

p. 1-9 © Feb. 2023 Marja <https://MusicalCoddle.jouwweb.nl/happy>

Marja MusicalCoddle, **Master of Music** (singer, conductor, composer), multi-instrumentalist, poet/ **Bachelor of Paramedicine**, by invitation talks about:

THE POWER OF MUSIC

for the Ukrainian Youth worldwide...

EdCamp-Kids

The art of creation, for yourself and your country.

2023, Feb. 25, **15:45-16:30 Ukr** (14:45-15:30 NL).

p.1: Subject, Content/ Summary

p.2: **Music Brings Light**

Music is a universal language

Music opens hearts - *from thinking/emotions to wisdom/ love*

Beyond time & measures, love & light are treasures

Music makes kinder and wiser

Apart from this all...

p.3: **The power of choice** - *we have two sides within us*

How to get from the **LACK**-side to the **LUCK**-side

p.4: **True leadership** - *comes from serving wholeheartedly*

It is all about the music, not the musicians, not the conductor

Share of our abundance, so that all people would get what they need

What if making music would help us?

What if children of conflicting groups would sing together?

p.5: **Let's be brave** - *music can help us*

What if we all would dream/ vividly create together?

The HAPPY-song

We all are the body cells of humanity

Help translate into other languages? see musicalcoddle.jouwweb.nl/happy

Thanks for doing your part in restoring the **Music of Life**.

p.6: **Conclusion** How I see it, can you see it too? - *uniqueness/unity*

A huge bouquet of flowers. **Happiness is at the end of the rainbow**

Bliss is nearby, right in our own heart - *it's magic*

Develop an eye for miracles

Let's join the Caravan of Love.

p.7-9: **Worksheets** Several exercises and ideas & *Speaking Choir*

We are all musicians in the 'Orchestra of Life'.



Music Brings Light

Music is a universal language

- Music reaches directly to the heart.
Our hearts are pure: creating wholeness and unity.
- Singing together in each other's languages brings people closer.
- Singing 'la la la' with a group is unifying.
Anyone can sing 'la la la', even a small child.



Music opens hearts

- With an open heart we find more understanding for ourselves, for others and for situations.
- Understanding leads to compassion. Compassion leads to Peace.
- We make decisions all day long, consciously and unconsciously...
Each decision influences our life. We can make decisions:
 - - guided by our emotions: (for instance) we choose from fear or anger;
 - - guided by our thinking: (e.g.) we calculate for gain, rush through time.

BEYOND TIME & MEASURES, LOVE & LIGHT ARE TREASURES.

Music makes us kinder and wiser

- When we choose with an open heart, we get past our emotions and thinking, and are guided by **Wisdom and Love**.

Now our choices will support the Good-For-All and Win-For-All.

Apart from this all ...

- Making music trains the brain, massages the heart, releases feel-good hormones that make us more calm, hopeful, brave, tolerant, helpful, satisfied, and also more healthy.
- Making music balances our brain (between ratio and creativity), and refines our motor skills.
- Making music uplifts our spirit, keeps us young, enhances our health.
- For singing we do not need to buy an instrument, we ARE the instrument.
- Especially singing strengthens heart and lungs, and is the most direct way to connect to others.

The power of choice

We have two sides within us...

- the side of **LACK**: 'poor me', pity, difficult, it's so hard, tired, sad, alone;
- the side of **LUCK**: abundance, happiness, light, energy, love, all-one.

We cannot be on both sides at the same time.

We can get from one side to the other.

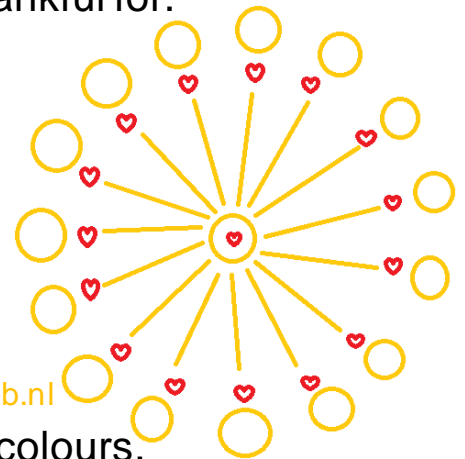
If we are going from a feeling of lacking something, and stay on the side of **LACK**, we will get more of that. The decisions made from there, will not be very helpful.

Better first go to **the LUCK-side**.

How to do that? We can choose from for instance:

Note: if necessary, we can even do this in thought!

1. Say out loud or write down: what we are thankful for.
2. Sing a happy song.
3. Help someone in need. **healing:**
4. Laugh, learn some nice jokes. **alone → all one**
5. Do a joyful dance. **&**
6. Take a nice walk, preferably in nature. **hole → whole**
7. Hop around the room like a child.
8. Meditation or yoga. completelyradiant.jouwweb.nl
9. Run a mile, while looking around for pretty colours.
10. Write down affirmations, or say them out loud...



Just think of everything that you want to have in your life, and make this a sentence... Some examples of affirmations:

- * *I am capable of finding new ways,*
- * *I feel love for myself and others,*
- * *I use my time and energy to make life brighter,*
- * *I enjoy my meals,*
- * *I love to share from my abundance,*
- * *I have caring friends everywhere,*
- * *I take good care of myself and my environment,*
- * *I am capable of getting through this,*
- * *I am capable of making wise choices that are Good for All. (etc.)*



True leadership

comes from serving wholeheartedly... with the intention to use all skills for the 'Good for All'.

If someone was leading while being at the LACK-side, e.g. from calculative thinking, that would not lead to the 'Good for All' at all.



**IT IS ONLY ALL ABOUT THE MUSIC,
NOT THE MUSICIANS, NOT THE CONDUCTOR.**

If someone was leading while being at the LACK-side, e.g. from the emotion of fear, that would not lead to the 'Good for All' at all too.

If people would lead while being at the LUCK-side, from feeling of abundance, their open hearts would guide them with Wisdom and Love. This will always lead to the 'Good for All'.

If we would all share of our abundance, all people would get what they need much sooner. Sharing of abundance includes that we still have enough of what we need.

What if making music would help us all

- to get at our LUCK-side more easily, and more often, and longer?
- to open our hearts more easily, and more often, and longer?
- to make decisions guided by Wisdom and Love?

What if children from conflicting groups would

- sang together in each other's language or on 'la la la'?
- helped each other, appreciate each other, support each other?
- showed adults that we all have enough to share, that 'mine' and 'your' can fade away into 'our'?
- recognised that each human being desires love, and is capable of giving love?
- understood that we are all connected, whether we know it or not, whether we like it or not... What we do to another, we do to ourselves...

Let's be brave

Let's be brave, find our **LUCK**-side, get our hearts open, share our abundance. Let's shower ourselves, others, and our surroundings with Wisdom and Love. Each step in that direction is one more. We all can do this, music can help us with that.

What if we all together would dream of a world

- where people help each other,
- where Love is the power,
- where Wisdom is the guiding principle
- where Abundance is recognised,
- where we keep only what we really need, and we gladly share the rest.



What if we, all together, would vividly create such a world, by starting to live it, and by raising a pandemic with this healing-'virus' called Love?

Music can help us to get back into our healthy **LUCK**-side, and to get our hearts open. Which is, as we understand now, most essential.

WE ARE THE BODY CELLS OF HUMANITY

People are - kind of - the body cells of Humanity. So, we can sing the **HAPPY-song** for ourselves, or for the whole Humanity.

If you have friends who like to help translate the **HAPPY-song** into more languages, please let us know! We already have quite a few on: <https://musicalcoddle.jouwweb.nl/happy>, and a music video of the song, with harp or ukulele.

Hope you liked my lecture on the Power of Art. Hope that you understand how **Music Brings Light**. Hope you can use this to make your part of the world brighter.

Thanks for doing your part in restoring the **Music of Life**.



Conclusion

This is how I see it, can you see it too?

All people united together are like a beautiful bouquet of flowers, colourful, but each flower is unique.

Even though we have our own colour and appearance on the outside, all our hearts are red inside! And in there is the Light of Love.

HAPPINESS IS AT THE END OF THE RAINBOW

Ever heard of that expression? White light contains all colours...

Eternal happiness is bliss

The rainbow - leading to the eternal form of happiness, which is BLISS - appears in our heart as soon as we understand: that the (White) Light of Love represents every colour of the flowers, with their own red heart.

This Light even represents those flowers that became stars in heaven.

Bliss is nearby, right in our own heart

The bliss at the end of the rainbow is near... right in our own heart! Music is born from there.

Music knocks at the door of our hearts, finds the key, opens it. A Miracle!!!

Develop an eye for miracles

Let's invite Miracles into our lives and share them where ever we can.

Create miracles too. We don't need a magic hat or wand

if only we would...

- hear the Life Light of Love knocking at our Heart's door,
- sing and dance to the beat, and share our Bliss abundantly,
- develop an eye for Miracles
- be grateful for each Miracles, how ever small.

**LET'S JOIN THE
CARAVAN OF LOVE**



Worksheets



About music

1. What is your favourite song?
2. What instruments - including singing, & body percussion like clapping hands, beat boxing - have your interest?
3. Did you ever experience 'tears, goosebumps, or shivers down your spine' of admiration, while listening to music?
4. Did you ever cause 'tears, goosebumps, or shivers down your spine' of admiration, by making music for yourself or for others?
5. Want to start making music? <https://musicalcoddle.jouwweb.nl/choice> helps you find the cheaper instrument groups as nice starters.
6. Then, try or learn to play:
I think it's important to make music from scratch and experience fun.
Then you find new challenging pieces and still repeat what is 'known'.
 - a. Videos with tutorials for almost any instrument are on the internet, or
 - b. you can find a teacher: some, like myself, teach online.
7. Make music together:
 - a. Make music from attunement (without any plan or preparation),
 - b. Improvise from chord schemes (without preparation), or
 - c. Prepare some pieces, knowing your part of the chosen music.

About emotions/ thinking versus heartfelt-wisdom

1. Can you write down some distracting emotions that keep you from being at ease/ in peace? (E.g.: I am sad, angry, frightened, full of grudge, jealous, hopeless, restless, alone, so (un)happy, bored, nosy)
2. And can you write down some distractive thoughts? (E.g.: I hurry, that's so stupid, I worry, I need more ..., I need to be better, I don't want to get up today, I don't want to understand, I don't see possibilities, I'm not good enough, I don't know what to do, I don't matter, I'm better than others, I can't bare this, I'm not worthy)
3. Can you write down some 'uplifting feelings' that you felt, while being at ease/ in peace? (Examples: I feel thankful, relaxed, satisfied, blissful, peaceful, at ease, connected, genuinely interested, hope, trust, guided, Love, Light, moved, confident, Whole, All One)
4. Can you write down some 'wise suggestions' that came naturally to you, while being at ease/ in peace? (Some examples: we'll find a way, we'll know what to do, we can handle challenges, we'll find help, we'll be okay, we'll see new possibilities, we can get through this, we trust our own inner compass, we'll know in time, we'll learn from this, we can

help, we are here, we can gain understanding, we share from our abundance, we can still ..., we have still..., we'll have enough, we'll find what we need, we're loved, we're welcome, we are amazing, we are miracles, we see miracles, we can see or even **kindle the Light of Love** everywhere and in everyone).



How to get to the **LUCK**-side and go from there

1. Where your attention goes, the subject grows. Keep your body/ mind/ emotions/ surrounding pure and give your attention/ words/ time/ energy to anything constructive, useful, helpful, healing, etc.
2. Use positive words, also when you want to express what is not nice. (Examples: I feel *(not so)* fine, I feel rest*(less)*, I *(don't)* have enough of ..., I feel *(not so)* well/ fit/ peaceful, I can *(not)* breathe freely, I'm *(not so)* brave)
3. Offer your talents in service for the Good-of-All.
4. The joy of giving depends on someone who gives the opportunity, by being willing to receive. So, grant *that* to others at well, and receive.
5. Being on the **LACK**-side tends to be rather sticky. You'll need quite some persuasion, to get yourself out of there and step over to the **LUCK**-side. That's why you have to be sure that you want to make the most of it, under whatever circumstances... because if you need to take this step the most, it will be the hardest step to take! Daily practice - with easy steps - helps you to take a step when life is most challenging.
6. Being on the **LUCK**-side is nice. Slipping into the **LACK**-side can happen easily, usually even unnoticed. That is very okay, as long as you understand that switching back can be done; now you know how.
7. You don't have to put energy into staying on the **LUCK**-side. It is more important to get familiar and trained on how to get back there. This gives you the confidence and courage to do what it takes, over and over again. This way, your time on the **LACK**-side is getting shorter and rarer. Confidence that you can switch back when needed, keeps you more and more relaxed, which helps too.

Notes of Light

Nice idea? Write little notes (almost) daily on: something that gave you 'tears, goosebumps, or shivers down your spine' of admiration ...

A nice experience, a funny memory, a supportive oneliner, a kind remark of a friend, etc. Put the pieces of papers in a nice box, keep nearby and in plain sight as a reminder.

Once in a while, you 'grab a piece of paper' from the box and read it.

YAY! You could even write a poem about it, or sing it!

Composing music

When you improvise, you are composing 'live' music.

If you want to 'keep' or repeat the music, you can

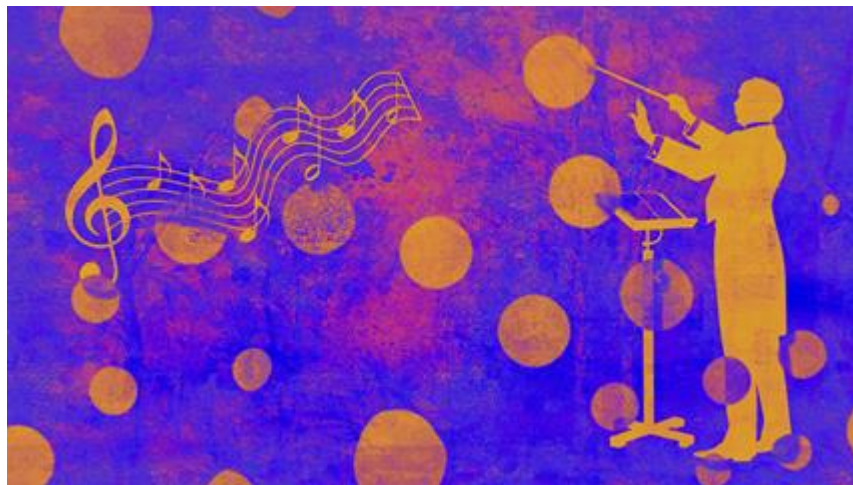
- use a video/ audio recorder to memorise the music,
- find your own way to write the music down, or
- learn how to write music. There is a free download music notation program, e.g. musescore, which allows you to write your own music.

Tangible

Let's listen to music, dance to music, make music, or write music.

WE ARE ALL MUSICIANS IN THE 'ORCHESTRA OF LIFE'.

Can we follow Its Conductor and make heavenly music together?



Speaking choir with body percussion laudable

H = clap hands, S = pat shoulders, x = wait, :|| = start anew.

H	H	S	x		H	H	S	x		H	H	S	x		H	H	S	x	
La	la	la	la		la	x	x	x		La	la	la	la		la	x	x	x	
H	H	S	x		H	H	S	x		H	H	S	x		H	H	S	x	:
La	la	la	la		la	x	x	x		La	la	la	la		lau-g	hable!	:	languages!	

