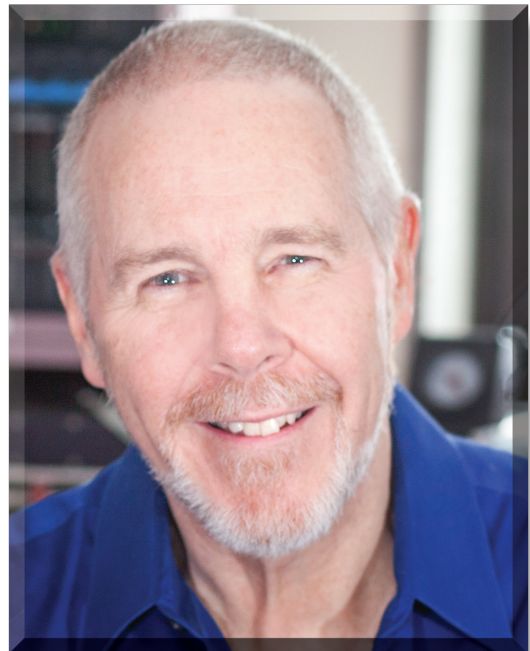


*Salos*

# Notes from the Composer



by Peter Link

# Preface

In January of 2012 I sat down to write a new song, *Today*, using the opening paragraph from Mary Baker Eddy's *Science and Health with Key to the Scriptures* as lyrical content. This song became the first of twelve songs that I wrote and recorded using Mrs. Eddy's prose text over the next four months. I also decided early on that these songs would not be orchestrated because they were written specifically for church soloists around the world and needed to work on their own with keyboard accompaniments only.

Once the text had been chosen for each song, the ideas studied and imbibed, the titles set and the words rehearsed over and over to find their natural rhythms and logical flow, the music came easily and gracefully.

Each subject, whether it was Beauty, or Government, or Dominion, or One, took on a character – a musical style of communication that reflected, in essence, the way I would want to express my love and appreciation for these monumental ideas of Mrs. Eddy's to a friend or a group of people.

These iconic ideas that I have studied and pondered all my life simply fell from my being musically, I think, because I knew them so well. This deep knowing garnered from a lifetime of consideration made the moments of each song deeply personal and yet hopefully universal in their expression. I often was aware in the process of writing that the experience was a fusion of two centuries – the 19<sup>th</sup> and the 21<sup>st</sup> – and was bringing together these timeless truths with original musical expressions.

And so I went with more contemporary chord structures and anticipatory rhythms of melody and feel. After all, if I were to bring anything at all to these eternal ideas, it should at least be a feel for our times, an illumination of Mary Baker Eddy's logic expressed in the 21<sup>st</sup> century.

So these are not old-fashioned songs. They are of today and written with a profound respect for the depth of her ideas expressed.

I am grateful also to have had the perfect vocalist to express these songs on the album, *Solos – From the Writings of Mary Baker Eddy*.

The experience was a truly spiritual one for me. The work always flowed. I am grateful to have had such a wondrous thinker as my lyrical partner.

I only pray that I have done her great work justice.

*Further Note: The following is a series of posts reprinted from my blog, Sparks From The Fire. I thought they might be of interest and of use to both audience and future vocalists. These are essentially my work notes of composition.*

# Thoughts On Beauty

The whole nature of beauty, especially in America today, has gotten confused. Open most magazines, surf the internet, for that matter, type in the word "beauty images" into any search engine and just see what comes up – skinny female models with very few clothes on, half the references involve make-up of some sort.

Now I like pretty girls as much as the next guy, but it was 14 pages of the same models until I saw a picture of an elderly beautiful lady or a beautiful African or Indian woman. There were no men whatsoever – no flowers, no trees, no children, no animals, no sunsets, nothing besides models and their make-up.

Are men not beautiful anymore? Aren't children beautiful? Is it just models? I've met a number of models in my day and though they were mostly attractive people, the key word that always struck me way before 'beauty' was 'ego'. Also they rarely looked in normal life like they did in their magazine pictures once their make-up artists had doctored them.

So I decided to take a look at this much-maligned word through more spiritual eyes and perhaps do my small part in righting the balance of understanding.

The song commences with this statement of Truth.

The recipe for beauty  
is to have less illusion  
and more Soul.

Here is the essence of what we have gotten away from in our materialistic society. Not all models are airheads, but I've found that many so-called beautiful women that I've known have gotten through life so often on their looks that not much else has developed. By the way, the same goes for "beautiful" men. In a way, it's not their fault. Their good looks are so powerful



that they never had to exercise their brains or their talents and so once you get past the initial wow, there's just not that much left to hold your interest.

A strong disclaimer: Of course this is a generalized statement. Not all models are airheads; not all beautiful people are boring once you get past their looks.

Let's move on to what beautiful is all about before I get myself into trouble.

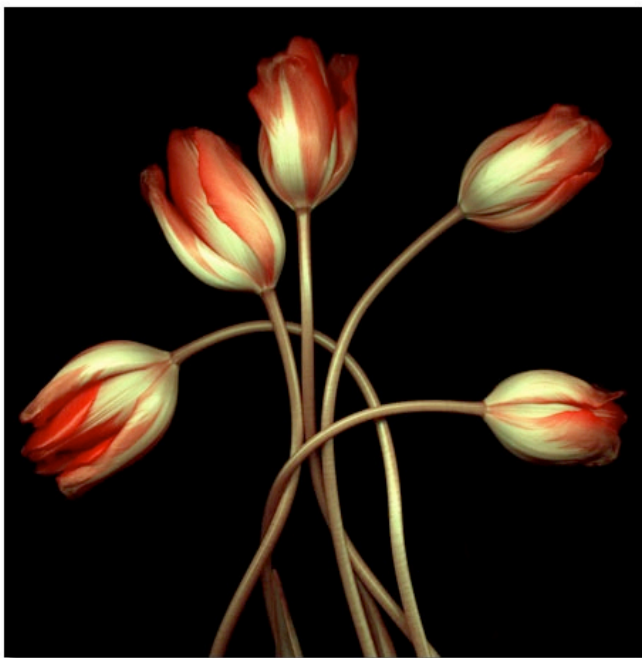
Comeliness and grace  
are independent of matter.  
Beauty is a thing of life,  
which dwells forever in the eternal Mind  
and reflects the charms of His goodness  
in expression, form,  
outline, and color.

I knew a 75-year old Irish Catholic priest who was one of the most beautiful men I ever met. He reflected "the charms of His goodness" in a most wondrous way. I was enraptured by the golden child of an American man and his Asian wife the other day. She was 5-6 months old and radiated a perfection "in expression, form, outline, and color" that I found so riveting that I could not look away for fear of missing something spectacular.

I watched the sun set over New Jersey (yes, New Jersey) the other night – across the river in the rose and splashes of light from my 38<sup>th</sup> floor balcony. It was so cold I was shivering, but I couldn't leave and go inside to the warmth of my apartment for the beauty that surrounded me.

I found a chord progression to this song that made my heart leap and my soul quake as I thanked God for the gift of music.

These moments had no illusion. They were the real things – soul filled and truly beautiful.



It is Love  
Love which paints the petal  
It is Love  
with myriad hues,  
glances in the warm sunbeam,  
arches the cloud with the bow of beauty,  
blazons the night with starry gems,  
and covers earth with loveliness.

I'm not sure there's anything to add to this verse. Read it again and let's move on.

Love, redolent with unselfishness,  
bathes all in beauty and light.

I think herein lies the clue. The word "redolent" is not a word we use much these days. It means aromatic, having a strong pleasant odor. How prescient of Mrs. Eddy to put 'redolent' with 'unselfishness' – having the perfume of

unselfishness.

So much of the confusion of beauty today surrounds itself with selfishness. There is no 'self' absorption in beauty. Beauty is a thing of life, which dwells forever in the eternal Mind and reflects the charms of His goodness ... When one is beautiful or some thing is beautiful it simply reflects. It does not own. It cannot take the credit as if the beauty was self created.

Comeliness and grace  
are independent of matter.

Beauty too, is independent of matter. Matter can sometimes be the means of communication, but it is Love that ... bathes all in beauty and light. The body, the physical ball of fire called the sun, the field of grass, even the face of the baby hold not the beauty. The beauty simply passes through – coming from the grace of God and recognized in the hearts and minds of man

Our first verse bears repeating as a final thought:

The recipe for beauty  
is to have less illusion  
and more Soul.



# Thoughts On Today

The most important books I've read over the last couple of decades besides the Bible and Science and Health with Key to the Scriptures by Mary Baker Eddy are, without a doubt, The Power of Now and The New Earth by Eckhart Tolle. In his The Power of Now, Mr. Tolle sets forth reasoning on living in the nowness of life in such a compelling manner that it changed my life, changed the way I thought and acted, and along the way changed the way I look at life. I can easily say that it brought to me a way of living that made me a much happier man and one who is much freer of two dramatic issues that haunt human beings daily – regret and fear.



Basically, I learned and understood that regret is living moment to moment in the past and that fear is living moment to moment in the future and that both are totally wrong choices and complete mistakes. I had a preface to this understanding through the reading and study of Science and Health. Mrs. Eddy talks about living in the now and deals with it several places in her book. What took me over the top in my thinking in The Power of Now is that Tolle dedicates his entire book to the concept.

Mrs. Eddy, however, begins her book with these words that set forth the speculation that living totally in the now of life is the only way to practice life when she writes,

“To those leaning  
on the sustaining infinite,  
today is big with blessings.”

Though she does not use the word “now” she clearly means it. This short statement of truth is packed with portent and has been a mantra for me for six decades. The understanding of the truths contained therein has righted many a day for me that got off the track.

Lean on the infinite and you will be blessed. Right now. Get out of the past and keep your thought out of the future and the blessings will flow.

So when I began this great adventure of writing songs from Mrs. Eddy's iconic prose statements, it seemed only natural to start at the beginning with one that had played such an important part of my life.

It said so much to me; its history of healing and correction so huge in my life that once I had typed it out on my word processor, I thought there was nothing more to say beyond it. I sat and looked at these 12 words for an hour or so considering where to go next with this huge idea and then the thoughts began to flow – not from me, but through me.

To those hoping to begin again  
Today provides the chance  
To those turning to a loving Father  
In faith  
In belief  
In understanding  
Today is the day of salvation  
Of saving grace  
Of triumph and elation  
This day begins in expectation  
Of the Kingdom of God

Today, as I sit to write this post about this 12<sup>th</sup> and final song, actually the first song I wrote for Julia Wade's Solos album, I realize that it would be redundant to give further thoughts on this song in my composer's notes because these lyrics **are** my composer's notes on Mrs. Eddy's thoughts.

And so ...

And all these things are possible  
Today  
Today today

"To those leaning  
on the sustaining infinite,  
today is big with blessings."  
To those yearning to be whole again  
Today your time has come  
To those searching  
For the inward journey  
To soul  
To the heart  
To understanding  
Today is the realization  
Of truths untold  
Of spiritual transformation  
This day begins the revelation  
Of the power of mind  
And all these things are possible  
Today  
Today today





“To those leaning  
on the sustaining infinite,  
today is big with blessings.”  
To those living in the arms of love  
Today your peace will come  
To those tendering their tender mercies  
So that all  
May receive  
Of the father’s bounty  
Today is the day of transcendence  
Of rising above  
All human dependence  
This day begins in real assurance  
That the infinite reigns  
And all these things are possible  
Today  
Today  
Today

I’ll add one more thought. Right now, not on  
down the future, but right now, the spiritual  
Kingdom of God is at our fingertips and a  
present possibility.

Nuff said.

# Thoughts On Dominion

**"The enslavement of man is not legitimate."** — Mary Baker Eddy

The American Civil War was fought over just this issue between the years of 1861 and 1865. Soon after this time period Mary Baker Eddy was writing her best-selling and thought-changing book, *Science and Health with Key to the Scriptures* and putting down her own thoughts on slavery.

Wikipedia states, "After four years of warfare, mostly within the Southern states, the Confederacy surrendered and slavery was outlawed everywhere in the nation. (The slavery) Issues that led to war were partially resolved in the Reconstruction Era that followed, though others remained unresolved."

So this issue, which had so polarized the mindset of a nation so that brother fought brother was clearly on the forefront of people's thought.

She continues...

It will cease when man  
enters  
into his heritage of freedom,  
his God-given dominion ...

Though the slaves had been freed, at the time, the issues of slavery would certainly not have been solved or even agreed upon for that matter. By the end of the war our country would have still been polarized in its thinking as Southern and some Northern farmers were forced to give up their free work force and begin again.

So Mrs. Eddy wrote of her time and took her stand on not only this national issue, but also went a giant step further in the finishing of this iconic sentence.

... over the material senses.

Dominion over not just civil enslavement, but ... over the material senses!



Though slavery had been abolished, she knew that the enslavement of man was far from being over until man was and is able to free himself from the chains of materialism.

Mortals will some day assert their freedom  
in the name of Almighty God.  
Dropping their present beliefs,  
they will recognize harmony as the spiritual reality ...

She speaks these healing words to a nation's present and future struggles over the issues of enslavement – a nation that still struggles over even the civil meanings of the word enslavement.

“Dominion” is a word that has recently taken on great new meaning for me through the study and contemplation of this concept as I wrote the music for this song. I used to say that what I was really searching for in this strange life on Planet Earth was simply happiness. Isn't that what we all seek ultimately?



But I've changed my goals in the realization that there is something beyond happiness that should be attainable in this experience. She says that we have been given dominion “over the material senses” by God, and so, by God, that's what I'm going to try to work on every day. Dominion.

Entirely separate  
from the belief and dream  
of material living,  
is the Life divine,  
revealing spiritual understanding  
and the consciousness of man's dominion  
over the whole earth.

What a wondrous objective to have in life! To live a divine life that would reveal spiritual understanding and the consciousness of man's dominion over the whole earth.

Happiness would certainly be contained in that concept and so thought is simply expanded here. She gives us this freedom. Abraham Lincoln gave us this freedom. The Bible gave us this freedom thousands of years ago.

The Psalmist said:  
“Thou madest him to have **dominion**  
over the works of Thy hands.  
Thou hast put all things under his feet.”

Freedom from enslavement of any kind was not a new idea. It was and is still an age-old struggle of the human condition. But the spiritual truth behind the solution to this struggle and the healing of world thought is this:

Life is,  
always has been,  
and ever will be  
independent of matter;  
for Life is God,  
and man  
man is the idea of God, ...

Mind is the grand creator,  
and there can be no power  
except that which is derived from Mind.

Here she means "Mind" to be a synonym for God, the creator, the power. Here, based upon these simple truths, we have freedom from not only civil enslavement, but also the enslavement of a material world.

As God's idea we are free to practice this freedom, but practice it, we must. Practice makes perfect. We need to put these ideas into practice in our daily lives and live out our dominion over these material senses (the five physical senses among others) moment to moment. "Not an easy task", you might say, but well worth the adventure.

She further substantiates her thoughts with this definitive statement:

If Mind was first chronologically,  
is first potentially,  
and must be first eternally,  
eternally,  
then give to Mind  
give to Mind the glory,  
honor,  
dominion, and power  
everlastingly due its holy name.

Honor God's gift to mankind by demonstrating it, by living it. Though it may be a difficult road at first, because we would have to give up so much of our material pleasures, the reward at the end of this road is dominion over just these same senses – essentially the ability and the joy and happiness to live without them. This is what we must honor and trust.

That ...  
Life is,  
always has been,  
and ever will be  
independent of matter;

Pretty heady words for a song ... Lyrics that demand concentration and consecration. But in the end the promise is great, the reward potent and everlasting.

The Psalmist said:  
"Thou madest him to have dominion  
over the works of Thy hands.  
Thou hast put all things under his feet."

Dominion!

# Thoughts On Mind's Camera

Focus. This song is all about focus.

One of the things I miss the most about my new

digital camera is that it has an automatic focus. It won't let me focus the camera, rather it does the focusing for me. Many years ago I got totally into my old Pentax for about a decade and shot a coupla thousand pictures of everything imaginable. What made the pictures most interesting, besides composition and content, was my ability to direct the viewer's eye to one particular point of the picture. The ability to focus that old camera made my pictures real personal impressions of life's moments.

These days, with my digital camera, **it** decides where the eye should look and that makes my pictures more into what I would call 'snapshots' as opposed to artistic choices of my own personal points of view.



Now I often forget my camera and even when I do remember to take it, my pictures are seldom interesting to me. Even when they're in focus, it's not **my** particular focus, it's the camera's focus. When I do get a good picture occasionally, I just consider myself lucky that the camera and I agreed.

What we choose to see in life, the way we see life, the way we experience life is all a matter of focus. I witnessed a traffic accident a few years back, and in the aftermath, when the cops were interviewing several people who stood on the same corner and witnessed with me, I was amazed to hear the different recounts and completely disparate recollections of each witness.

Each of us, standing in the same spot, had a different focus, and so told a different story.

Whatever the reason we go through this experience here on Planet Earth, and I sometimes think the whole reason we're here is to find our way back to our true spirituality, some of us get very lost and make little progress and some of us actually spend some real time moving in the right direction.

Those who progress are simply better focused on the right idea and those who wander and even get lost lose focus and go down the wrong paths.

I had a Sunday School student several years ago who was just an terrific all-American kid – bright, spiritually curious, a good athlete, a sweet and gentle person, and an Eagle Scout with a great future before him. He's now in Leavenworth Prison locked up for life on a horrendous murder charge. He was guilty – no question about it.



I believe he simply lost focus.

The crude creations of mortal thought must finally give place to the glorious forms which we sometimes behold in the camera of divine Mind, when the mental picture is spiritual and eternal. Mortals must look beyond fading, finite forms, if they would gain the true sense of things.

How can we stay true to our true selves? I believe that each of us is God's perfect

child, but some of us get off the track and lose our way.

It happened to me. I spent a decade of my life with a drug addiction, and though some of that decade was very focused and my career successful, over all, looking back, I was completely out of focus and totally barking up the wrong tree. I know now that I wasted a decade of my life wandering about.

When I dropped the drugs finally for good, my life got immediately better as I re-found my focus.

Where shall the gaze rest  
but in the unsearchable realm of Mind?  
We must look where we would walk,  
and we must act as possessing all power  
from Him in whom we have our being.

Mary Baker Eddy, the author of the words of this song, had a very special sense of focus. She saw through the material picture into the unsearchable realm of Mind and captured the truth of being in her understanding of life.

All of our spiritual leaders have this ability to see beyond the material picture, beyond matter, into the infinite and eternal.

These lofty people are made of no different stuff than you or me – same skin, bones, basics, just like us, but they had a clearer focus. They focused through God's camera and chose through His lens what they wanted to study and investigate. They chose through their own particular points of view what they wanted to experience and the way they wanted to live life. It didn't mean that they had it any easier – Ghandi didn't have it particularly easy, nor did Jesus, but

they stayed in better focus throughout their lives and learned to focus through the way that they lived. They acted as possessing all power from Him in whom they had their being.

Acting that way gave them that power.

As mortals gain more correct views of God and man, multitudinous objects of creation, which before were invisible, will become visible.

I think this verse is about practice. As a musician I know the necessity and the value of practice. Wanna get better at what you do? Practice. Wanna be successful? Practice being successful. Wanna be fulfilled? Practice being fulfilled.



Focus on what you know in your heart to be the right choice, the right road, the right direction and then practice walking on that road and you will lead a better life and you will grow in your being. That is an absolute truth of life.

Gain a better focus and you will begin to see things through your life's lens that you never saw before – not material objects, but spiritual ideas that will in turn give you even more powers of focus.



It's why great photographers are great; they have clearer focus and so their composition is better and their content is more specific to the moment.

You could say the same about any great artist. Any great human being for that matter.

When we realize that Life is Spirit, never in nor of matter, this understanding will expand into self-completeness, finding all in God, good, and needing no other consciousness.

And when you get your focused point of view clearly in mind and then can live that self-completeness, consciousness changes. What you are conscious of, changes. And human consciousness, what we are conscious of humanly, dissolves into nothingness.

What's left?

We then live only in our spiritual consciousness. I believe that's what happened to Jesus when he ascended. He simply let go of his human consciousness and rose to a higher form of consciousness – became moment-to-moment conscious of only his true spiritual self.

Did that make him God? No, that made him the Christ consciousness. He became totally conscious or focused on his Christly spirituality and the man Jesus dissolved back into the illusion that it always was in the first place.

Rather heady stuff to write a song about, I suppose, but why not? I chose, about two decades ago to move on in my writing to deeper pursuits than “I want you, I need you, I love you “ songs and so here I am, focused on hopefully a higher body of thought.

I thank Mrs. Eddy for pointing down the road, for giving me a focus that seems like a wondrous direction in which to spend my time.

I have deeply enjoyed the collaboration.



# Thoughts On One

It is 1866. Mary Baker Eddy sits in her little attic room in Lynn, Massachusetts and scratches out her thoughts on the science of Christianity, a series of divine revelations that become her best-selling book, [Science and Health with Key to the Scriptures](#), cited by the Women's National Book Association as "one of the 75 books by women whose words have changed the world."

The Wright Brothers were not to take their first flight for another 35 years. The ideas of nuclear power, the Internet, a man on the moon, heart transplants, the [human genome system](#) and [quantum physics](#) simply did not exist.

Somehow she grasps the future, or perhaps the present, in a flash of forethought, and sees through time and space into the truth of being, the truth of matter, the truth of time and space and the reality of existence.



In one sweeping sentence, which has captured my imagination over and over again throughout my life, she escapes time and sees and understands pure quantum physics.

Years later I decide that this sentence and her further thoughts should be the unusual but extraordinary lyrics to an inspirational song. Not the kind of lyric that most writers would attempt to set into music, but nonetheless, what can I say, it had to be done.

The compounded minerals  
or aggregated substances  
composing the earth,  
the relations which constituent masses  
hold to each other,  
the magnitudes, distances, and revolutions  
of the celestial bodies,  
are of no real importance,  
when we remember  
that they all must give place  
to the spiritual fact  
by the translation of man and the universe  
back into Spirit.

After a half century of consideration, I am still trying to get inside this sentence. Writing the music that surrounds it was a flash of inspiration in itself. In the moment of creativity, once I had done my usual mental preparation, the time came to put my hands to the piano keys. The first thing I



played was the opening theme of the song, complete with its oddball style and quirky feel. The song simply spilled out of me as if it had been waiting there behind my eyes and ears for the past fifty years.

And why not? She has already suggested that time, space, matter, were “of no real importance, when we remember that they all must give place to the spiritual fact ...” Why shouldn’t I, as well, learn from this moment and carry on.

As a lyricist, I often think in rhyme. Years of pouring through my beloved

Clement Woods Rhyming Dictionary searching for that right perfect rhyme, have created in me another language, a poetry of sorts that hears and thinks thoughts in meter and rhyme. I’ve been doing it for so long that it has become like a natural voice inside – I suppose sort of like our present day rappers who think and express themselves in verse.

Sometimes my thoughts are random and illogical and grab rhymes from the far corners to illicit egregious results. Sometimes the rhymes that appear are simply silly in their odious results. But sometimes, when the brain is plugged into the moment, and the being is running parallel with the flow of thought, when the doing of the moment is connected with the pure act of creativity, the right idea and the right rhyme meet in time.

I suppose it’s called “Inspiration”.

So Mrs. Eddy’s follow-up sentence to the above goes like this:

In proportion as this is done,  
man and the universe  
will be found harmonious and eternal.

As we remember that the physics of matter are of no real importance and that all matter must give place to Spirit, we (and all the rest of existence) will translate into the world of spirituality where all is eternal harmony.

I was trying to get my arms around this concept and found myself repeating this sentence over and over trying to find the right expression in meter and rhythm of such a grand idea and then it happened.

That old rhyming muse in me or above me or of me simply did its thing and poured this thought through me:

In proportion as this is done,  
man and the universe  
will be found harmonious and eternal.  
And one  
One  
One!!!

I suppose this thought has been hanging around inside my brain since the 60s. "We are all one" is not a new revolutionary idea, but has been with us for centuries. I am certainly not the originator of this idea, just the latest to throw it up again for consideration. And so, 2012 meets 1866 in a rash of rhyme and creativity.

Most importantly, to my mind, it made total sense. If we are to be in the place where we are all one, it is certainly not in this mortal world of war and greed and confusion. Rather, we exist right now in the world of spirituality as one with one another living in God's light. Often we lose track of this and must translate back (or forward) to this noble idea, to this true reality.

In proportion as we remember to give our thoughts and actions to this idea, we translate naturally into our real selves, our essence.

Perhaps this song can be a small reminder of this all-important daily step in our lives.

I hope so.

# Thoughts On Divine Love

Here is a song that was as natural to write as the act of breathing. It starts at the end really. The final words of the song were the first words I chose.

The vital part,  
the heart and soul of  
Christian Science,  
is Love.

Mary Baker Eddy probably  
uses this word as a synonym  
for God in her writings more  
than any other concept.  
And who's to argue with  
that?

Love is the liberator.  
No power can withstand  
divine Love.

Say it again ...

Love is the liberator.  
No power can withstand divine Love.

In my life this is an absolute. Feeling stressful? Love more? Have relationship problems? Love more. Struggling with disease or injury? Love more. Broke? Love more.

When in doubt, love more.

Wait patiently  
for divine Love to move  
to move upon the waters  
of mortal mind,  
and form the perfect concept.

You're not waiting for God to get to work, you know. What we wait for is for our own consciousness to fill with love. God is instant. Love is instant. It is mortal mind or ego that we wait for. The process sometimes takes time because it is consciousness that needs to change, not God, not Love.

Love inspires,  
illuminates, designates,  
and leads the way.



It is Love that leads the way, illuminating the roads we travel with God's light so that we may see the errors of our ways and eradicate those mistakes. It is Love that inspires us to get to work, to heal, to forgive, to a change of base in consciousness so that healing may take its natural, not miraculous, course.

God is Love.  
Can we ask Him to be more?



How often we do this. "Please God, pour forth more from your fountain." Rather, we should just get our buckets and get busy filling them. Quit begging and get filling! Stop wasting time praying for things and just get busy changing consciousness. The well is overflowing.

Divine Love always has met  
and always will meet  
every human need.

Oh this simple sentence. It has influenced my thoughts thousands of times over a lifetime. It is total reassurance. It doesn't just promise; it declares the vital fact of the past, the present and the future in 12 simple words. It says, "God meets your needs." Past, present and future.

Now, can we trust this? Can we demonstrate this? Get your buckets and start filling. Once your bucket is full, start pouring it all out again over everyone's heads – especially your enemies! Don't be stingy with the pouring. Don't fear running out. Just keep going back to the well and getting more. The well will never dry up. It's not a human well; it's God's well and it flows eternally.

God is Love.

Now we're down to 3 words – three words that John, of Biblical fame, uttered. Three words that grace the walls of our churches. Three words that are the root and backbone of our religion and Mary Baker Eddy's teaching.

We have moment-to-moment access to this. God is omnipresent. Love is omnipresent. Why do we miss this? It's a wonder. Why do we wander athirst in the desert when the well is omnipresent?

It is one of the great mysteries of life.

But no sense trying to figure out the mystery. Better to just grab your bucket and get going. Use Love! It is the perfect panacea.

It is ...  
The vital part,  
the heart and soul of Christian Science, ...



# Thoughts On Government

It doesn't really matter if you're a Republican, a Democrat, an Independent or in the Conservative or Liberal Party for that matter. Our true government is not up for re-election, is not debatable, and is not in conflict.

We don't have to worry about a major shift in policy, or the fiscal viability of our future or even doubt the efficacy of our leadership. In fact, and here is a statement that you almost never hear regarding government, our government is consistently on solid ground with all its people.

Why? Because God loves you. God stands by you. God keeps you in His constant care. And God provides for your every need.



Our true government is God's government, but we have to accept this government into our lives as our ever-present President, King and Monarch. Then we need to be a great follower. Simply put, we have to then have faith in our true government.

One of the topics from Mary Baker Eddy's book *Science and Health with Key to the Scriptures* that I chose to explore in Julia's new CD is, of course, Government. It seemed like the perfect time to do it with this fall's up-coming elections.

I found the exploration to be a most settling experience – one where I realized that whoever gets elected will get my prayerful support and wholehearted patronage.

The opening lyric, straight from Mrs. Eddy's pen, explains why.

As human thought changes  
from one stage to another  
of conscious pain and painlessness,  
sorrow and joy, —  
from fear to hope

and from faith to understanding, —  
the visible manifestation  
will at last be man  
governed by Soul,  
not by material sense.

Reflecting God's government,  
man is self-governed.  
Reflecting God's government,  
man is self-governed.

The last sentence bore repeating.

As we move through the ups and downs of this life, we are really governed by Soul whether we know it or not, or like it or not. There's not much we can do about it so we might as well just get on board and go with it.

If we let material sense govern us, we will definitely run the pitfalls of that regime. We will definitely get all tangled up in the politics of humanity. I can't think of a more difficult job or a more frustrating endeavor. For the last four years we have all seen how the politics of our own country have worked constantly against one another and dramatically slowed and confused the process of healing. We often seem stuck in the morass of Washington's inability to get anything done, and have seen our country split on progress so much so that it's a wonder if anything gets done at all.

Our song simplifies the solution:

When man is governed by God,  
the ever-present Mind  
who understands all things,  
who understands all things,  
man knows that with God  
all things are possible.  
all things are possible.  
man knows that with God  
all things are possible.

The ideas come from Mrs. Eddy. The repetition of her ideas comes from me. Raising a teenage boy taught me a lot about the power of repetition. It's of utmost importance in popular music and equally so in education and communication.

Some past Presidents have been known as great minds regarding foreign policy and others have been honored more for their grasp on domestic policy, but seldom are these leaders known for both. When it gets right down to it, there's just too much to grasp between them both. It would be like living a life as a world-class concert pianist and a nuclear physicist working at MIT at the same time.

But we have one of those leaders – and only one, who understands all things.

Now, as the song goes, our job is simply to **know** that with God all things are possible. I think it's called faith, belief and understanding.

And while we're at it, instead of worrying about whether or not [Barack Obama](#) is going to be back in office for four more years, perhaps it would be better to pray that whoever gets elected be, himself, governed by the true government – God.

[John Kennedy](#) said, “My fellow Americans, ask not what your country can do for you, ask what you can do for your country.” Well, here's what we can do for our country. Here's the most effective individual act that each of us can commit to going forward.

Know that ...

Reflecting God's government,  
man is self-governed.

Reflecting God's government,  
man is self-governed.

And that ...

When man is governed by God,  
the ever-present Mind  
who understands all things,  
who understands all things,  
man knows that with God  
all things are possible.  
all things are possible.

It bears repeating.



# Thoughts On Prayer

If there's one thing that has changed dramatically in my life over the years it's the way I pray. As I've changed my concept of what God is, prayer has naturally evolved from one thing to another.

The truth is, people pray in various sundry ways, and I give honor to most all of them. If you lie down prostrate several times a day in the street and face Mecca, I consider that a powerful discipline and sometimes wish I could be so committed. If you chant strange words whose meanings tangle in foreign-ness, so be it.

I had a wife once who filled the house with such dedication and brought great peace to an otherwise difficult relationship. I have found sometimes that simply sitting in stillness and watching my breath, the intake and release, is a most rich and valuable form of prayer or meditation – especially when I'm faced with life's tensions and pressure.



My simple and basic definition of prayer is to do whatever it takes to get closer to God, to de-emphasize the human ego and open mind to the more spiritual clarities of the moment.

Certainly, for me, music composition is a deep and fulfilling form of prayer. Before I write a song, I tune up by praying and knowing that the muse in me is simply my connection with God and I know that the best of my music passes through me from God's mouth to your ears, so to speak, though I no longer believe that God has a mouth.

So when it came time to dive into the song Prayer working with our lyricist, Mary Baker Eddy's POV, I turned to my favorite passage from her book Science and Health with Key to the Scriptures to begin the song.

Thoughts unspoken are not  
unknown  
to the divine Mind.  
Desire is prayer;  
and no loss can occur  
from trusting God with our  
desires,  
that they may be moulded  
and exalted  
and exalted!  
before they take form  
in words and in deeds.

Years ago I gave up praying  
**for** things. One day it just  
made absolutely no sense  
to me to do so based upon  
my understanding of a God  
who "knows all things" to  
begin with. It seemed  
hopelessly redundant to  
beg for objects or success or  
victory for that matter. I  
think of prayer now as a  
deep knowing, or  
sometimes just simply  
heartfelt gratitude.

Trusting God with our desires  
really speaks volumes to me.  
I hear from others more and  
more today the words, "Just  
put it out there." God  
already knows what we  
want, really what we need,  
and I believe in a God who  
supplies every true need, so  
who am I to try to remind  
God what I think is  
necessary in my life.

God is not moved by the breath of praise  
to do more than He has already done,  
nor can the infinite do less  
than bestow all good, ...

I'm not big on the so-called praise and worship type Christian songs that one hears so much today. I find them usually far too thin in content and even sometimes silly in their endeavor – as if we're going to flatter God into going the extra mile for us. To me that's humanizing God, like



one might do to gain one's boss's favor or attention. "Wow, that's a great lookin' tie you got on today Mr. CEO. Sort of an aristocratic blue."

Your boss may be impressed by your observation, but I can't believe in a God who cares about that sort of thing.

So this knowing that I try to engender is an acceptance of God in my life, moment to moment, a turning to positivity, to a more spiritual approach to all endeavors, to a higher understanding of being. For my money, this is prayer.

But, like I said earlier, get it any way you can. If you have to stand on your head to get closer to God, so start standin'.

God is Love.  
Can we ask Him to be more?  
God is intelligence.  
Can we inform the infinite Mind  
of anything He does not already comprehend?  
"God is Love."  
More than this we cannot ask,  
higher we cannot look,  
farther we cannot go.



Essentially, what this essence of the song says to me is that since God is Love, in order to be closer to God, we need to love. This is not always as easy as it seems. Sometimes it's tough to love when our egos get in the way. It's then that I struggle to awaken to this all-encompassing word, love.

Move ego aside and just love – love the person, love the

situation, love the initial concept that started the endeavor in the first place, love the Father if that works for you. Love yourself. Love love.

More than this we cannot ask,  
higher we cannot look,  
farther we cannot go.

The dictionary defines the word 'desire' as: expect and wish, hope, trust. The real question here is what do we desire? A thing? A result? A fortune? A triumph?

I think not.

If God is intelligence then He already knows what's best for all of us. Can you credit Him for that? Can we really allow His choices to supersede our own? Do we think we know better?

Desire is prayer;  
and no loss can occur  
from trusting God with our desires, ...

Can we really put our  
trust in God? If we can,  
then ...

The unspoken desire  
does bring us nearer  
the source  
of all existence and  
blessedness.

And isn't this ultimately  
what we are trying to  
do with our prayers? To  
get closer to God? This  
is our desire – not riches  
or success or even  
peace for that matter.  
By getting closer to  
God, all that God  
wants for us will be  
attained. Trust it. It is  
the truth.



... no loss can occur  
from trusting God with  
our desires,  
that they may be moulded and exalted  
and exalted!  
before they take form  
in words and in deeds.

# Thoughts On The Sculptor

How do you see yourself?

I work daily to see myself as the perfect spiritual man. He's not the guy I see in the mirror. He's amorphous. He is me, but having nothing to do with my body. He is definitely the best of me. He has little to do with my personality, but everything to do with my individuality. He is spirit. If your definition of God is pure goodness, then he is the perfect reflection of God.

That's who I am. That's who I truly am. Sometimes I pretend to be someone else. I get confused. I become the image and likeness of body, not the image and likeness of God. When I'm living my idea of the image and likeness of God, I find that I'm happy, productive, and successful. My life is filled with abundance and I live a life of integrity.

When I get confused, I see myself differently. I see myself as body, as human, as mortal, as flawed, as lacking, with all the etceteras that you can think of.

And so, when I'm in that confused state, when I finally recognize it because it has a habit of sneaking up on me and capturing my imagination before I know it, when I finally recognize it, I consider the words of this song, a song from Julia Wade's forthcoming CD, Solos. The words are thoughts I've studied all my life and come from Mary Baker Eddy's book, Science and Health with Key to the Scriptures.

The sculptor turns  
from the marble to his model  
in order to perfect his conception.  
We are all sculptors,  
working at various forms,  
moulding and chiseling thought.

What an idea! To mold and chisel thought ...

I am reminded of Michelangelo who is purported to have said that creating the perfect sculpture was simply a matter of chipping away at the stone until you rid the stone of that which did not resemble the perfect idea – or words to that effect.

If my model is my perfect spiritual man, then I just need to rid myself of any thought that does not resemble that idea.

What is the model before mortal mind?  
Is it imperfection,



joy, sorrow,  
sin, suffering?  
Have you accepted the mortal model?  
Are you reproducing it?

Do we accept our own confusions as the reality. Unfortunately all too often. Do we look upon the wrong models as we sculpt our lives?

Is there a better design to behold? Does the sculptor spend a small fortune on a great piece of marble and then spend countless hours chipping away at the stone without first having the perfect image of the idea he's trying to uncover planted firmly in his mind? Does an architect try to build a house without a blueprint? What is the blueprint — the design — that we hold in mind for our own lives?

If the design is flawed, then the work will model the design. Why build with a flawed design. See the perfect man and reproduce it.

The sculptor turns  
from the marble to his model  
in order to perfect his conception.  
We must first turn our gaze  
in the right direction,  
and then walk that way.



How do you find your way home when you're lost? First step: Figure out which direction is home. Mentally retrace your steps, follow the stars, climb a tree, but first make sure you're headed in the right direction. Otherwise you'll just get more and more lost. Don't run around in a panic; rather, stop, pause, center your thought, consider all alternatives, choose the right direction, and then walk that way.

We need to get good at this. We need to consider this perfect work of art every day and hold the image in our imagination. We need to constantly check that we are building our lives from this perfect design. Otherwise we'll get lost and wander unhappily through our own mortality.

We must form perfect models in thought  
and look at them continually,  
or we shall never carve them out  
in grand and noble lives.

Can you see yourself as grand and noble? Think about it.

Don't allow yourself to scoff at that idea. If there was anything in you that did so, remove it immediately from your design. It's simply a thought from a failed design. Perfect your design and stick to it. Chip away everything that doesn't belong. There's no purpose to the chips. Throw them away. They have nothing to do with the sculpture.

We are all sculptors,  
moulding and chiseling thought.

Now how do you see others?

# Thoughts On Footsteps of Truth

We walk in the footsteps of Truth and Love by following the example of our Master in the understanding of divine metaphysics.

To me, this song is about following – following the example of our Master. The sixth and last tenet of Christian Science states, “And we solemnly promise to watch and pray for that mind to be in us which was also in Christ Jesus ...” Most Christian Scientists use this tenet as a daily prayer.

It's quite a statement, quite a promise.

I'll have to admit that I've broken this solemn promise far too many times. If ya' think about it, it's a lot to live up to. It's a promise to follow in his footsteps, to follow his example.

On the surface, this song often strikes me as the simplest lyric of the 12 songs, but upon further consideration, it may be the strongest statement of commitment.

We first acknowledge that certain truths are absolute. Then we do all we can to move in the direction of those truths.

Whatever inspires with wisdom, Truth, or Love—  
be it song, sermon, or Science—  
blesses the human family  
with crumbs of comfort  
from Christ's table,  
feeding the hungry  
and giving living waters  
giving living waters  
to the thirsty.



Two wondrous metaphors used throughout the Bible and Science and Health with Key to the Scriptures by Mary Baker Eddy are “light” and “water”. Both represent inspiration passing from God to mankind. In a previous post entitled, “Thoughts On Divine Love” I found myself using the water image endlessly pouring forth from the fountain to describe God's Love filling our souls.

Here Mrs. Eddy illuminates the act of inspiration with the giving of living waters to the thirsty. It is Julia's and my great hope that these songs will, on some levels, fulfill Mrs. Eddy's proclamation of "... be it song, sermon, or Science—blesses the human family ...

Going forth, after we have committed daily to following in the Master's footsteps, we must stay to the course.



One's aim,  
a point beyond faith,  
should be to find  
the footsteps of Truth,  
the way to health and holiness.

And what rewards! Health and holiness. Perhaps the two most important necessities of the human experience. Why else are we here, but to demonstrate these two concepts? All other good must follow these two ideas.

And all we have to do is to follow in his footsteps. We all know that this is not particularly easy to do. Here's why.

Mortals may seek  
the understanding of Christian Science,  
but they will not be able to glean from Christian Science  
the facts of being  
without striving for them.

This strife consists in the endeavor  
to forsake error of every kind  
and to possess no other consciousness  
but good.  
no other consciousness but good.

Ah, there's the rub. ... to forsake error of every kind ... Let's be clear here. We're not just talking about larceny, adultery or murder; we're also talking about the errors of every kind – gossip, self-deprecation, jealousy, petty thievery like stealing time and attention and essentially up-staging others for our own glorification – plus the entire raft of the so-called daily petty foibles of life.

Most of us never get seduced by larceny, adultery or murder, but can we say the same about the rest? I can't. I got a way to go. I have to be much more accurate about putting my shoes into the imprints of his footsteps.

"Slow down and watch more carefully," I tell myself. Strive harder. Be more thorough in your footsteps. Remember the rewards are great. And yet...

We walk in the footsteps of Truth and Love  
by following the example of our Master

in the understanding  
of **divine metaphysics**.

I must not understand it clearly enough. If I did, I would walk in those footsteps to perfection.

Metaphysics: 1. The philosophical study of being and knowing

Divine: 1. (adj) emanating from God

Think about it ...

Here is our call to arms, our life objective, our attainable goal.

Let's get walkin'.



# Thoughts On Creation

Here's a concept that may rock your boat. Now don't shy away ... Boat rocking is good for the soul. It keeps you on your toes, keeps ya' honest, keeps you learning and evolving. Nothing wrong with that.

All that we experience with our five physical senses – what we see, what we touch, what we hear, etc., is illusory. It's not really there except in our mortal imaginations – like a dream we have when we're sleeping – only in this one, we're awake – sort of ...

I kinda think we're only really half awake in this lifetime. We are pretty clueless about most of the physical world around us as well as the spiritual world in which we have always existed. It's why, when someone has a powerful spiritual revelation, we call it an "awakening." Because it's an awakening from this mortal dream.



More and more in my life, as I get older and hopefully wiser, I try to see God as pure Spirit. I try to 'un-thingy' (now there's a concept) Him, Her or It as much as possible and supplant this way too huge a concept with simpler concepts that I can understand like Love, Mind, Soul, Intelligence, All-being, that sort of thing.

So when it comes to the concept of creation, which is, I confess, far too enormous for me to wrap my brain around, I turn to others to chip away at 'the beginning of it all' for me and simply see what flies.

In tackling this song for Julia's new CD, Solos, from the writings of Mary Baker Eddy, I thought it an appropriate subject to include so I turned to Mrs. Eddy for her thinking which was again far too enormous for one song. I decided to keep it simple and use only a few declarative sentences and pace the music ever so slowly so that you, the listener could ruminate in it while considering creation.

So the opening sung notes Julia sings are not words at all, but the formulation of thought. She sings:

Hmmmm  
Hmmmm

This is not intended to be just humming, but rather a deeper consideration – an inward journey into the wonders of Mind.

And then, the simplest of phrases, but one which stands at the root point of not only Christianity, but all of the major religions of the world today.

There is but one creator  
and one creation.



Here is thinking which revolutionized human thought away from gods many to one God. Without this truth we have confusion. With it, we have creation.

Then Mrs. Eddy goes on to say:

Infinite Mind is the creator, and creation is the infinite image or idea emanating from this Mind.

I find it interesting to note that this lonely only sense of one-ness does not limit

creation, but, in fact, expands upon it. Why? Because it is infinite. It is one infinite thought creating all other infinite thoughts into one wholeness. It is the new multi-universe theory, it is the Internet, it is quantum physics and it is eternal, spiritual man and all spiritual ideas all wrapped up into one bundle.

I once took a beautiful autumn leaf to my spiritual teacher and, presenting it to him, asked, “Did God make this leaf?” If all matter is illusion, then God would have nothing to do with this mortal experience and therefore nothing to do with this leaf, I reasoned.

He smiled in his pause and then began to clarify. “God is not the builder of the leaf, but you might say He (or It) is the intelligence behind the design – the architect, perhaps.” If God is intelligence, is grace, is the root of beauty, then that design is part of the allness of creation – is part of the one creation.

I’ll have to admit, decades later, I’m still wrestling with that one, but sometimes I get shocking glimpses into its basic truth.

There is but one creator  
and one creation.

Creation is ever appearing,  
and must ever continue to appear  
from the nature of its inexhaustible source.

Here's the thought that hit me and enabled me to write this song. Creation is not synonymous with 'the beginning; rather, it is ever appearing. It is continuation. It is constant and it perpetuates from an inexhaustible source.

Oh how I love this idea! It means that I never have to start a new song, a new album and new work of any kind in my own creativity. I just continue the work. It means that now that Julia has sung her last service in Boston after seven years soloing, she does not have to start all over, but simply has to continue the work. It means that in every step of our lives, we never have to begin again, but, instead, carry on.

Creation comes with every breath, every heartbeat. It means that there are no dry spells, no writer's cramp, no lost ways. Life is simply an eternal continuation of creation. When we truly get this, when we accept this concept into our being, when we awaken to this new/ancient idea ...

When we learn the way in Christian Science and recognize man's spiritual being, we shall behold and understand God's creation, — all the glories of earth and heaven earth and heaven and man.

What a thought! In her book, *Science and Health with Key to the Scriptures*, Mary Baker Eddy discovers the science of Christianity, the truth of being, and separates mortal and spiritual mind from one another debunking all things material as illusory. I understand that she, among many, discovered truths that Jesus illuminated, that Buddha considered and taught his followers, that Muhammed preached ... She wrote her revelations down in words that I have studied all my life and that now I sing.

There is but one creator  
and one creation.  
and one creation.

Hmmmm



# Thoughts On Victory

"Thanks be to God,  
who gives us the victory  
through Jesus Christ? our Lord."

We begin with a joyful celebration of gratitude from First Corinthians. It is our victory, this rising from the dead. It is Jesus' victory over the cross that he bore, but ultimately it is mankind's victory over the false belief of death. The way-shower illuminated the truth of life for all mankind and we celebrate on this day.

...a sad supper  
taken at the  
close of day,  
in the twilight of  
a glorious career  
with shadows  
fast falling  
around;  
and this supper  
closed forever  
Jesus' ritualism  
or concessions  
to matter.



We flash back to  
probably the  
most famous  
meal in the  
history of  
mankind where the Master said his goodbyes, not only to his followers, but also to his own illusion of life in the mortal state. The music turns melancholy befitting the moment. Mary Baker Eddy's text from her book Science And Health beautifully sets the tone for the evening of farewells.

She continues...  
The final demonstration  
of the truth which Jesus taught,  
and for which he was crucified,  
opened a new era for the world.

No one knew it at the time, but the world had changed. Now death was no longer the ultimate end to life, but we had an eternal future. The most feared experience of life, the most eluded event of life on Planet Earth had suddenly become a lie and an event that was simply a transition, not the end. And so we celebrate this wondrous fact.

"Thanks be to God,  
who gives us the victory  
through Jesus Christ? our Lord."

Then Mrs. Eddy continues again...  
Glory be to God,  
and peace to the struggling hearts!

Christ hath rolled away the stone  
from the door of human hope and faith,  
and through the revelation  
and demonstration of life in God...

(Christ)  
hath elevated them  
to possible at-one-ment...

Yes, the stone was the door that was opened and let in the light, the illumination of the truth that death is not real, and is a lie in life. The revelation first came to Mary and then to Jesus' disciples as they struggled to accept the concept of this new idea. The music becomes like a child skipping down the lane lost in the energies and wonder of life. As each of us accepts this revelation, we become at one with a new mankind, a new spirituality where the old inevitable no longer exists.

And so we proclaim through Mrs. Eddy's words...  
We acknowledge  
that the crucifixion of Jesus  
and his resurrection  
served to uplift faith  
to understand eternal Life,  
even the allness of Soul, Spirit,  
and the nothingness of matter.

Our Master  
fully and finally  
demonstrated  
Divine Science  
in his victory over death and the grave.

Here is the spiritual fact set forth. Here is the meaning of Easter. Here is the cause for celebration set purposefully in the woodwinds of the orchestra – simply, straight forward, matter of fact. And so, once again we must celebrate.

"Thanks be to God,  
who gives us the victory  
through Jesus Christ? our Lord."

Then once again Mrs. Eddy reminds us...  
The periods of spiritual ascension  
are the days and seasons of Mind's creation,  
in which beauty, sublimity,  
purity, and holiness —  
yea, the divine nature —

appear in man and the universe  
never to disappear.

No, there was not just one ascension, only one miracle. Instead, this was a new world being illuminated for all of us that choose to live it. This is not an old story retold through the centuries, but a present possibility today. Now is a period of spiritual ascension. These are the days and seasons of Mind's creation. I choose to walk in this light. Will you walk with me? I choose to live in the divine nature. This doesn't make me better than anybody else; it is just a choice I choose to make. I choose to live in the new world where death has no reality. I choose life instead. I celebrate this on this day of Easter and every day.

And the pipe organ begins to peel the paint from the walls of the old church and the orchestra fills the rooms of Mind and the timpani and cymbals crash through the barriers of human existence.

"Thanks be to God,  
who gives us the victory  
through Jesus Christ? our Lord."  
Allelulia  
Allelulia!

This new song, with lyrics from the prose text of Mary Baker Eddy and the Bible, and music by yours truly, will debut to the world Easter Morning broadcast via the Internet from Boston's First Church of Christ, Scientist. Sung by their soloist, Julia Wade, and played on its huge and wondrous 4 manual pipe organ by Bryan Ashley, it will also be released on Julia's new CD, Solos, in early May of 2012. The CD version will accompany Julia with pipe organ and full orchestra.

Easter is only and ultimately about the resurrection. The rest of the story is the old picture. We welcome in the new!