



RHYTHM INTERACTIVE

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FOUNDER**

Music can connect with our inner consciousness in a way words cannot fully describe, it is a spiritual experience that can be discovered, explored or realised individually or shared simultaneously with others. Music stimulates many emotions and feelings and depending on our current state of mind these emotions and feelings can be enhanced positively or negatively.

To describe these emotions and feelings I would say that they both contain within them a energy vibration and at times the power or level of the energy vibration of either positive or negative emotion and feelings can be the same, the trick is to be aware of how music is affecting the way that we feel, be it positive or negative, does it support ones wellbeing or does it not. When we realise this we realise we also have the choice of how we experience music through our emotions and feelings, this choice is up to the individual. This conscious awareness and choice of how we experience music allows us to let go of the conscious mind giving us the freedom to enjoy, express, and to explore the spiritual being that we are. We are no longer a human being with a living spirit; we are in fact and have always been spiritual beings experiencing emotions, feelings, and life through our human bodies. In short, the spiritual significance of music to me is the conscious state of being.