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the MUSIC of the HEART



Many of us have bought a musical instrument, a guitar, a violin, a flute...a piano. Full of hope, illusion and enthusiasm, the ritual begins, you caress it, you look at it and, shyly, you play it, saying to yourself "Let's see what happens".

At this point you see it as something separate from yourself, something that has entered your life but is so strange to you. On the first and second days you start to play it, but a few days later you set it aside...you make plans for later when you have more time, or you simply leave it.

Now that you are holding it in your hands, you don't know what do with this instrument that you so admire. You'd seen someone else play it "so easily", and you want and yearn to do the same....but for a moment, doubt and terror appear...its not so simple. Regardless of whether we are musically inclined, this scenario is repeated constantly in the life of so many of us.

We begin by creating a mental barrier of limiting beliefs and then hidden ghosts appear, that take possession of us, that take hold of us and also change our beautiful wish.

So there are two options : you either close the instrument and put it away, and with it many of your deepest desires are also buried.

Or, the opposite : you can choose to overcome those impulses and feelings of fear and doubt and you maintain the unflappable feeling of enthusiasm in the face of the unknown, and with determination and perseverance you begin the conquest of the seemingly impossible.

Then, the essential ingredient has to appear, that will bind the instrument permanently to your life : Love

This sentiment can only come from the heart itself, not from intellect nor from reason, because that's where it is found, in the heart, but you yourself, with enthusiasm, have to expand this loving feeling towards the instrument, care for it, nourish it and allow it to grow, and that is how the real love-affair begins between you and the instrument.

And then something appears, that we hadn't counted on when we purchased the instrument, it has to be tuned, and attuned to the person who is going to play it.

To play an instrument really well, the work of tuning has to begin with the musician himself.