

# THE HARMONIC TEMPLE

## HEART TO HEART

The songs in this book were written between February 2010 ('**UnSima Ki La**') and October 2012 ('**Glory Glory**'). There were some other songs written and tried out during that time, but with **six** volumes of Harmonic Temple songs already in existence there was no urgency to produce another, so I have tried to impose a strict quality control. Whether or not I have been successful in this will only be known if I am still sharing all of these songs in ten years time!

### The Intention

The songs were written with the aim of being sung and enjoyed by as many people as possible i.e. given an open-minded and open-hearted approach to working with sacred phrases and affirmations from many different spiritual cultures, the music itself is not so challenging! The aim is to write four-part harmony which can be mastered even by people who have never attempted acappella harmony singing before. Hopefully the repetition will enable them to get to the state where they are able to fully appreciate the beauty of the music without having to give all of their concentration to holding their part within it. I don't expect that I am always successful in this, but I have received feedback which assures me that it sometimes happens! Of course some of the songs are longer, or more melodically or rhythmically complex than others and will take longer to master, but I don't believe that there are any songs in this book which can't be accomplished even with the most inexperienced groups!

### Sharing the Songs

So whether you've bought this book with the intention of sharing these chants with friends, your local singing group or perhaps the 500-strong choir that you happen to run, I wish you every success, and please read the advice on how to teach each chant as you may find it useful!

I hope you will also use the provided information to explain the meanings and provenance of the mantras and sacred phrases involved, as attuning to these is an important part of the Harmonic Temple experience.

After that, how you go about it is of course up to you; I would just beg you to remember that although it's fine to create performance arrangements out of these songs (and many do!) they are written for a group of singers to sing to each other around a central point, ideally with the freedom to move around and physically explore the sound created. I personally mark the centre with a beeswax candle, but flowers would do as well, or a simple altar (that's tradition-neutral). When we sing the songs at camps there's usually a great big pole in the middle, which isn't ideal, but at least you know where it is!

Some of the songs lend themselves to a more formal way of inviting singers into the centre, which I call the '*Healing Circle*' (c.f. '**Namo Guan Shi Yin Pusa**') and some have simple dance movements set to them after the fashion of the *Dances of Universal Peace* if you feel comfortable with engaging with them! (usually best if the group is really familiar with the song first!)

If you've never actually experienced a Harmonic Temple weekend, day-workshop or camp session with Rasullah and myself, you might find it interesting! Check out the events page on our website, where details about other Harmonic Temple books and CDs can also be found.

[www.nickomoandrasullah.com](http://www.nickomoandrasullah.com)

*Love and Blessings from Nickomo*

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