



# HEROD

## MIKE 'UNION' JEFFERS

Music has always had a spiritual connection for people, whether it is for celebration or for mourning. While types and styles of music have changed dramatically over the ages, a person's spiritual connection to music remains as strong as ever. Music is the soundtrack to our daily lives, and it connects us to past events, and even times by connecting people on a spiritual level. Music connects people to their gods and goddesses, and can connect the non-religious spiritually with nature. Music connects people with past events, and with the memories of those lost over time. Clearly there is a spiritual connection between a person and music. For me, music is spiritual in the sense that different songs can serve different purposes. For example, I can listen to certain bands when I am feeling depressed, to help me feel better, or I can listen to certain bands when I am feeling nostalgic to relive a time in the past. Certain music makes me think of people who are no longer here, and often a song can make me recall a feeling that a photo from the past cannot. Music is not in the background of my life, it is in the forefront, and because of this, I feel I have a stronger spiritual connection to the events of my life.



**MIKE 'UNION' JEFFERS (RIGHT)**

**DRUMMER IN HEROD**