

Meditation & Music Improvisation

Two Complementary Experiences Making Me Whole

by Joelle Danant



*Meditation and music improvisation are
Two complementary experiences that make
me feel whole. Both practices open my
heart-mind to the Infinite Presence of
nowness and oneness awareness, where the
journey and destination become one.*

*Similarly, chanting Mantras or sacred Names
of the Divine, combined with melodies --
especially when coming from within -- serves
as a sweet bridge between being and
becoming.*



*I let the power of Music and Mantra
play through me,
as a call and offering back to the Creator
of the gifts received,
thus completing the circle of creation
and remembering who I am.
Kirtan, a communal practice of chanting,
further extends the transformational
benefits of chanting to a whole community
from inside out
-- like from acorn to tree to forest.*

***I dedicate the merits
of all that I do, that it may benefit the One and All.***

*Tara Painting by
Josiane Naud
Photo by Cheryl Stockton*