

## Inner Music: Inner Beauty

By Karen Kael

Fashion trends: blessing or curse? There are times when fashion can seem like one or the other.

Occasions when a hasty splash of color, a scarf, a tint to the hair can be a godsend and, conversely, times when we wish we didn't have to bother and could appear *au naturel*.

Of course, fashion is not new. From ancient times there have been examples of fashion trends, including the highly visible Cleopatra and numerous others whose embellishments signified great beauty or great wealth—hence, power. Today, as never before, society is experiencing a range of choices in how people enhance their appearance. Generally speaking, however, they have the most impact when tapping into and accentuating their true strength—real self. What people really seek in applying cosmetics is to embellish the qualities that they either know are their strengths or that represent an image they strive to become. When a person glows, everyone realizes it's more than skin deep, and although makeup can enhance, true beauty is within.

### Role of Music

As there has always been fashion, so has there always been music. From the earliest times,

music was used to accompany ritual or evoke a particular mood, stimulating energy, anger or passion. There are types available to suit all tastes, and the availability of music is vast.

Music is everywhere, providing the intros to morning news programs, creating background for sitcoms and commercials, creating ambiance in elevators, hotel lobbies and in spas, and adding greater significance to momentous occasions. While most people know this, they aren't necessarily consciously aware of just how much music surrounds them. Yet, some of the most vivid memories are enhanced by music. Imagine how much less intimate movie experiences would have felt without music, from the piano of silent films to the suspense of Alfred Hitchcock and to the cosmic grandeur of *Star Wars*. Yet, it's not only in the movies that music can be used to create certain moods, to balance, comfort or attract.

The majority of radio stations play music to stimulate; it could be called "audio coffee." Although most tend to go through life in the fast lane, on the surface, barely skin deep, those who wish to go deeper to radiate inner beauty should focus on that very goal. Music can help people discover the beauty within.

Why is music such a powerful necessity in our lives? Music can help people communicate with

themselves—with the real person who is so often buried in the busyness of everyday life. Music can negate stress, helping people to make wiser decisions that will benefit everyone they touch.

During the months following the national crisis of September 11, 2001, upwards of 12 million New Age albums were sold, more than ever before.<sup>1</sup> Simply glancing through the New Age sections you will find albums focused on tranquility and music composed specifically for accessing peace and inner wisdom.

**"In the months following 9/11/01, 12 million New Age albums were sold."**

The resonance of New Age music is like nature. Stand at the edge of the Grand Canyon, a lake, waterfall, willow tree, the ocean or watch a sunset. The resonance creates a more real self. Everything in nature is in accordance or in harmony with natural events. Quite often we find ourselves, in varying degrees, at the other end of the spectrum. In musical terms, dissonant. Sometimes that dissonance, like various forms of music, has its purpose. It allows us to empty out some of the frustrations and angers that are part of our emotional structure; however, these spaces are not desirable to hang out in for

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extended periods of time. If we do, we can become isolated from ourselves in ways that are as effective as the building of brick walls. Quite often as the weekend approaches we begin planning a walk in nature, a trip to the ocean, a round of golf, an activity that places us in the embrace of nature. It is difficult to take a walk through a beautiful park, one that may have commenced with feelings of anger or frustration and after an hour of being within nature's harmony, to hold such a dissonant resonance. It takes a very determined effort not to surrender to what is natural. Nature is alkalinity to our acidity. It invigorates and balances us. Music can do this as well.

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than skin deep."**

When you think of life in the slow lane, practices such as yoga, tai chi or a walk in nature come to mind. If you seek music appropriate to accompany such practices for these sacred times, there's a good chance that by simply sitting quietly with a focus upon the goal of inner peace and beauty for fifteen minutes while listening to the music, the same benefits can be achieved. However, it isn't just about listening to music each day, popping it into the CD player while driving to work or picking up the

children. It's being willing to value yourself enough to create a setting to facilitate a deeper discovery of self. Sacred self is not a religious concept. There are prominent people who exemplify maintaining their own resonance under extremely stressful circumstances, not necessarily because they listen to music on a regular basis but because they have managed to connect strongly with themselves. If that is who you strive to be then music can lead you along the path to discover who you truly are.

### **Make a Statement**

Society is only beginning to tap into the awareness of peace that permeates the world. In its current turmoil, the world's macrocosm is symbolic of the struggle between our microcosmic or individual inner and outer worlds, in which most emphasize external values, rather than internal. But the beauty really being sought is not found on the surface.

The fashion and music industries are important vehicles through which we can more readily express sometimes hidden parts of ourselves. Without saying a word, we can make a statement. It's also true that without saying a word, everyone can be aware of that inner beauty. **PMPR**

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### References

<sup>1</sup>Cox, Ted, NAPRA ReView, "Future Watch," May/June 2002