



BRAHMA KUMARIS
WORLD SPIRITUAL UNIVERSITY (UK)

Beat The Blues

Global Cooperation House, London
Saturday, 24th February 2007

To beat the dreary February evenings in London, Global Co-operation House hosted a beautiful evening of music, song, poetry, dance and reflection.

Lucinda Drayton of Bliss introduced the evening and dedicated the concert to Sol Raye, “whose singing gave so much happiness and inspired many as he sang from his heart for God”.

The music opened with the resonant African jembe drum from **Adesose Wallace** in the tradition of the ‘griot’ - entering the back of the auditorium and making his way through the audience to the stage as he played and sang, raising the energy with a call and response song from the Yoruba tradition giving respect and thanks to the beautiful spirit who protects our lives.

Robin Ramsay, actor and film director, punctuated the evening with humorous and light poems, encouraging the audience to reflect on the performances and themselves. Robin introduced the duo “**Miracle Mile**” – singer Trevor Jones and instrumentalist Marcus Cliffe, who sang one of their songs: ‘Memories shining like diamonds’.

Lucinda introduced the **Ulfah Collective**, a Muslim all-female band, who, she said, “live spirituality with their smiles”. The group had performed at the launch of the just-a-minute programme at Wembley Arena in September 2006. Naz Koser, the founder of the group, shared how music brought her closer to Islam and her family: “I was blessed with an understanding of different faiths and what we have in common. It was that closeness to those of different faiths that brought us together”. They then sang the oldest song in Islam, that welcomed Mohammed to Mecca – ‘where we show gratefulness when the call is to Allah’. The two youngest members of the group aged 13 and 14 followed with ‘The breeze is there day and night, feeling gentle, feeling light, How I would love to feel the breeze of His presence’.

Guitarist **Rob Smith** played a gentle piece called ‘The Bicycle Song’ and was then accompanied by Lucinda and Marcus with the song ‘Child’. Lucinda introduced her new song ‘Thank you’ and shared how she has discovered the power of ‘thank you’ in the midst of challenging times, noting that one way to heal the inner being is to develop a sense of gratitude for life.

Pearl Jordan then graced the stage with a celebratory tribute to ‘The World Dance’ instrumental, composed and played by **Michael Timothy**. Michael then shared his aim in music making by quoting composer John Tavener: “To make music that destroys the ego because when the ego is out of the way the Divine can come through”. He then introduced the singer and songwriter **Cleopatra**.



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She dedicated the first song she sang, 'Be the wind beneath my wings' to the memory of Sol Raye. And then continued with a light soca number celebrating 'You've got One friend' from her album *Soca Worldwide*.

Sister Maureen shared how music is a very pure expression of the spirit and, as with this evening, can uplift us to the real experience of joy, peace, love and power, all being the expression of our divinity. Yet how does expression reveal itself? It is not just the sound or movement; it is also the silence that is found, the pauses that frame the expression, that we enjoy. There is magic in silence...in silence we can do various things...take time out and escape into our inner world for awhile...sometimes to reflect on something that is happening....to understand...to learn.....to listen, maybe something awakens in this silence.....sometimes in silence we might just want to talk to God. To chat and offload on to God is very nice, as He never tells us off, He just gives us love in return. She said when we connect with that Higher Source then we experience love, acceptance, compassion and understanding, noting that nothing can be loved at speed and we need to pause to experience love and express love. When we take pauses throughout the day, we will gain time, not lose time, and, as we go within, there is a whole new world waiting for us, stepping out of time into an experience of the inner being.

Sister Maureen closed the evening with a meditation commentary contemplating and connecting everyone to the source of creativity.

The finale to the event invited the audience to "Be who you were born to be", a powerful **Bliss** song.

Ends