



CATHERINE DUC

Music can take us away to another place and time in just one minute. Music can make us forget our worries after a stressful day, lift our mood, and create an atmosphere where we can ponder our deepest dreams and become our authentic self. You may have experienced listening to a piece of music, be it classical, world, or electronic, and had the feeling that time stood still, and you were transported to another world because you became so engrossed in the music.

Many musicians say that they feel a strong need to create music to release their spirit and feelings. Some musicians say that at times they felt like they didn't compose a piece of music, but rather that they were the conduit between a higher power, and that the music was transferred through them. Being a musician myself, I find creating music is a very spiritual experience. With the pace of life becoming increasingly faster and demanding, it is important that we take time out each day for ourselves. Without looking inside ourselves, we can get caught up in the tide of consumerism instead of focusing on our personal life goals. Whether we are creators or listeners of music, music provides a private sanctuary for peace and personal reflection.



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COMPOSER AND PRODUCER