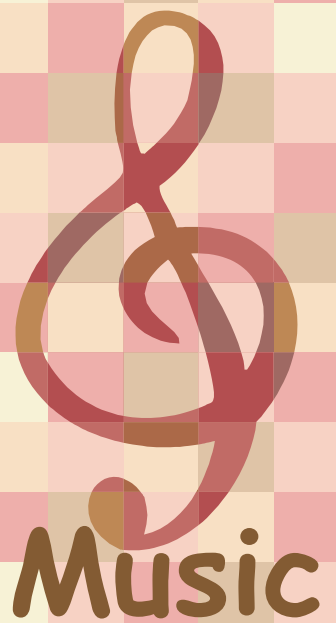


# Songs from the Valley

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*Belladonna*  
Jennifer J. L. Jones  
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**Music washes away  
from the soul the dust  
of everyday life.**

- Berthold Auerbach

## Music and me...

I have always identified myself as a singer. My very first memories are of music. I remember learning songs and following melodies from before I could read, holding songbooks at church (I remember by friend, Bro. Freeman - who sat next to me and patiently tied my shoes over and over before I knew how to tie them myself...I have always been fascinated by the bow tying & untying process - taking the book from me and turning it the right way)

Music has been one of the most important things in my life and has gotten me through some of the worst times in my life.

Music has been one of the instruments which has healed my soul and, in some of the most insecure and difficult times, it helped me keep my identity and sense of self like nothing else.

For a few years my song was taken from me. I wanted to sing, but I could not. It was during that dark time that I learned some valuable lessons and I was blessed to begin writing during those years, but there is a sacred place which only music can fill for me and which I am so thankful has returned to me. Now that I have come to this place, music has now taken on a new dimension and a new importance to me. I fell very blessed to have a voice. So thankful for my song. al



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*patience*

Jennifer J. L. Jones

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A painter paints pictures on canvas. But musicians paint their pictures on silence.

~Leopold Stokowski

## Harmonizing with the Universe

*Singing is an act of vibration. It takes music from the realm of the unformed and moves it from within to without.*

www.dailyom.com

Singing is an act of vibration. It takes music from the realm of the unformed - whether that is in your mind or from that magical space of inspiration - and moves it from within to without. From the first breath singing moves the energy in a circular way inside your body. As the breath fills your lungs, it brushes against the second and third chakras the centers of creation and honoring self and others. Instead of merely exhaling, pushing the air past the fourth and fifth chakras where heart charka and the center of will and intention reside, singing engages both the heart and mind. Sound vibrations from vocal chords resonate in the sinus cavities, filling the head with motion and sound while the brain lights up with the processing of the mathematics of music. This marriage of activities brings the third eye into play and opens the door for inspiration from the crown chakra before sending the sound out into the world.

Once the vibration begins, it is sustained with each note, moving throughout your body and the space around you. This can help you to harmonize your frequency with the world and with the divine. The use of the voice can bring about catharsis, a cleansing from the expression of emotion, which is why we feel better after singing certain types of songs. All of this occurs even if we are not conscious of what we are singing, but when we really connect with an intention, the power of the voice and music together are powerful tools in creation.

**Music is  
what  
feelings  
sound  
like.**

~ Unknown

Even if you are not a singer by nature or talent, you are not left out. If you have a voice, it is your birthright to celebrate life with song. It doesn't matter if you don't feel you have a

nice voice. Chanting or humming, singing solo or with others, your voice is yours to enjoy. Whether you sing along to the radio or use vocalization as part of your meditation time, singing and harmonizing are healing activities that bring your body's vibrations into alignment with the universe.



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apex

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## The Beautiful Art of Jennifer Jones

Art touches my soul in the same ways that music does. It is not one or the other, somehow it blends together. The composition of a wonderful piece of art brings a feeling to me. The words of a song do the same.

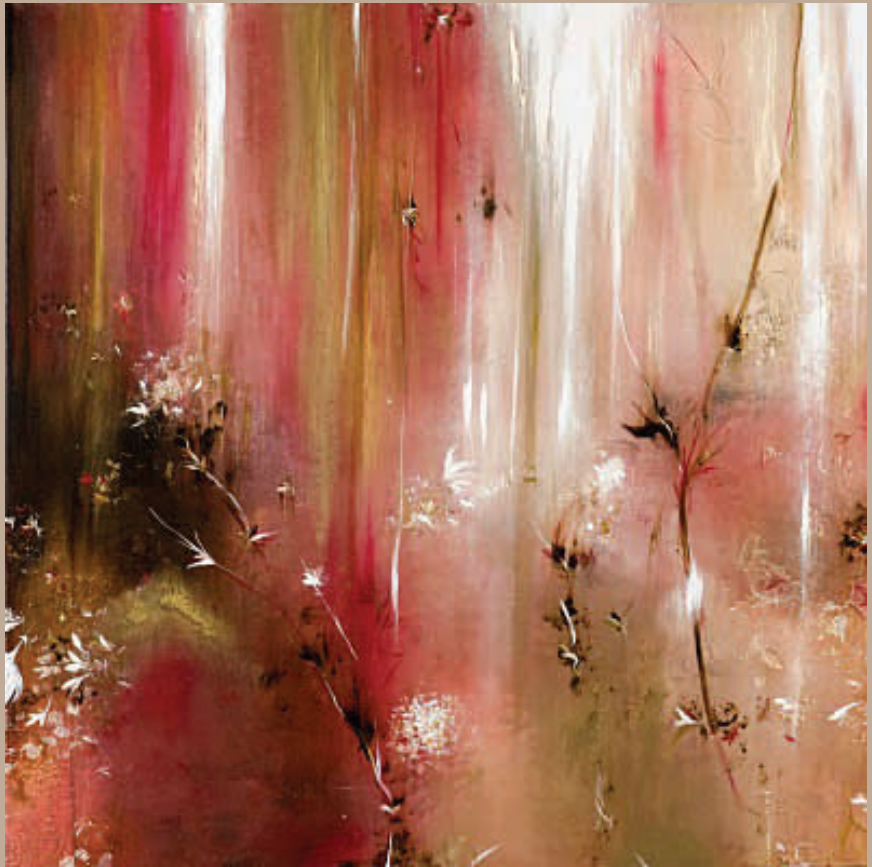
I found the art of Jennifer Jones over a year ago and loved it immediately. I was not able to get in touch to ask her for permission to use her art until about a year later and I am so thankful she said 'yes'. I am so blessed!

It wasn't until I began pulling the art into this newsletter that I began to feel the influence of this art on my soul from the past year, and it brought to me the realization it had the same feeling as my music.

Foremost the feeling is spiritual. The colors, the harmony, the light, the love of nature, the absolute beauty of each of her pieces gives me the same feeling as when I connect and sing a song, bringing it to life and delivering it to the heart of another person to share my story and my healing in the same way these paintings do.

I am not sure you understand what I am talking about - I'm not sure I understand it all myself! Yet I know it is important and I know it is a part of me that is meant to be. It is a part I cherish (and seek to protect from criticism) more than all others.

I am so thankful for Jennifer's art. It has brought these feelings and ideas to the forefront of my thinking and causes me to think. I LOVE THAT!



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*Chiyu (healing/recovery)*  
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I have my own particular sorrows, loves, delights; and you have yours. But sorrow, gladness, yearning, hope, love, belong to all of us, in all times and in all places. Music is the only means whereby we feel these emotions in their universality.

~H.A. Overstreet

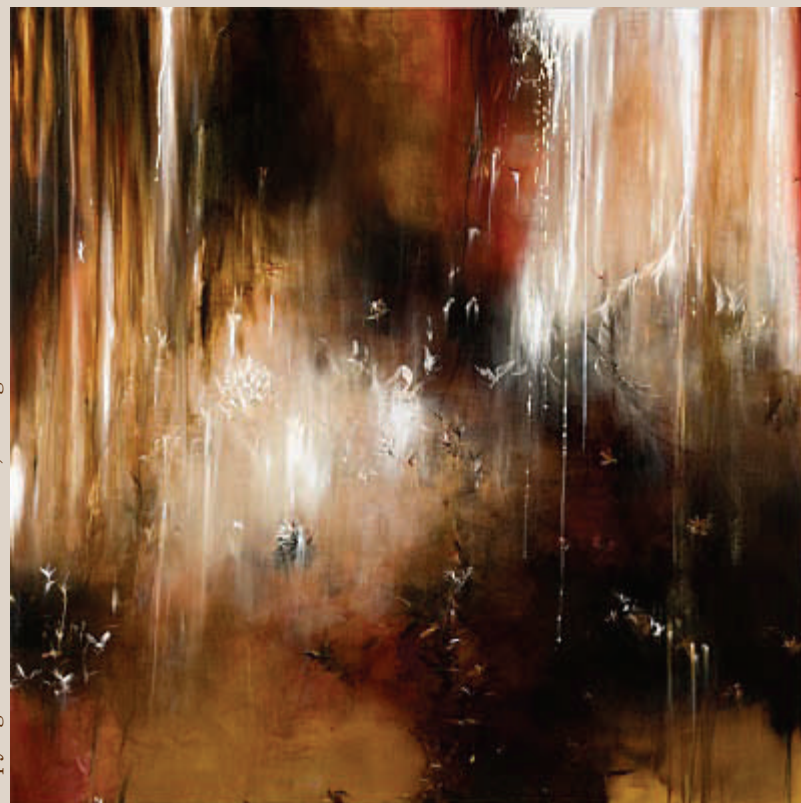
## Jennifer J. L. Jones: In her own words

The things that inspire me to create are found all around me - in the seasons, weather patterns, and natural elements. The grace in a falling leaf from a tree in autumn, a pocket of air trapped in ice, the burnt edges on a flower in the hot summer, millions of crushed shells in the form of sand along the beach. The inspiration found in nature for my art seems endless. Beauty is everywhere and as an artist I interpret that beauty, trying to integrate my personal style, and put it out there for people to connect with.



My work is part a spiritual search. It is a need to express what sometimes can only be felt; to create an experience unique to each individual. Viewers find themselves feeling calm, passionate, or remembering another place and/or time that may have been forgotten. The combination of various mediums and materials I enjoy working with include oil, acrylic, textured papers, asphalt, wood stain, glue, charcoal, wax and metal. My method of layering symbolizes change, time, and growth. Because of multi-layering, the paintings become an ongoing experience for the viewer. There are always new details to look at which earlier may have been missed. This also integrates my idea of trying to notice things in nature that some may overlook, or take for granted.

As I paint, each studio session becomes a form of meditation. My work is an intuitive process. The



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paint often dictates the final imagery and I allow this to be my guide. The colors I choose to glaze over one another create mood, atmosphere, and a vibration of energy unique to each viewer interacting with the final piece. Working with the paint and the various mediums and materials helps to build up and break down ideas, thoughts, and patterns. I believe that the process I follow when creating a new piece is just as important as the end result. As an artist, my most significant reward is to know that my work has affected

**Music  
is the  
poetry  
of the  
air.**

~Richter

*ever*  
Jennifer J. L. Jones  
[www.jenniferjonesart.com](http://www.jenniferjonesart.com)

even  
one  
viewer.



## 112 Thoughts About Music in our Lives...

As I was looking for articles about how important music is to our lives I came across the following site which had 112 blog articles with views on the importance of music and how it helps us and is basically the soundtrack of our lives:

<http://www.helium.com/knowledge/20416-the-importance-of-music-in-our-lives>

I haven't read them all yet. I intend to read them all. I find it so inspiring to read the writing style of all of these different people as they put their ideas about music into words. So many wonderful ideas and thoughts.

*autumn lagoon (totems)*  
Jennifer J. L. Jones  
[www.jenniferjonesart.com](http://www.jenniferjonesart.com)



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**My idea is that there is music in the air, music all around us; the world is full of it, and you simply take as much as you require.**

~Edward Elgar

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*Bolero 1*  
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## The Importance of Music

I love music. From the time I was a preschooler, I remember hearing my father improvise jazz on the piano, and my family listen to records. I was brought up with the music of the 50's, and as I grew up and took piano lessons, I became very fond of classical music. Enter the Beatles in the early 60's, and I was attracted to "pop" and "rock" music. As time went on, I grew to like almost every type of music, from opera to new age. Music did something for me. It helped me in every mood and lifted me up. My husband and I can go to a Broadway musical, or an opera, and be on a "high" from the music. What is it that attracts us to music? Why do we have iPods today with thousands of songs? It's because music is a part of the earth and our nature.

According to biomusicologists (Biomusicology is a new field of science, according to Pennsylvania State University "What's in the News" website), music entered the world from the time only animals roamed the earth. It is theorized that animals used a form of music to communicate. Certainly the song of birds is musical and is a form of communication among their species. Humpback whales are said to sing sonatas as a form of communication.

Biomusicologists believe that human brains are wired for music. It appears that even the first humans in prehistoric times made music. The first musical instruments were probably whistles, carved out of animal bones and were also used for communication. Around 5,000 years ago, people were making musical instruments for pleasure, as well as for use in ceremonies. The breakthrough in music came about 2,500 years ago, when the Greek scholar Pythagoras devised a mathematical formula for what is today's musical scale. Each note would be one step higher than the next. Each note was then given a letter so that music could be written.

It was over the next thousand years that music became more complex. Various cultures adapted their own type of music. The number and type of musical instruments expanded. In Europe, music developed mainly for the Christian religion. The music played and sung in Christian monasteries 1,500 years ago became the basis for modern music in the western world. As time went on, music began to reflect the political times or the culture of life at the time. Classical music was of the Beethoven and Bach era, and composers started reflecting intense emotions in their music. This has been carried through to today.

We like music and listen to music because of the emotions it conjures up. Why do we listen to "oldies"? It's because it is nostalgic. Perhaps it brings us back to a time when we were younger, or life was more carefree. It brings us back to where we were at the time. The music we cherish is usually related to good memories or a time that is particularly sweet to us.

Music is for every age. Mothers sing lullabies to their babies and are able to put them to sleep. It is also thought that babies in the womb hear music. When young, pre-school children listen to music, it is thought that it helps them understand the beginnings of mathematics. Music is therapeutic. It has been used in medical settings as a way to soothe and help heal victims of post-traumatic stress syndrome. It also helps people grieve, when music is played and sung during a memorial.

While we enjoy music everyday, we don't think about all of this. However, we listen to music regularly because it is an integral part of our earth's rhythms, it heals, and helps us feel and cope. So, the next time you listen to music, think of it as a gift that you partake of at any time and can have with you always.

Source: Pennsylvania State University - Witn - What's in the News



*overture ii*  
Jennifer J. L. Jones  
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**There's music in the sighing of a reed;  
There's music in the gushing of a rill;  
There's music in all things, if men had ears:  
Their earth is but an echo of the spheres.**

~Lord Byron





*Pillow*  
Jennifer J. L. Jones  
www.jenniferjonesart.com

**And the night shall be  
filled with music,**

**And the cares  
that infest the  
day  
Shall fold their  
tents like the  
Arabs  
And as silently  
steal away.**

~Henry Wadsworth Longfellow

*The Day Is Done*

## About me...



My name is Amy Lloyd (al) and music is one of the most important things in my life and I am so glad to bring you this first issue on this subject. Since the beginning I have wanted to do issues (yes, multiple) on music and I hope you have enjoyed my first attempt - it is very personal, has made me think in new ways, and I love it!

I am so thankful for the absolute beauty of the art of Jennifer Jones. I truly am so thankful for the amazingly talented people who allow me to feature their extreme talent! It is a such a gift to me each time I finish an issue. It is soooo much fun!

I hope you will look at the role of music in your own life. I believe it is important to be aware of how music influences us and even the importance that words and lyrics play into our emotional state of mind.

To end this newsletter I include the final words of one of my very favorite songs, What a Wonderful World, sung by Louie Armstrong:

And I think to myself, what a wonderful world  
Yes, I think to myself, what a wonderful world  
Oh yeah

