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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 second part 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 Two

We now continue our journey into the depths of Music as Life and Life as Music...For me it is always about the message a song gives both in lyrics and melody and even the silence between the notes that I hear and feel. It is the said and the unsaid all at once. Even within my stage name there is such a flow of the said and unsaid.

My musical name is that of my Lemurian name which is Nenari. I am the Princess. The Princess of the Sea. I am this in Lemuria and now on this earth, as I have been such a Princess even before my soul was even breathed into existence. I am the physical embodiment and expression of all of the rivers, streams, and waters of the music of life. As such, an earthly year ago, I birthed through my being the manuscript called *Song of the Princess*. I would like to share such wisdom (in part) from this book with you so that you may come to understand that music is a metaphor for life. I invite you to take a moment and see if you can feel what is written is just as much about music as it is about life. That music and life are an entwined flow together, the two BEing as One.

*Feeling the Song Upon the Winds*

“To understand the Princess is to be in awe of how she feels music, how the very Spirit just flows through her when it comes to music...how it has been her heart since before she was breathed into existence....from her inner burning desire to sing such songs of Love and Light and give them to the world from the very Love and Light she is pouring through her being, to the silence between the notes that she hears, to the way she moves with such grace within her song, to the passion and divine spark of Love and Light within every note given, to the ability to understand beyond the words what feeling and intent is truly behind a song, to the infinite layers of harmony and melody within such a song.

She feels the heart of the song on the wind that is given from that same heart, feeling it deeply within the very core of her being and it is such a Troubadour who would understand this beyond all understanding....Others, they just hear a beautiful song. She hears, feels, and experiences music in a whole other realm that so few understand. It is often hard to place into words how she is this, and it is through being in her very presence that it is to experience such an understanding.

The Princess understands deeply that music is the flow of what is in the moment. A complete rise, crescendo, and fall of the universe's heartbeat wrapped up in the OM, the One Moment. Music is the song of the soul, the heart of the Master Artist expressed through the OM, the One Moment. When we surrender to the OM, the One Moment, this flow of music is of the rivers, streams, and oceans combined and is what it means to be the Princess of the Sea as the soulful and physical expression of such music. The cadences and chordal progressions of the song of life mirrored within the infinite possibilities of this same life giving birth again and again infinitely through what we know on earth as the carnals of time and space.

To give such a gift that pours through and to see its expression shine the light of love into the universe is the reason the Master Artist give us such gifts. Music is the embodiment in heart, soul, and physical form of the heartbeat of Source energy making love to itself. To give such a gift of music is to live and BE what is given in every sense of the word. For one cannot give what one is free from being themselves. Music is the river of Love in which we drink from that infinitely replenishes us in being this living and BEing expression of the Master Artist, giving to our soul first, filling us until our cup runneth over and in that we in turn may give to others being continuously and infinitely replenished with the harmony and melody of life.

Within an instrumental love song, you can feel the said and the unsaid because you hear the flow within the chordal progressions, the cadences, the syncopations, and the intonations. The rise and fall, the crescendo like the waves of the ocean as the merge into One, it is a painting of the artists brush that gives birth to lyrics that are not of words. Its a making love with the instrument of six strings which then gives birth to such beauty. With lyrics, there is a sense of directness, of feeling that entwines with the instrumental that can evoke that timelessness and infiniteness of a burst of emotion which is given within the instrumental yet also gives meaning within a story of frozen thoughts, of passion, of desire expressed. The deepness, the vastness, the richness of such a song is as infinite as the flow of the sea, and as beautiful as the palette within the rainbow of colours expressed.

When we flow within the river of love, such desire and passion unleashed is the blossoming of the heart as it burst forth painting such a canvas. The gift of song is the piercing of loves arrows as they evoke such passion, as it is passion that is the purpose of life. It matters not if the lyrical content is of lower or higher

chakras, what matters is the invocation of the feelings of love, passion, and desire derived from such lyrics and that such an artist is in complete alignment with the music that they create. When an artist can invoke such within the listener, regardless of whether it is love and light words or not, that is a true master artist.

To passionately feel the music is to passionately understand how an artist works. To understand 'What is a song?' A song is frozen thoughts and inspiration that is collected and placed into a vibration that when heard creates feelings and emotions of the heart that become the memorable moments of a person's life, so that when you hear that song that memory of life and those emotions and feelings ignited in you literally come to life taking you beyond infinity into a place of pure bliss. So that when you hear that song, you transported right back to that memory in your life that ignites that passion and desire within your heart. Those are the powerful songs of the heart. When we give another such inspiration it is the universe kissing us with the breath of inspiration through infinite possibility." ~Excerpted from *Song of the Princess*

Rumi speaks of music as 'We rarely hear the inward music, but we're all dancing to it nevertheless'. What Rumi's message expresses is an invitation to the dance, to dance to music of life. To take the moments to listen within to the song upon the winds of your own heart and maybe that of another who calls to your heart and dance within it as you already and always are anyhow. So why not tune in and enjoy the dance? Can I have this dance? I'd like to dance with you.

We can see how such words within *Song of the Princess* are both about musical composition and about the rhythm of life. As Gibran says, be that flute through which your heart is the whispering of the hours turns to music, as music is the heartbeat and breath of life and as the main prayer of *Song of the Princess* expresses, and please play such a melody well ~

~ *May your heart be guided by love and your  
songs be the echo of this same heart* ~

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.