



KATHRYN TOYAMA

Music is a wondrous art form whose invisible sound waves mystically travel through the air, carrying the intent and emotion of the artist. As our every thought and feeling has a vibrational frequency, all of life is receptive to the creative energy being broadcast. Every artist's music becomes a part of the lives of those who hear it. In essence, we attract what we make music about. Research has shown that even plants respond to music in conformity with the feeling that is conveyed through the sound energy. With the potential to inspire or destroy, musicians bear the sacred responsibility to transmit positive messages through their creative energy. I believe that music not only can comfort and heal the mind, body, soul, and spirit, but it can also spiritually influence humankind to evolve beyond the need for violence.

As an intuitive musician who relies on feelings more than technique, I have come to believe that creative energy and spiritual energy are intertwined and may even be one and the same. Spiritual faith has become central to my existence and is also the foundation for my creative inspirations. I know from certain events in my life that there is a power much greater than myself, as it was revealed to me time after time how divine energy was guiding and protecting me, especially when I had lost my way or faced life-threatening circumstances. When I compose music, I feel an energy flowing through my entire being, often guiding me through the creative process. Sometimes a certain feeling of being lifted into another realm occurs. Before actually playing the notes, I always begin by opening my heart with a prayer of gratitude because I believe that music is a sacred gift, and may even be a chance for spirits of the past to give to life in the present.

I believe we have been entrusted by our Creator to serve a higher purpose with our gifts. We can touch lives in a healing and uplifting way if we choose to create carefully. But true art reflects the honesty of the *moment*, which can be cathartic, often moving us through heavier vibrations such as anger or sorrow. These are feelings everyone can relate to but I believe we also need to counter-balance these lower vibrations by creating life-affirming messages through our music.

It is my heartfelt wish that more of us would honor the deeper purpose of our gifts. What a hopeful prospect to envision musicians freely offering their gifts toward the greatest good. I was recently inspired by the wonderful works of a non-profit organization called "*Healing With Harmony*" at www.healingwithharmony.com, whose mission is to comfort those in time of need through music. I deeply hope that more musicians will also feel inspired



to align themselves with their cause. We have a responsibility to take part in positive creative activity and to work to heal ourselves, each other, and the planet. In the midst of our rapidly changing world, there is still hope for harmony and healing, but we must make the effort individually and collectively to make a positive difference. I believe that this is a time for new intentions to be seeded when the veils of commercialism can dissolve through harmonic resonance, as we create beauty, peace and unity, by reflecting the healing sounds of love through our musical vibrations.

“Giving From The Soul”

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*When hidden treasure has been found
It should not remain buried in the ground
When we have uncovered a sacred gift
It is ours to give, to inspire and uplift*

*Undulations of sacred sound
Flow forth from the soul that is unbound
To a unique tone each one resonates
And through her harmony with God
New songs she creates*

*And when a soul who is not yet free
Hears in another what she can be
She senses again her birth and her goal
And knows that harmony with God
Will make her whole*



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COMPOSER AND PIANIST