

WELCOME TO SINGING MEDITATION

Singing Meditation is an interfaith spiritual practice in which sound and silence are alternated. This is not a rehearsal for a performance. This is singing for the purpose of facilitating your connection with God, the Divine, your own Inner Core of guidance, the Spirit of Life. You are encouraged to participate fully in this practice.

Singing Meditation includes toning, chanting, singing in rounds and singing in harmony. The repertoire is drawn from a variety of religious traditions. The facilitator introduces a song, usually by playing the vocal line on the piano, then the group sings the song repetitively. The facilitator will not specify how many times the song will be repeated --eventually the group will spontaneously dissolve into silence.

Silent periods will last 2 – 5 minutes and may be used for prayer, contemplation, or meditation. The end of silent periods will be indicated by a gong, bell or striking of a bowl. Please do not speak between songs or during the silent periods.

There may be a short reading or two during the session, but no sermon or homily. If you have any questions, please see the facilitator after the session.

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