

**Diane Jung**



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# The Music I s Still I nside You

*Preparing To Blossom!*

As children we are full-fledged explorers, delighting in the sounds we make and curiously examining anything that comes across our path, blissfully unaware of time. As we grow, people with the best of intentions at guiding our development discourage us from this exploring and the process of silencing the creative voice within has begun. The inner critic has been born.

In my case, a bad musical education experience as a child kept me from the joy of exploring the creation of my own melodious sounds. It's a familiar story! Another common experience happens to many children as they are instructed to color within the lines or to make your purple cow a regular cow color. This too keeps us from actively participating in something that feeds your soul and gives you great joy. Whether it be music, art, movement, building, acting or any other passion, you may have tucked away a dream so far in the back of your heart and soul that you can't even find it any more. Yet those dreams still whisper to you.

The person who would like to make their own music, instead buys CD's, and goes to concerts as a spectator muttering *'the only thing I can play is the radio.'* Others, pumped by great art, go to galleries or support the work of artists' friends and mutter *'I can't even draw a straight line.'* I have heard hundreds of those "I can't" muttering statements. In fact, in December of 2005, I was a mutterer myself. I would sit on the



sidelines quietly muttering *"in my next lifetime, I will come back as a singer songwriter"*. This statement has run through my consciousness for over 47 of my 54 years.

Then I received my first Native American Flute! It has become the key that unlocked the door to that secret corner where I stashed my dream of making music and set that dream free. With this beautiful flute in my hand the awakening had begun.

As I tentatively started coaxing sounds out of the flute (some nice and some not so nice) I asked myself, "who is this critic that for 47 years has stopped me from creating my own music? Who says that I have to read music just to play what I feel inside of me?" I began to wonder how I had let the 'you can't do it' messages have so much power over me.

Awareness began creeping into my consciousness, I no longer had to listen to this critic. If I wanted to play, I could! I could just sit with the flute and find the beautiful sounds. In fact, without the ability to read music and without any formal musical instruction I began to create sounds with my flute that were pleasant to me and felt like my own music. I was empowering myself to overcome the limiting beliefs acquired throughout my lifetime. The flute was my teacher and mentor, a voice that was silencing the inner critic and inviting me to listen and participate in my life in a new way.

Noted inspirational speaker Dr. Wayne Dyer has said, *"Don't die*

*with your music still inside you. Listen to your intuitive inner voice and find what passion stirs your soul.”* I encourage you to consider freeing the music/passion (whatever form that takes) in your soul. Let yourself listen to those whispers from your soul and your passion will begin to tickle its way through the maze of self-limiting thoughts and make itself known. If you have one of those ‘I have always wanted to’ statements running through your head, don’t wait. **Silence the inner critic and JUST BEGIN.**

I know from experience that if you let yourself embrace that inner longing and listen to the whisper of your soul, you will find a way to listen to your own music, feel your own art and dance like there is no tomorrow. Admittedly, those tentative and fragile first moments as you begin to explore your passion are both frightening and beautiful. They involve trusting yourself and your inner wisdom to ‘nurture’ your exploration rather than judge it. I have witnessed people burst into tears from the sheer joy of those first few pretty sounds coming through their flute. This is truly a moving experience when a person connects to fulfilling a long hidden dream.

As you take that first step toward the creation of your own music or any other passion, you will find notes that don’t sound right; rhythms that stutter, fingers that just don’t want to move the way you want them to and you may let that stop you from going on. I hope you don’t. Those little experiences are helping you to find your way to the sound and rhythm that is part of you. They are part of the journey, part of the fun of exploring and an important part of the path to freeing the expression of your soul. And sometimes those little ‘less than perfect blips’ teach you more than immediate success does. I have learned to welcome the sour notes as I explore my music and my life, for it means that I am continuing to embrace my dreams instead of sitting on the sidelines.

*Terry Mack, is a Flute enthusiast and owner of Peaceful Spirit Flutes. [www.PeacefulSpiritFlutes.com](http://www.PeacefulSpiritFlutes.com) see ad pg 25*



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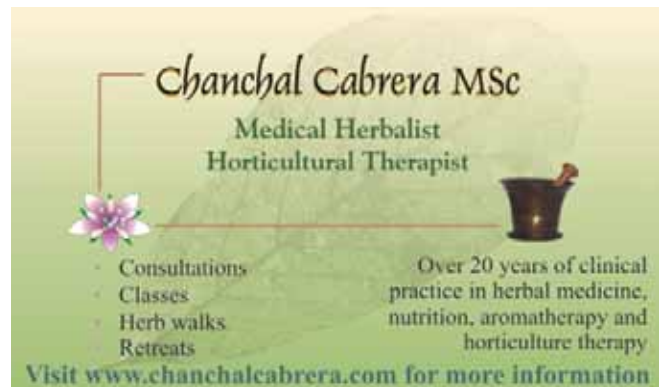
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**Diane Jung**

Diane is trained & licensed by the Unity Association of Churches to teach, minister, counsel, perform marriages, christenings and memorials.

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