

SpiritArts, Music Improvisation and Spirituality
Bringing Soul in the Hospital setting

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Abstract

In most allopathic hospitals the focus is on the physical body. A holistic approach to healing and wellness respects not only the body but includes the mind, and spirit. Music is the language of the soul. Learn about how soul expression is incorporated in the healing process at Roxborough Hospital in Philadelphia, PA. Several case studies will be presented with examples of how music improvisation is used for soul expression. This experiential workshop will include philosophy and concrete experiences to help understand the bridge of music improvisation and spirituality for well-being.

Improvising is creating spontaneously. It is dancing in the moment with the unknown. It is inner expression from within. To improvise takes courage to be authentic. Authentic creative expression only comes through in present time. It requires trust. If one gets out of their own way they are guided. When we improvise, we are co-creating with Spirit.

Many of the same basic principals of spirituality are parallel to principals in improvisation. The creative process and spirituality teach lessons in giving and receiving, deep listening, trusting, letting go of attachment, surrender, releasing judgment, being in the moment, and coming from love.

When we improvise, we face the unknown. This process can help one face their fears, developing courage and trust. Psychological benefits include a sense of community and belonging through this shared endeavor developing balance and well-being. Improvisation skills are essential for being present, supporting, connecting and listening to self and other. This experiential course will provide a supportive atmosphere for enhancing and developing authentic music making. Through fun improvisation structures, skills will be developed in freeing inhibitions, and broadening expression.