

## Riding Upon the Melody

Netzach

- Sometimes prayer does not come easily. Perhaps we are a bit down or not in the right mood. In such cases, music can prove very helpful. Likewise, listening to music itself can become prayer, meditation, and worship, all depending upon one's intention. Riding upon the melody can uplift our heart and minds so that we might be inspired to prayer, and it may become a way of prayer, meditation, and worship itself.
- Choose music that is uplifting and inspiring and that has a spiritual connotation to you. Play the music and let your mind and heart ride upon the melody. Let the music fill your mind and heart and carry you in ascent into the embrace of the beloved.
- In the same way, you can take the inspiration drawn from the music and let it become prayers of your heart, giving praise and thanks to God and rejoicing in the presence of the Holy One. Where there is joy, the Shekinah is swift to come upon those who invite and welcome her, and the Holy Spirit is naturally attracted to a heart filled with light and gladness.
- Through gesture and the body, one can also pray and worship. Letting good music fill you, your prayer and worship can be shone through gesture and dance. All that is necessary is conscious intention. While you entertain the sacred dance, you can also visualize Lord Yeshua and Lady Mary Magdalene dancing with you, and the spirits of holy saints and angels gathered with you in the presence of God, worshipping the Lord your God in spirit and truth. Alone at home, you can easily find yourself in the midst of a luminous congregation.