

Overview:

Spiritual Piano is a musical representation of where I am presently, where my beliefs and life are taking me, and what I've experienced. Each individual composition has been inspired by life experiences and is influenced by my desire to be more spiritually enlightened through both meditation and reading.

Message:

This collection was recorded with intention. It inspires listeners to take their own spiritual journey, whether religious or not; to be conscious of their own feelings, experiences and perspective. The music is a catalyst for healing, inspiration, meditation and transformation.

Goal:

To enhance one's spiritual journey and create more compassionate, conscientious and faithful ties to those around us. To become more aware and present in the relationships we have as friends, family, neighbors, co-workers and citizens.

TRACKS

1. Be Here Now

This song celebrates the present moment. It will remind the listener that being focused on the past or the future limits one's ability to fully appreciate the significance of NOW. It is intended to heighten the awareness of one's innermost thoughts and release tension/anxiety caused by distraction. This piece is a musical three-part-breathing exercise.

Readings that influenced this song include Ram Dass & Eckhart Tolle.

2. Space and Time-2012

The tone of this song is mysterious and reflective. It implores the listener to consider the relationship between space & time – to attempt to grasp the magnitude of the universe compared to the reality of our brief existence within it. It may cause you to ponder “who am I and why am I here now.”

Author who influenced this song: Gregg Braden.

3. Knowing

Ever hear your inner voice? Have you focused on it? Allowed your intuition (6th sense) to guide your perceptions and decisions? The song challenges us to trust our intuition. The middle section is more frenetic to represent a period of uncertainty – not knowing. The song closes with a return to confidence, strength and acknowledgement.

Author who influenced this song: Malcolm Gladwell (Blink).

4. pp-pianissimo

This is a soft, reflective song, intended to quiet the mind & rest the soul - to intoxicate the listener with peace to clearly understand a quiet inner voice. My Bosendorfer piano is designed to be heard – to be thunderous and loud, but it has the capability, like no other, to whisper. Soft and sweet sound is fleeting in our fast moving world.

5. Decade

This is a short song genuinely inspired by relationships and experiences that endure. At the decade mark you feel something relevant & special. During the middle/minor section you will feel a sadness which reflects change – kids grow older, possessions begin to break down, older people seem to age more quickly. Then the piece returns to the original tone/theme because I am truly happy for all the decades in my life so far – and reflect on them with humility, gratitude and delight.

6. Believe-Achieve

This is my musical version of "the secret." I have a "to-do" list on my desk that's entitled, "Believe-Achieve." If it goes on the list, it stays until it's done/achieved. The song is about intention, attitude and confidence. All about positive thoughts = results

7. Letting Go

Letting go is perhaps the most difficult thing for many people to do. In order to let go, we must be authentic, vulnerable, humble and able to forgive and move forward. Many of us get entrenched in our feelings of remorse, guilt, shame or regret, unable to transcend those feelings. Music possesses the power to release us and inspire the letting go.

8. The Spirit World-Return to Sender

This song was written to represent the larger concept of heaven or the afterlife – to carry our souls to the Spirit World through music. It may cause you to wonder what is your true purpose and how it can be offered to the world? Later, how is it when your soul is released? Perhaps, it is more powerful than you ever imagined.

9. Inter-connected

The piano has a very low note (B) that connects with a large variety of chords throughout this song. The piece itself is bold, adventurous and was written to show how we are all interconnected through emotional energy – intentions, thoughts, sacred love, quantum physics! Fundamentally, our composition is the same. It is the dynamic of our individual lives that makes us different and through our uniqueness, we are all somehow woven together.

10. Ripples in a Parallel Universe

I believe in the parallel universe. Ripples represent the unexpected in our lives. They are welcomed nuances which give our lives substance & meaning. Ripples may pan out endlessly or they may quickly be smoothed over and disappear. The thoughts that stick with me are whether or not our lives are pre-destined? What do we control? Does the universe end somewhere? Is it expanding or contracting? Does what I do, feel or say have an impact on that? In what ways?

11. Temporary Space Suits

This is an interpretation shared with me by an insightful friend – about the fact that we are mortal and we occupy this physical life temporarily. Here, the music is reflective of the temporary, yet wonderful aspect of life on earth. There is a series of complex chord changes which represent my own awe over the fact that our bodies consist of a dynamic set of inter-related organs, always working together without conscious thinking; that we humans have the capability to communicate and express ourselves with all elements of our being.

12. Borrowed Time 18-59

Unlike the other selections in this collection which represent a period of exploration, this song distinctly represents a recent family experience. The song begins at the age of 18 when a young man is severely injured in an accident – the music is explosive, tumultuous. This individual lived, despite the extreme complications of the accident – somewhat on borrowed time – and experienced many joys of life, including marriage and raising a family. He was gentle, kind and very deep spiritually. His energy and insight were unique, yet rarely accessible. At 59, when no longer able to endure the physical or mental pain of the crash, he ended his time here (in his temporary space suit) and found the peace that had eluded him for so long. His faith was unshakeable and his desire to be with God fulfilled.

13. 10,000 hours

According to Malcolm Gladwell, to be successful you need to give at least 10,000 hours of study/practice. I roughly estimate that between the ages of 12-22 I had spent at least 10,000 hours playing the piano. When I reflect on this concept, I visualize people working diligently with intense conviction to reach a higher level of capability. The music in this piece represents hard work, commitment, determination - the message being, “you can do it” if you put your mind to it.

Book/author that inspired this song: *Outliers* by Malcolm Gladwell.

14. Mystery In the Moment

When I play at church after communion (a time of meditation), I often improvise. Afterward, people will quietly comment that they liked this music the best. During the recording of the collection, this song is an experiment that consists of the blending of two improvised recordings, performed in presence of a small “intender’s” audience. Those present were asked to reflect upon happiness, peace, compassion and love.