

Music As Spiritual Practice Cheat Sheet

Summary

- Music beautifully evokes gratitude, hope, compassion, awe, serenity, joy, inspiration and love in us
- One person's sacred music is another person's trash, but unless we're trying to listen together those differences don't really matter. You get to pick whatever you want. From whatever genre you like.
- Music doesn't need lyrics or a religious institution's blessing to put us in touch with God
- Music from our youth, or from particularly important periods in our lives, can be particularly powerful for us
- Using music as a spiritual practice means deliberately and regularly listening to or creating music for the positive effect it can have on our emotional and spiritual state.

Options

- Make a list of songs and sing them to yourself
- Play your favorite music on an instrument
- Assemble a stack of LP's or CD's and note which individual pieces you like best. Play at least one selection a day
- Create a playlist or station on iTunes, Spotify, Pandora, or another service. Use it regularly.
- Check the list of spiritual emotions above and see if you can list one or more pieces that evoke that emotion. Pay special attention to those emotions you experience less frequently
- Talk about your list with someone else who is also assembling a music treasury. Share stories and memories
- Help someone who is especially vulnerable right now to create their own playlist
- Think up a better idea and tell us about it

Your Commitment: