

# Meditation on Music

**From: Sufi Musfaad**

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**I have used the technique of meditation on the music of my choice for many years. This is an ancient ecstatic technique and it has been used in many cultures over the years. What you do is, Sit quietly and listen to your favorite music with your mind calmed, breathing deeply and calmly with your eyes closed. Become one with the music.**

**Choose music to meditate to that inspires and moves you and gives you chills of awe. The idea is to feel the power of the music and see how this power is coming from Indwelling Being or from your own inner light. Hazrat Inayat Khan has written extensively on this practice. All music originally emanated from a pure divine source.**

**All music is sacred. You may not have an affinity with all music but you can choose the music which moves you for your practice. I like sacred chants of any kind. Rock hits that have a sacred flavor, classical music, ballads, Qawali etc. If you are a musician, you can use your own music.**

**I like the music of Nusrat Fateh Ali Khan, E.S. Posthumus, Enya, Clannad, Deep Forest, Enigma, Adiemus, Constance Demby, most classical music, my own music and many many other artists for music meditation. I am always looking for some new music that I have not heard yet. The bliss of the Beloved is ever-new and so is the variety of music in the world, now more than ever before. The point is that you must choose the music that moves YOU. The songs that**

**make you cry, that cause you to feel free or in love, that take you to that deep place within your own heart.**

**Remember, when you are listening to this music you must empty your mind of thoughts and let yourself become one with the sound and with those who wrote and recorded the songs and ultimately with the inner spirit that inspired them; GOD. As you sit, flow with the sound. Consider the sound to be the audible presence of God. Let that spirit within you resonate with what you are hearing outside of you. As you float away with these sounds of love and poetry, you will feel the deep feeling of awe for life and spirit itself. You will feel rushes of the Joyous Presence, the vibrations that move you to ecstasy, that profound Spirit feeling.**

**When you feel these radiating chills of awe, you are feeling the Voice of Allah. Do not fight this feeling, do not fear it, let it fill you, let it play with you. Let yourself open up to the ecstatic movements of the Infinite Spirit. This practice is excellent for those times when you are stressed out and tired and you just need some peace.**

**It's like taking a bath in sacred sound energy. Everyone uses this meditation in one form or another but they don't necessarily think of it as a meditation. This technique has been handed down from teacher to student for countless eons. I meditate to many different varieties of music. All music has this quality in it. It is just a matter of what appeals to you personally.**

**The sacred use of awe-inspiring music can lead you very swiftly to the depths and heights of ecstatic union with the Supreme Spirit, where His Music is heard spontaneously within your own mind, heart and soul without any external source. It is so simple. It is more of a non-technique. It can be taught to anyone young or old. Many people see brilliant inner lights or many colors when performing these sound current techniques, many people do not see lights. It actually doesn't matter. One day you will see all that there is to see, so train yourself to be patient. If you would like to know more about**

