

What Others Say About Singing Meditation

"In a culture that often severs musical and artistic talent from all except a few anointed ones, this book is restorative. Following Hill and Rosauer's text is like having an ancient time traveler accompany the reader through the roots of the Tree of Life, one that grows thousands of branches of music, and musicians. This work is filled with gentle, supportive explanations reminding: Yes music is part of your soul, the legacy you were born with and born to."

-- Clarissa Pinkola Estés, Ph.D., author of *Women Who Run With the Wolves*; editor and columnist for *The Moderate Voice* and columnist at *The National Catholic Reporter*.

"The authors conjure the ancient magical dance of music and stillness that leads to inner peace, then teach the rest of us to summon it as well."

-- Kenn Amdahl, author of *Joy Writing: Discover and Develop Your Creative Voice* (Clearwater Publishing)

"In a world hungry for creative and sacred expression, Singing Meditation is a wonderful invitation to connect with a sweetness inside you. This book sets a safe space and outlines everything you need to know---and pretty soon you may just want to drop everything around you, and start singing your way to freedom."

-- Tama J. Kieves, bestselling author of *THIS TIME I DANCE! Creating the Work you Love* (www.thistimeidance.com)

A Bit about Us

Ruthie has presented Singing Meditation at retreats, workshops, and conferences in several states. Although she holds degrees in law and economics, Ruthie is a passionate amateur in the field of music, seeking to help others to embrace the joy of singing, regardless of training.



Ruthie Rosauer



Liz Hill

Liz Hill is a business-communications writer and co-author of several works of fiction for young adults. After many years spent not singing, she reclaimed her voice in a Singing Meditation group led by her long-time friend Ruthie Rosauer. Liz

and Ruthie co-authored *Singing Meditation: Together in Sound and Silence* (Skinner House, 2009).

In 2008, Ruthie invited Helen Gierke to join her in leading Singing Meditation events. Helen has been a professional musician for over 30 years. In addition to a Bachelor of Music degree, she has a Master's in Sacred Music and a Doctorate in Liturgical Studies and Theology from Boston



Helen Gierke

University. She leads Singing Meditation in Cape Coral, Florida, and has presented at workshops in several states.

Singing Meditation Song and Silence for the Soul



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An Interfaith Spiritual Practice

www.singingmeditation.com

What Is Singing Meditation?

Singing Meditation is a spiritual practice where singing and silence are alternated. There are no sermons, lectures or homilies during Singing Meditation sessions.

The singing part of Singing Meditation includes toning, chanting, singing in rounds and singing in harmony. Songs are drawn from a variety of spiritual paths. These sessions are not a performance, or a rehearsal for a performance. Rather, they provide a spiritual, emotional and physical experience all on their own. This is singing for the purpose of connecting with your own Inner Core of guidance or wisdom, or as a songbridge to the Divine.

The songs provide the frame for periods of silence, usually lasting 2-5 minutes. Silent periods are not directed by the Facilitator in any way. Participants might choose to use the intervals of silence for meditation, prayer, or contemplation. The layering of song and silence creates an environment for spiritual deepening.

Both singers and those who consider themselves non-singers are invited to embrace this practice as a source of solace and joy.

Who Can Participate in Singing Meditation?

There is no 'singer' and 'audience' division in Singing Meditation. The singers create their own ephemeral community by joining their hearts and voices together in song. That community helps sustain them as individuals during their shared silence.

You don't need to be able to read music. You don't have to have a 'beautiful voice.' You don't have to believe in a specific religion. Anyone can participate in Singing Meditation.



The Origins of Singing Meditation

Ruthie Rosauer was inspired to create Singing Meditation when she heard Taizé singing at the Findhorn Community in Scotland in 1998. She found the repetitive singing of these easily-learned songs answered a deep longing within her soul. Realizing that a community of other voices enhanced the effect of the practice, and wanting to share the experience with others, she began leading Singing Meditation sessions in Eau Claire, WI in 2004. Since then the repertoire for Singing Meditation has expanded from its Taizé roots to include music from many other sources as well.

Resources for Singing Meditation

In 2009 Ruthie Rosauer and Liz Hill completed the book *Singing Meditation: Together in Sound and Silence* (Skinner House 2009) as an introductory text to the spiritual practice of Singing Meditation. This volume includes an overview of the musical and religious roots of Singing Meditation, instructions for participants and facilitators, and sample songs.

Ruthie produced the Ephemera CD, *Singing Meditation: Let Joy Fill Your Heart*, a collection of songs suitable for Singing Meditation. Selections represent a wide variety of interfaith pieces and include chants, rounds, and multiple-part harmony. The CD is intended as a teaching tool to help listeners quickly become familiar with some of the songs that work well in Singing Meditation.

Also published in 2009 was *Let Joy Fill Your Heart, Volume I of Songs for Singing Meditation* (Helen Gierke and Ruthie Rosauer, Editors). This beautiful songbook contains over 40 songs used in Singing Meditation and serves as a companion to both the CD and the book.

Information about ordering these resources is available at www.singingmeditation.com.