



# JENNIFER THOMAS

Music says what the heart wants to, but cannot speak. You can watch a movie with dialogue only and you won't be as affected as with music behind it. Music touches our soul, it penetrates deep under our exteriors and speaks a language that our spirits recognize. I recently experienced the loss of my Grandfather, whom I was very close to. One night, only a few days after his passing, while sitting in a dark room rocking my baby to sleep, my mind was filled with memories of my Grandfather and my heart was full of sadness at his passing. Soon my eyes filled with tears and the only thing I could do was to start singing. I sang songs that my grandfather used to sing - hymns actually. The effect that the words of the song had on me was calming, and to hear the familiarity of the tune that I'd heard so many times before brought such comfort to my heart. That sort of healing power does not come from anything else but music. That is the spiritual significance of music, that it heals and comforts, as if God's hand was right there on your shoulder telling you that everything would be all right.



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