



# JACKIE BRISTOW

## SINGER-SONGWRITER

### **MUSIC IS A SPIRITUAL GIFT**

Music is a huge part of my life and my spiritual journey began when I was about seven years old. Without music I would feel empty and I wouldn't know myself. There is a spiritual connection and spiritual journey you take when you write music and when you perform. The spiritual connection of music is very healing, because music speaks to you and helps you get below the surface and find a moment of peace or clarity.

When someone can take you on a spiritual musical journey that inspires you, it brings joy not only to the listener but also the artist, it evokes emotion and feelings and can spiritually guide you to greater wisdom. Music has taken me on a spiritual journey. It has been my best friend, my healer, and gives me strength and belief in many ways. Music is the healer because it brings joy, excitement, love, compassion, and wisdom to our world.