

WE SHAPE THE MUSIC, AND THEN, THE MUSIC SHAPES US

Music is movement.

Music is a movement of relationship.

Music is a movement of relationship that we sense—
not just hear, but sense.

Music is a movement of relationship that we
sense *somatically* by means of the instrument
of our whole mind-body.

What shapes sensing is *formative metaphor*.

But which metaphor shall shape our experience?

Domination? Force? Conflict? Aggression?

Or shall it instead be the imagery of friendship?

Dialogue? Contemplation? The fierce energy of outrage?

The empathy of shared grief?

The wonder of distant stars?

It is up to us.

We shape the music,

and then, the music shapes us.

[IMAGE: Hubble Directly Observes a Planet Orbiting Another Star]