

The Ecotourism Society of Seychelles



*For the Community & by the Community
The Process....*

“Turning Possibilities into Realities”

2012 “STRIVING FOR OUR SEYCHELLES”

Rio + 20: The Future we want: The Force Beyond

“Working Hard at Working Smart” (part IV)

The Healing Power of Music

Music has no bounds when it creates the sounds to heal and mellow the soul. Its legacy survives every generation through history and is expressed through the hearts and deeper feelings in the people from almost every culture, ancient and modern. Sound and music coupled with a pure heart and clear soul activates the principles of healing. And nothing can take its place in our world.

St Joseph Church
The Symbol of Hard Labour
THE PROMISE

Built in 1931, of stone, lime and clay, this magnificent house of worship has throughout the years been affected by salinity. Major renovations were made in early 2005, walls were re-plastered with cement, Italian flooring tiles were placed and a new roof was installed.

***Cultural Tourism: Religious Heritage:
Peaceful Splendour at Low tide***

THE TRANSFORMATIVE POWER OF MUSIC

Paul Lloyd Warner, Poet is also known as a composer.

From a Short Essay written to illustrate music as a power for healing and spiritual upliftment.

(<http://waterfallmusic.com>)

The transformative power of music has been recognised throughout history, in all cultures and all peoples. Sound emitted through air into the hearing reaches into our hearts and vitalizes our nerves, tension is reduced, and often vanishes. We are refreshed, rejuvenated and attain a higher power of concentration which leads to a greater fulfilment and even a revelation. The music which does this, regardless of style, may be considered "healing", healthful, curative, therapeutic, resonating with the spirit, and charged with the ability to be visionary and enlightening. Nothing can replace it. **And the only substitute may be prayer, meditation, spiritual revelation, and awareness of the supreme essence at work as an active principle in the cosmos.**

On the beach at evening, in a garden at 5.am everything one hears speaks.

Perhaps the music of nature may substitute for the art of sound. The falling of water, the crashing of waves, a nightingale singing in the echoing forest, the sound of wind through leaves, the trickle of a brook, and water moving around the stones in streams. Tall grasses rustling in a breeze, and the sound of absolute silence in a desert, the felt sound of one's heartbeat. These are some of the natural healing sounds: the lapping of the lake shore, a chorus of birds, the silence of snow falling onto snow, and the music of rain out the window and even the mighty crack of thunder in the distance.

And what distinguishes "healing music" from other musical forms? In one word: SPIRITUALITY. In a few words: Music created from the soul to and for the soul. In a paragraph: Music aimed toward a healing effect, a mother singing a lullaby to a sick or tired child.

A young boy playing soft guitar music for his ailing father. A woman playing lyrical piano music for her grandmother. The gentle strumming of the harp, the plaintive sound of a flute echoing through the mountains, acapella choral music sung in a cathedral, the digeridoo sound-power of a priest, a solo violinist singing out a great human voice through five strings, an orchestra playing Vaughan-William's "Fantasia on a Theme of Thomas Tallis", Segovia playing the guitar, Bill Evans playing the piano, the Beatles singing.

It matters not who or what is in vogue; all that is important is the fact there exists music which is therapeutic, spiritually uplifting, quieting, relaxing, energizing, life-affirming, positive, beautiful, healing, awakening, soul-searching, metaphysical and based upon the affirmation of love as a active principle in within every note and phrase as they pass through the hearing and enter the human experience.

When we are touched to the depths of our being and enervated as a result; when we reach a musical katharsis, no matter what our taste or style we prefer, but one which brings to us the rapture of a musical climax, where we are moved to absolute tears, we are experiencing music of a healing nature. **And we are ennobled, enriched, and transformed.**

Our world without music of any kind or genre is inconceivable. A planet absent of music as a healing force would be equally unthinkable. Our Earth has given birth to singers, musicians and composers who have attained mastery in the art of healing music, from the olden days, throughout the centuries, right up to our time.

And now our little Angel, Whitney Houston is a living proof of that phenomenon of the spirit.



Whitney Elizabeth Houston

Born August 9, 1963 in Newark, the Garden State of New Jersey, USA, Whitney Elizabeth Houston, **the "sister next door" has lived a life and had a career that nobody has ever had.** Whitney was indeed a God Gifted musical instrument with a unique voice, "who sang with a forceful directness that gave its message of self-worth an astounding resonance and conviction". And whenever she comes on the air one cannot help but to be **attentive, listen, contemplate and appreciate.**

For many of us who have had the privilege and honour to follow her carrier since her rise to Stardom in 1986, Whitney Houston has been a blessing to those of us **in search of motivational strength for health, success, happiness and ultimate wisdom.**

Indeed "The Greatest Love of All" one of her three greatest hits and a favourite of many of us has been instrumental in shaping our lives, careers and achievements. **For that we are forever indebted to her. We thank you sweet heart...**

This song which was popularised by Whitney Houston was written by Michael Masser and Linda Creed, in the midst of her strength with breast cancer was recorded in 1977 for the Mohammed Ali biopic, *The Greatest*. The words describe her feeling about coping with the great challenges one must face in life, being strong in the process whether you succeed or

fail, and passing that strength on the children to carry with them into their adult lives. Creed eventually succumbed to the disease in April 1986 at the age of 36, at the time her song was an international hit by Whitney Houston.

And regardless of her many human short comings, and no matter what may have caused her tragic and untimely passing, Whitney Houston left a Legacy of immense worldly achievements, many generations to come will aspire to and draw lessons from about the Facts of Life.

In his booklet on *Life Lessons*, Dave Pelzer, author of a number of best seller's said;- **Just because bad things happen to you doesn't mean you are destined to be a victim. Many predicaments in our lives are unexpected and we may not be up to the initial challenge. It may even seem overwhelming. But as individuals we can either run from our situations, bury them, or face our problems and deal with them accordingly.**

Maybe it's a good thing that life isn't fair. When you're behind a little, that's when you're focused on what's important. When you're hungry for that one thing, that single element, whatever it is, it's astounding what you can achieve! *And when you dedicate yourself to your cause, no matter the outcome, you can be proud that no one, no one on this planet, did what you did.* You earned it. "The Greatest Love of All" Against all odds, you did what you had to do.

We are proud of you Whitney. Your spirit will forever be alive, in our hearts and soul, for the benefit of all generations to come. May your sweet soul rest in peace. Thank you. Thank you. Thank you.

We now praise the Lord, Almighty for all His blessings, each and every day.

THE PROMISE