

The OM (the One Moment) ~  
Life's Truisms in Balance  
A weekly column by Nenari, Princess of the Sea



This week's column I present to you the first within a two part series on the discourse of Music and Life. Enjoy being in this OM, the One Moment.

*Music is the Heartbeat and Breath of Life*  
By Nenari, Princess of the Sea Part One



Music is my heart and always has been. I have a very deep connection to music. In addition to my many talents in this life, I am a songstress and lyricist. I have been singing since I was a small child, and music is me. I hear and experience music in a way that few do. As Gibran describes "When you work you are a flute through whose heart the whispering of the hours turns to music. Which of you

*would be a reed, dumb and silent, when all else sings together in unison? ”~KG. Such words birthed forth from Khalil seek to remind us that while we are individuals in physical form each with the song upon our heart to be given birth to, we all sing together within this miraculous song called life.*

In Sanskrit, it is saGgiita that is the word for music and a saGgiitajJa is the one who gives birth to such melodious prose within being a musician. To be such a musician occurs in both the saGgiita of the heart within lyrics and melody given in a compositional piece, and also the wisdom of the heart as within Gibran’s words. Such gifts of the music of life are words that pour through me are the gift of the Master Artist giving me such blessings that they may touch your heart.

Such wisdom of the song of our soul, while it may have our earthly names upon it, is really free from being our wisdom as in a possession. Such love given through us is free from ever being "mine" as in a possession. It is simply the wisdom given from the Master Artist (or as both Gibran and Rumi call the Divine as ‘The Beloved’) through our hands as the clear channel of Love and Light we are. Such wisdom belongs to the Master Artist of All That Is and is free from ever being ours, just simply meant to pour through us as the wine to be drunk from by all. Such wine is the sweetness given from All That Is which is of Love and Light to All That Is on this earth and within the universe as a mirrored expression of who we are which is that same Love and Light. Nothing then is ever ours ~ our children, our talents, our music, our words, our wisdom ~ nothing. All is simply here for us to embrace in Love and enjoy while we are here on this earth. And when we leave this earth, such gifts are then returned to the earth and the universe, just as we too are returned.

Some may say that our breath, heartbeat, thought, and gifts of the song of our soul is ours alone to give. Ah, yet it is your breath that is the Master Artist's breath coursing through you, your heartbeat is of the Master Artist’s heartbeat pulsating within you, and such thoughts are of the Master Artist birthing through the temple that is created for such a breath, heartbeat, and thought to be born. Any gifts then are free from being yours alone to give, for alone means simply being All One, as we are all One, and in that it is as One we birth such gifts from the Master Artist through us. To be born into the physicalness of being is to release into the river’s flow which is life giving birth to life. In this port of birth we are free. The port of birth is free from being within the physicalness of a mother’s perch in agony, but rather it is where the Universal Source asserts life to be breathed into physical essence. A mother is witness to life being formed and given birth to rather than the creator of such life. For the creator of such life resides within the hands of the freedom of the universe that creates such life. Such a mother bears the unfolding of life giving birth to the river of love that flows through her essence of being. Thus, you may give such gifts to the world indeed, yet as such a mother or father, you are the witness of such life rather than the possessor of such life.

There is a melody and harmony to music just as with life. Within both, there is a flow, that when we tune into it sets our soul free. Just like when I sing, I feel I am being carried away by such a flow giving my all to Love within this river flowing through me, so too in life is there a means in which everything just is. When something is meant to be, it happens effortlessly within this flow of the music of life.

Now is the moment to shift your shape and move with the currents within the stream as it flows to the sea. One is free from ever taking a "wrong" turn within the path upon the journey through the music of life, for all is and occurs simply as it is meant to be. The river simply runs to the Sea understanding its destination is home which is the Sea and then such flow rebirths itself once more into the clouds and begins its cycle again. And at the same moment, the river takes other paths within streams and other carvings out of waterways of its own path and all the same it ends as it begins again within home of the Sea. In such a journey even if such a river overflows its banks or appears to take a "wrong" turn in such a carving of another waterway, it is free from being "wrong" up at all, it is simply choosing another infinite path to home. Home is our beginning and ending as they are One, and in that we are free from ever messing up anything, it is simply another infinite path within the ever evolving journey which is the journey of the heart. Love as it unfolds within the infinite rivers, streams, and waterways of coming to the Sea and then again within the clouds once more within an ever evolving circling cycle of the heart of Love expressing through us. Enjoy such a flow, wherever it leads you. May your heart of Love always guide you within such a flow.

### *Gratitunes*

There is a song the wind plays upon the sea, another through the leaves that fall, another through the barrenness of winter's saplings, another through the spring's blossoms of the rose's petals, and still yet another in golden fields of summer. When we feel such a song it is our feeling the song of the soul calling our name. It is a song of the strumming instrument that beats as our own heart, our own soul. For we feel this song as OneSoul, OneHeart with its counterpart.

There is a song the sea breeze is free from playing, yet its echo carries through all the lands. It is this song that we sing as another sings. For we share the same song. It is the heart reverberating through the melody of the six strings heard out at sea from the shore we stand upon and of the voice as One with ours with the endless shoreline of inward and outward journeys of the heart, journeys of the soul. The practiced scales and vocal inflections of this heartbeat are given upon the colours the winds bring. Songs yet born and forged in the morning of our life, of their essence that were soon to be sung within the evening's mist. Such a song of gratitude we can then call as Gratitunes.

To conclude part one of this two part series on music as the flow of life, I desire to give you a bit of a Gratitude ~ a tie into the other articles within this column. If you notice, the OM column has its own music, its own flow of how it comes together. Such syncopations are entwined within things that I have poured through my being unto this column for you all to embrace within music, the heart, imagination, and so on. The Master Artist has a divine purpose and reason for all that is given in the way it is given just as I, the Princess of the Sea being the expression of the Divine have a divine reason and purpose for all I give, do, and BE. This column then as an infinite expression of both the Master Artist and the Princess of the Sea I am is free from being any different. Thus, within that I give you this video below. This video is free from being mine this time, as I will return with another of my videos in the next part of this series. Yet this is of one of my favourite musicians, John Lennon. His earthly birthday would have earlier this week. While he may be in Spirit, he is and his message is still very much here for all of us to embrace.

The name John has always been special to me and this is one of the reasons why. His and Yoko Ono's message to the world both individually and together has and will continue to stand the test of time. It takes a special couple, twinsouls (or as we call it OneSoul) to bring forth such a message to the world and they do so beautifully. Their message and relationship is very special indeed, as the twinsoul union is about both romantic love and also the message to humanity in divine perfect harmony and melody with the Master Artist. I honour them both for who they are here on this earth and John in Spirit as well. Yoko is continuing their message together and John's individual message and this is a beautiful thing to see. For it takes a special woman to do so and I honour her for doing such. To honour John on this beautiful day, here it the song that as the video states is "One of the most prolific songs ever created by one of the worlds great musicians / peace activists .This song has stood the test of time and is an anthem for peace" Imagine. <http://www.youtube.com/watch?v=-b7qaSxuZUg> .... To be continued next week in Part Two. So until the next moment within the OM, within the *One Moment* that we connect again, heart to heart, soul to soul ....This is Nenari, Princess of the Sea sharing with you ~ May your life experience be filled with infinite blessings of *Absoulute* Love, Infinite Light, Abundance within its infinite forms, Peace, and Bliss always, in all ways. Espavo.