



ARLENE FAITH

I believe, like food that nourishes the body, the spirit also needs to be fed. Music does this for me, as does a friendly smile, and an unexpected compliment. A number of things can lift our spirits, but music for me plays a huge part. Lyrics can approve of us, lead us, sympathize, and encourage us. Instrumental music can do the same. It can take us on a spiritual journey that we might otherwise not experience. It can elevate our moods and refresh our spirits by allowing the music to either "*sink in*" or by intent listening alike. I prefer to let it "*sink in*" without analyzing what instrument is doing what, although I can appreciate the musicians expertise at the same time. Music played and performed badly can alter the experience immensely. Not to say that we can't sometimes allow a lesser performance to lift us as well. What may be acceptable to the experienced and well-trained ear may be different from those with an untrained ear. The point is, music of all types can affect our mood, mind, and spirit. Music with a lyrical message may be what our spirit and mind needs at the moment, while peaceful ethereal music may be what allows us to relax and "*drift*" into meditation. We may meditate on anything from past experiences to fantasy, wherever the music takes us. That is the beauty of music. While music usually has structure and precision, it can also be unsettling and make us feel on edge. It all depends on the music. Our spirits are effected by both. Music is a powerful and beautiful thing, one of the precious gifts that life has to offer us.



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COMPOSER AND VIOLINIST