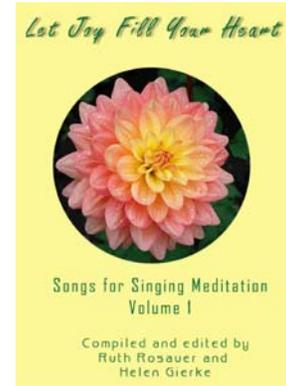
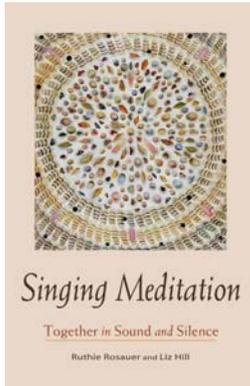


SINGING MEDITATION



What people are saying about Singing Meditation

"In a culture that often severs musical and artistic talent from all except a few anointed ones, this book is restorative. Following Hill and Rosauer's text is like having an ancient time traveler accompany the reader through the roots of the Tree of Life, one that grows thousands of branches of music, and musicians. This work is filled with gentle, supportive explanations reminding: Yes music is part of your soul, the legacy you were born with and born to." -- Clarissa Pinkola Estés, Ph.D., author of *Women Who Run With the Wolves*; editor and columnist for [The Moderate Voice](#) and columnist at the [National Catholic Reporter](#)

"In this ever louder, ever faster time in which we live, this invitation to combine contemplative silence with communal singing and dancing provides a desperately needed balance. The historical setting, glossary, and specific recommendations for implementation are most welcome. To paraphrase the authors, silence is a taste more people need to acquire." --Joyce Gilbert, a founder of the Unitarian Universalist Musicians Network

"The authors conjure the ancient magical dance of music and stillness that leads to inner peace, then teach the rest of us to summon it as well." -- Kenn Amdahl, author of *Joy Writing: Discover and Develop Your Creative Voice* ([Clearwater Publishing](#))

Singing Meditation: Together in Sound and Silence offers the church musician a powerful tool to help people reclaim their singing voices. The book clearly lines out the steps to begin and sustain a Singing Meditation group. This interfaith spiritual discipline helps people with diverse faith backgrounds experience the essence of other faiths through their sacred music. Singing Meditation will take its place alongside church choirs and drum circles as a way for "just folks" to participate in a rich musical tradition. -- Barbara Miller, Music Director at the Unitarian Universalist Congregation of the South Jersey Shore.

Singing Meditation is a spiritual practice, not a performance!

Singing meditation involves singing chants, rounds, and other simple songs repetitively, until the songs sink deeply into your heart. Songs are alternated with undirected intervals of meditative silence.

Group members do not need to have a strong singing voice or musical skills to participate and fully enjoy Singing Meditation.

This approach to transformative worship is an excellent alternative ministry that will especially appeal to those interested in:

- Non-traditional worship -- who don't resonate with traditional types of services built around a sermon or lecture; yet are looking for a way to deepen their spirituality.
- Interfaith practices – songs are drawn from a variety of paths including Sufi, Christian, Jewish, and earth-centered; but a great number can only be categorized as 'non-traditional.' Some of the songs contain words or phrases from more than one faith tradition, making them 'interfaith songs' by definition.
- Worship that is experiential rather than cerebral and passive – participants are not merely listening, they are fully engaged. The facilitator does not guide the meditation or lead prayer during the silent intervals.
- Group connection – the synergy of the group drives the tempo and mood of the session.
- Outreach to the larger community – newcomers who are suspicious of organized religion will find this an easy entrée to our congregations. Young adults are enthusiastic about this practice.

What does it take to start a Singing Meditation group?

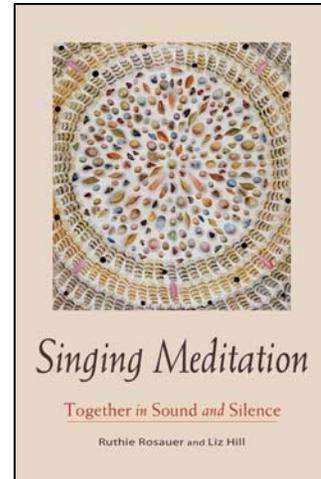
- Facilitator -- Groups will need a facilitator with a strong enough voice to teach and lead the songs.
- Book - A new Skinner House book, *Singing Meditation: Together in Sound and Silence*, introduces the practice and provides guidance for facilitators, including music for ten songs and resources to locate more.
- CD – The Ephemerata Singers CD will help those who don't read music to learn several singing meditation songs (available on Amazon and CDBaby.com).
- Repertoire -- Several songs in *Singing the Living Tradition* and *Singing the Journey* are well-suited to singing meditation (for example: How Could Anyone Ever Tell You? and Jubilate Deo). A companion songbook, *Let Joy Fill Your Heart: Songs for Singing Meditation* (available from the UUA bookstore) provides facilitators with ample songs, rounds and chants to get started.

RESOURCE LIST for SINGING MEDITATION

- Visit the Singing Meditation website:
www.singingmeditation.com
- Subscribe to the Singing Meditation blog at
www.singingmed.wordpress.com
- Become a Fan of the Singing Meditation Facebook Page

BOOKS

- Don Campbell, *The Mozart Effect: Tapping the Power of Music to Heal the Body, Strengthen the Mind and Unlock the Creative Spirit*, (New York: HarperCollins, 2001)
- Ted Falcon, Don MacKenzie, and Jamal Rahman, *Getting to the Heart of Interfaith: The Eye-Opening, Hope-Filled Friendship of a Pastor, a Rabbi & a Sheikh* (Skylight Paths Publishing, 2009)
- Robert Gass, *Chanting: Discovering Spirit in Sound*, (New York: Broadway Books, 1999)
- Eric Jensen, *Music with the Brain in Mind*, (Thousand Oaks, California: Corwin Press, A Sage Publications Company, 2000)
- Daniel J. Levitin, *This is Your Brain on Music*, (New York: Penguin Group, 2007)
- Stephen A. Marini, *Sacred Song in America: Religion, Music, and Public Culture*, (Chicago: University of Illinois Press, 2003)
- Ruthie Rosauer and Liz Hill, *Singing Meditation: Together in Sound and Silence* (Boston: Skinner House, 2009)



SONG BOOKS

- Clarke, Nickomo/ The Harmonic Temple -- *Here Right Now Harmonies of the Spirit, Ateh Malkuth and Singing with the Angels* (www.nickomoandrashullah.com)
- Gierke, Helen and Rosauer, Ruthie – *Let Joy Fill Your Heart: Songs for Singing Meditation* (www.singingmeditation.com)
- Grigolia, Mary – *Spirit Song* (www.marygrigolia.com)
- Libana, *Night Passage, Invocations for the Journey*, (Cambridge, MA, 2000)
- Middleton, Julie Forest, *Songs for Earthlings* (Emerald Earth Publishing)

- Swetina, Barbara, editor -- *Songs of heaven and earth*, (Findhorn Foundation, 2003)
When two or more are gathered...sing along songs for the heart
(www.sacredsongs.net)

RECORDED MUSIC

- Ephemerata Singers, *Songs for Singing Meditation: Let Joy Fill Your Heart* (2009)
www.singingmeditation.com
- Findhorn Foundation Community Singers, *When Two or More Are Gathered, Sing-Along Songs for Heart and Soul*, (Findhorn Foundation, 2000)
- Gass, Robert Chant: *Spirit in Sound, the best of world chant*, (Spring Hill Music, 1999)
- KIVA, *Mother Wisdom, Original and Traditional Chants*, (Kiva, 1994)
- Libana, *A Circle is Cast, and Night Passage* www.libana.com
- Munger, Kate *Tenderly Rain* (2006) www.threshold.org
- Nickomo / The Harmonic Temple, *Here Right Now and Singing with the Angels* (2005)
www.nickomoandrasullah.com
- Stillwater, Michael O *Great Spirit and Chantwave at Grace Cathedral*
www.innerharmony.com
- Wolfsong, Leah *Songs of the Circle*, (Roots Down Music, 2000)

SONGS FROM SINGING THE LIVING TRADITION:

Hineh Mah Tov (392)	Jubilate Deo (393)
Hava Nashirah (394)	Dona Nobis Pacem (388)
Earth, Water, Fire, Air (387)	Come, come whoever you are (188)
Allelulia Amen (383)	Gloria (385)
Allelulia (384)	

SONGS FROM SINGING THE JOURNEY:

De Noche (1034)	Ancient Mother (1069)
Mother I Feel You (1070)	Nada te Turbe (1047)
Evening Breeze (1072)	Ubi Caritas (1048)
How Could Anyone? (1053)	The Earth is our Mother (1073)