

*"In music the intuitive aspect of consciousness is tapped, nurtured, and encouraged; the same is true in contemplative practice."*



## **IN TUNE**

### **Music as the Bridge to Mindfulness**

*Richard Wolf • The Experiment*

Award-winning music veteran Richard Wolf came to meditation (as have many musicians) with the need to maintain his health while staying in the heat of creative challenges. What he discovered, however, was a natural convergence of mindfulness and music, where each practice deepened the other. Meant for his fellow musicians at any level,

this book offers a plethora of music-based mindfulness exercises for the “transferable virtues” music can cultivate, from the art of deep listening to (here we see Wolf’s technical savvy) “sympathetic vibrations” and silence. The point, says Wolf, isn’t necessarily becoming a better musician, but being more in harmony with yourself.