

## **Vulnerability and Longing as a Path to healer musician**

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This paper is more like a personal essay than the research paper. I want to talk about an intention or attitude of a healer/musician, which listed at the top of how healing/transformation can happen.

*What makes art therapeutic? Does art have to carry a message to be so?*

*Or does the art being authentic, beautiful, and aesthetic makes healing happen automatically? Or does the consciousness or intention of the artist make it so?*

*How does the artist's presence/intention/consciousness play a role in creating music that is healing/transformational/touching?*

As a meditation teacher and musician, I have taught classes at my studio, and at numerous venues, including corporate settings, museums, government offices, schools, etc. And I find there seems always energy shifting to be calmer and more harmonious after the classes.

I perform piano in different places and do numerous combined lectures and performances with meditation and live music. I also experiment using personal stories from the audience to spontaneously create music on the spot. People share amazing stories and are often moved by the music that I am improvising.

And I always wonder. What happened? How do people get moved?

I am finding that it is not too much of what I am doing with people, it is more of how I am carrying myself physically energetically and spiritually.

Vickie, one of the astounding teachers at the Globe institute says in the first class,

“Let me surrender. You don’t have to know. I don’t teach technique. You learn how to listen.”

Then, she started singing or rather mumbling the words that I couldn’t understand, which to my utter surprise, melt clutters in my body and cleared my head at the end.

I didn’t know what just happened.

I realize that she comes from the place of not knowing, place of complete acceptance of where she is, from the place of such humility and grace. That humanness made me open my heart, trust her and trust myself in return,

“Oh She is just like me.” That realization comforted me, caressed me deeply and dissolved all the blockages/walls in me and finally transformed me and us.

I often feel vulnerable and exposed to the students/audience when I teach or perform especially when I am not in good shape at that moment. I used to try so hard to cover my emotions in front of people, and to pretend that I am perfectly fine. That only pushed me far away from people that I am with. I realize that when I am open to my own vulnerability, it takes me closer to people and to myself, and in turn, both of us transform.

I started playing the piano when I was seven years old, and I remember playing exactly from where I was, expressing my deeply buried feelings, which opened up my heart and left me with the light of realization and insight. I then understood and embraced things with my whole being. Personally, I focus on the flow of music itself when I am in the moment of composing, and believe the beauty of what it is becoming will somehow make the music beneficial or therapeutic to people.

*Why do I make music? Why cannot I stop the tune in my mind? What makes me keep moving forward? It is a curse to be sensitive and to have to create something from within. I have this longing to understand and to have all figured it out, but it never arrives or ends.*

*It is this longing to connect, to be one with everything, to be close to God and to go beyond that leads me to create.*

Vickie continued to say in the class as if she recited a poetry,

“How can I love all my layers? Let me love myself. I don’t know how. So I come to myself daily. Please I come to you from the place of not knowing. Who am I? What am I to do here? I want to know you better. Let me come again. I am trying to break through, to get to the place that’s Devine.”

“Voice is an incredible medicine, melting, dissolving which is not ours any more.

I am not a teacher of sound. Sound is my teacher”

These were all so beautifully said that I had tears in my eyes. She came in every class with that much of humility and grace, which itself was tremendous healing and learning for me.

Art is being born in that longing. Longing is different from searching. Searching is trying to find something. Longing is there in your deepest heart to connect and go back to your root, your origin, your divinity.

I want to end this paper with her last words. These are still ringing in my ears. I will cherish in my heart forever.

“Let me be a service to myself first. Let me let go of Mother or Healer. I made a decision to heal and meet myself, not anyone else. That’s how I can be a healer to others.”

## Reference

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