



MONIQUE RHODES

SINGER-SONGWRITER

Music has the ability to transcend our conscious mind and reach parts of us that have lain dormant or untouched. It can take us quickly into memories long forgotten or motivate us into action. Its power is limitless. On a spiritual level, therefore, it can reach people without them even realizing what is happening.

As a student of Tibetan Buddhism as well as being a recording and performing artist I work with these subtleties continuously in my work. In Tibetan Buddhism, the chanting of prayers and mantra are used as a skillful means to work with the mind and break down the ego. In my own music work, I experience myself as an instrument through which particular music finds its way into the world. The music that comes through consistently touches people in a way they are often only able to put tears to rather than words. It seeps into the nooks and crevices of people's being and touches them in ways they are often unable to control. That's its nature. That's its powerful spiritual significance. The Tibetan Buddhists have known this for thousands of years. We haven't even begun to realise it.