deeply spiritual experience, a time where I connected my essence with God essence. My deepest experiences today are those that include devotional music and music that is used in service to others. Hildegard von Bingen’s words say it all for me: “*Sometimes when we hear a song we breathe deeply and sigh. This reminds us that the soul arises from heavenly harmony. In thinking about this, we are aware that the soul itself has something in itself of this music.*”



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