

The Fine Arts as a Spiritual Path

The Transformative Powers of the Fine Arts by David McClanahan

I begin with the premise that:

“Music washes away from the soul the dust of everyday life.” — Auerbach

This book provides a method to cultivate the shift in consciousness from mundane life to the radiant life of spirituality while experiencing the Fine Arts.

The Fine Arts can capture and hold our attention and move us into a powerful state of presence where we are alert, receptive and totally engaged in the moment. This creates a state where we are able to enter deeper levels of the human experience and awaken our spiritual self where our intuition becomes very active. That is like wiping the dust off the mirror of our soul revealing the reflection in perfect clarity.

Presence through the Fine Arts develops an opening in consciousness to the “poetic” mind, a state of wonder, awe, joy and meaning. This means our consciousness shifts from a purely functional view of life to a heightened awareness, a higher level of consciousness and spiritual growth and upliftment.

Topics include:

- How to listen to music, with our soul instead of mind.
- How to become so absorbed in a great painting that we connect with the inner depths of our soul and the message of the art.
- How to enter more profound spiritual depths by reading a poem
- How every sound can remind us to be present.

We can also use the fine arts to help us change our moods and recharge our spiritual energies. We use the Hallelujah Chorus from Handel's Messiah as an example.

Chapters will cover:

Music

Art

Sculpture

Poetry

Literature

Movies and the Stage

Video Game

Each chapter provides many examples and descriptions of the recommended works and provides a guide to experiencing each. The selections are chosen to uplift us, ennoble our spirit and enrich our lives.

Another chapter compares the experience to spiritual contemplation and gives several guided contemplation exercises. Anyone with a spiritual nature and an interest in the fine arts would find this interesting and enriching. There are no technical discussions that require professional training in the arts.

Blake wrote

“If the doors of perception were cleansed every thing would appear to man as it is:
Infinite.”

We show that music (and the Fine Arts) can be used to cleanse the doors of perception, which means we are wiping away the cobwebs in the mind that obscure our true nature.

When we cleanse the mirror, the soul’s radiance awakens us.

Rainer Maria Rilke

I live my life in widening circles
that reach out across the world.
I may not complete this last one
but I will give myself to it.

I circle around God, around the primordial tower.
I’ve been circling for thousands of years
and I still don’t know: am I a falcon,
a storm, or a great song?

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Another example, with a promise of connecting with our innermost spirit:
Song of Myself (1892 version) Walt Whitman

I celebrate myself, and sing myself,
And what I assume you shall assume,
For every atom belonging to me as good belongs to you.
I loafe and invite my soul,

...

Creeds and schools in abeyance,
Retiring back a while sufficed at what they are, but never forgotten,
Have you practiced so long to learn to read?

Have you felt so proud to get at the meaning of poems?

Stop this day and night with me and you shall possess the origin of all poems,

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This poem is an invitation to connect with the eternal source that inspires all poetry. It has the same effect as meditation if we enter the contemplative mindset it opens to us.

What is it, then, which distinguishes the outlook of great poets and artists from the arrogant subjectivism of common sense? Innocence and humility distinguish it. These persons prejudge nothing, criticize nothing. To some extent, their attitude to the universe is that of children: and because this is so, they participate to that extent in the Heaven of Reality.

the natural world of Becoming, is only present to him—unless he be an artist—in a vague and fragmentary way UE PM

Underhill, Evelyn. Practical Mysticism (p. 7). Waxkeep Publishing. Kindle Edition.

Khan. music is the 'picture of our Beloved' and then draws the picture stroke by stroke from every angle and plane until we see it.

Because we do experience light, love and meaning, we intuit an infinite source of Divine qualities is near and available to us. Every experience takes us closer and eventually we realize We are the Source. (Our True Self is One with the Divine Nature)

Movies

"I Heard the Bells"

Troi and I, celebrating our 16th anniversary, just saw the movie "I Heard the Bells" , uplifting. Inspired by the true story behind the beloved Christmas carol and its author, poet Henry Longfellow. Around 1860 Longfellow's life was shattered by tragedy and he fell into grief and stopped writing. But the poet rediscovers the resounding hope of rekindled faith.

There should be more movies like this. The stories of such wonderful souls that have lived on this planet, and left us such ennobling and wonderful creations should be retold time and time again.

The song by Casting Crowns is glorious.

Longfellow

I heard the bells on Christmas Day
 Their old, familiar carols play,
 And wild and sweet
 The words repeat
 Of peace on earth, good-will to men!

It was as if an earthquake rent
 The hearth-stones of a continent,
 And made forlorn
 The households born
 Of peace on earth, good-will to men!

And in despair I bowed my head;
 "There is no peace on earth," I said;
 "For hate is strong,
 And mocks the song
 Of peace on earth, good-will to men!"

Then pealed the bells more loud and deep:
 "God is not dead, nor doth He sleep;
 The Wrong shall fail,
 The Right prevail,
 With peace on earth, good-will to men."

Because life is too much to experience fully in every moment we filter things down and we become desensitized to life itself and then in moments of the fine arts such as this movie we are awakened to the depth of the meaning of the depth of the feeling and the wonder that a person has lived and expressed this so well for the rest of us we're all moved and awakened by hearing the bells of Christmas

Cold Mountain - sometimes a movie comes along that is unbearably tragic, unacceptably true, reflecting the harsh realities that life is for many if not most, people.

Men create suffering and enjoy it to prosper and please themselves. The most honorable, hard-working, responsible are destroyed without a thought, without conscience. Justice wouldn't be enough to right these wrongs, but the intensity and the fact that we know that this could be true and has been for thousands of years. This is a shockingly painful (re)awakening.

Then when it forms a family, a loving dinner, a moment of peace and Joy, the clouds part and we see the meaning and beauty ..

I thought, "it makes everything more meaningful" , now I understand that it doesn't, everything is always infinitely meaningful, it just reveals it because it returns us to that place, by clearing the clouds of the mind.

I used to think that we finally get over the most painful losses .. now I think , we never get over them, we just learn how to live with them.

Schindler's List

"Whoever saves one life saves the world entire."

The Bishop's Wife

What would bring joy and wonder, what would open our vision to the radiance of the Divine?

Dudley charms everyone and brings magic, restores our soul

"meeting Dudley had been the greatest spiritual experience of my life "

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Dudley is the Christ Consciousness

A broken down old scholar says .. he Opened my eyes and suddenly I understand all

The memory is hidden, you'll never know an angel visited.

When an Immortal envies a mortal (spirit soul)

I just have the most inexplicable sense of wonder joy

A blazing star hung over a stable

2000 years ago

Loving kindness was embodied for the perfect example for humankind.

We realize that we are blessed to know, to have heard this.

So why is a movie able to move us into a state of mind that our own will can not accomplish?

Berthold Auerbach.

Music washes away from the soul the dust of everyday life.

Music is the mediator between the spiritual and the sensual life." -- Ludwig van Beethoven

Arthur Schopenhauer said, "the effect of music is so very much more intense and penetrating than is the effect the other arts, for these others speak only of the shadow, whereas music speaks of the substance,"

Supposedly, nothing has a more positive impact on our brain's physical and chemical makeup than music has on us. For starters, it promotes the growth of gray matter in the brain, which is where the synapses are situated. The corpus callosum, which is the bar that links the two parts of the brain, becomes thicker with age.

MRI scans and EEG recordings reveal something quite remarkable: when creating and listening to music, practically all regions of the brain are active – including the brain stem, which is the earliest part of the human brain and the site of its origin. It responds to music, despite the fact that it does not respond to language.

For example, listening to great music before a test or a lecture puts us in a positive and cheerful frame of mind, allowing us to take on the task with enthusiasm.

Spirituality expression of the inner, spiritual life that exists within us and extends beyond our individual limitations.

Mindfulness has the power to bring about inner liberation
has the potential to assist us in escaping our ego if we practice it effectively

Music has the capacity to circumvent our resistance to the movement of the Divine in our lives.

Music does this in part by carving out a moment in which our attention is fixed on the experience of the music itself.

And it does it in part by crowding out our capacity resistance

While all of this may be true about the power of music, I think the other reason that it comforts, challenges, and moves us is rooted in something far deeper. It participates in the beauty and truth that is, in the final analysis, to be found in God.

Music can participate in the beauty and truth that is finally found in God. In the moment we sing or enter into the music offered in worship, then, we potentially find ourselves in close communion with the divine and with the creative nature of God.

The spiritual effects of music are definitely worth learning!

This is because when we meditate, we listen to music.

When we desire to relax and feel happy, we listen to music.

But the question comes up, "Why is music so powerful?"

Why Is Music So Powerful?

Music is very healing for the soul, in fact, it's so powerful, it's now used as therapy!

Of course, it depends what type of music you listen to.

But why does music heal the soul?

Let's get into it:

Some facts behind the spiritual effects of music are:

- *Sound improves communities*
- *It creates communication and unity.*
- *Music impacts us in ways other sounds don't.*

How?

This is because it reaches deep emotional centres in our brains which others sounds can't.

A single sound tone isn't satisfying but when you organize it with some sort of arrangement, the music becomes incredibly powerful.

Music also releases [dopamine](#)!

Dopamine is the same nerve that gets released when having sex, eating or taking addictive drugs such as cocaine. It's what makes things so pleasurable!

That's why music is so amazing!

Everything is energy, and music can send off many different energies!

It reduces stress and anxiety levels!

This is why babies fall asleep so easily with lullabies, because the sound and energy of the song goes into their soul, mind and body, and fills them with love and peace.

This is the same way we feel when we listen to soothing music.

Music has been proven to affect your heart rate, pulse rate and breathing!

When you listen to certain types of music, your mind slows down, and you enter a deeper brain state.

This allows you to absorb energy much easier!

When you're in a deep brain state listening to music, your soul feels relaxed and you become One with the world.

This allows you to absorb the positive energy around you from the trees, the sky and the universe.

Dr Mike Miller conducted a test where he allowed his patients to listen to music.

The study found when his patients liked the music, their blood vessels opened up and relaxed.

An Interesting Fact:

Did you know music can also physically heal?

Crazy, right?

I'm sure you're wondering how, so let me explain:

A musician and acupuncturist, Fabien Maman, proved in a study that human blood cells respond to sound frequencies by changing colour and shape!

His studies proved sick cells could be healed or harmonized with sound!

In Conclusion

Music can be very powerful!

It quiets your mind and allows you to enter a deeper brain state which then allows you to absorb the positive energy from the trees, sky and nature around you!

The energy and frequency of the sound heals your soul, mind and body.

Music can reduce your stress and anxiety levels!

It can also physically heal you!

Fabian Maman, a music and acupuncturist, proved in a study how human cells respond to sound frequencies by changing colour and form!

So my challenge to you is to listen to a relaxing song, and allow yourself to go into a deep brain state so you can absorb the positive energy of the universe around you!

You'll then start to see the spiritual effects of music start to kick into your life when your vibration, happiness, etc increase.

If you're keen to use music to increase your vibration, and know it's a BIG problem in your life...

Book a free 30-minute Discovery Call with our team to discuss your situation, uncover the blockages or dark energies silently holding you back, and learn to breakthrough these restrictions to achieve the life you truly desire.

Music is, at its essence, the sound of spirit. When created from the heart and with truth and pure intention, music is a spiritual expression of the most universal nature and the highest order.

"Without music, life would be a mistake." Nietzsche

MUSIC

uplifting

Prokofiev Symphony 1

Mendelsohn

Prokofiev Symphony No. 1

Britten Piano Concerto 1

Schumann Sym. 1 Spring