

There is a remarkable healing quality to music that so many of us forget to acknowledge. Dick Clark said it best when he said, "Music is the soundtrack of our lives." I believe that music will always be a part of our lives. Music has been a part of our culture since the beginning, and long before any record label had the idea to exploit artist's talents to become rich.

I read an article not long ago on the controversy of file sharing, and how the record companies are now proceeding to have hundreds of users prosecuted for downloading music on the Internet. As long as technology continues advancing as fast as it has, the hackers and wiz kids will always find a way to stay two steps ahead of the industry, and that is because as a people we are remembering that the music belongs to the people. We are the ones who make or break an artist. Our society has now even found a way that we can be a part of the selection process of who becomes a star with shows like American Idol.

But throughout our history, one thing remains constant, and that is music is ingrained into the very cells of our being. We have songs for celebration, songs for appreciation, songs for heartbreak, songs of hope, and every other emotion that the human spirit has endured. No matter how a song touches you, from my experience, there seems to be one recurring theme, and that is love. Within every song, if you listen closely enough, you can begin to hear it. It is our source energy speaking to us, only most of us are so immersed in our chaos to hear it clearly. Sometimes we will like a song and not know why. Sometimes the lyrics make no more sense to us than a foreign language, but there is just something about the song that makes us feel better. Most often, the song reaches us at such a subconscious level that we may never consciously understand why it matters to us. To me, that doesn't matter. If it works, it works.

As I write this, I am even more aware of all the times that music has helped me to heal from the wounds of my experiences. As far back as I can remember, music has had a great impact on my life. There are songs that have stayed in my memory from childhood, and when I hear them now, I am immediately transported back to that time, and filled with emotions. When my cousin, Carolyn, passed away in March of 2001, I had an instinctive drive to create a compilation of songs on a CD I titled, "Songs of Remembrance." I knew that music had always helped me to cope with life's toughest moments, and I wanted to share that wisdom with my family, to help them heal.