



welcome *home.*  
welcome to *joyful* judaism.

## Why We Sing at TAO

A newcomer to our services might wonder ***why there is so much music and singing and chanting.*** We learn in Kabbalah that everything has an energetic footprint. And the energy of music (and all sounds) has been proven to affect the way water molecules organize themselves. The work of Japanese scientist, Masuro Emoto, has shown that molecules rearrange themselves differently depending upon the type of music that is played. Hard-core, screaming rock 'n roll caused water crystals to become disorganized and ugly; in the presence of Mozart, however, the crystals presented as perfectly formed, crisply defined, beautiful objects, similar to snowflakes. Since humans are 70% water, the effect of music on our physical bodies is undeniable.

**When Rabbi Marc and the TAO Orchestra lead us in musical prayer or a Niggun** (a melody repeated over and over) the effects are not limited to our physical bodies. The words, rhythm and cadence all have an effect on our spiritual bodies too. When the refrain is repeated over and over and over (and you are open to it), it can take over your mind, pushing away the ego with its fear and negativity. It becomes a form of meditation.

Dr. Emoto also showed how different words carry their own very high vibrational patterns and, when combined with the music, can serve as a vehicle for our soul to eclipse our ego. The music awakens us to the present moment and that moment is transformed as we glow from within with the joy of Divine Freedom emanating from us. And, if you are open to it, you might just emerge transformed in some new, sweet way.

So the next time you're at services, or any TAO event, and are treated to our music, give yourself permission to be transported. to allow the music to fill your mind and flow through and pour out of you so that you are fully immersed in the moment and the music - and the rest of the world (and its challenges) blissfully dissolve.

After all, we are Temple Adath Or - a Community of Light. Please come shine with us.

B'Shalom,  
Anne Goldberg