

心のおしゃべり音楽とは

About Kokoro Talk Music

“Ichinen sanzen: Three Thousand Realms in a Single Moment”. This Buddhist principle expresses that “Everything lies within a single moment’s thought. Within each moment, everyone has the potential to positively transform their world view and rise above the trivial troubles of daily life”. However, anything from a spiteful word to a physical pain can easily through the heart and mind into disarray.

Therefore we begin to blame ourselves for being insecure and turn inward, talking with our confused and lost alter-ego. Whilst it can be good to soliloquise, usually this sort of talk results in blaming oneself or others and ultimately harming oneself. This can then lead to no longer knowing why to bother greeting each new day. I call this inner noise **‘heart talk’** (soul, mind, spirit? noise, talk, chatter?)

However, music has the power to very easily regulate this 'heart talk', to be a medium for transmitting a multitude of thoughts and feelings and to invite others to sympathise with and share in these emotions. Therefore, music has the power to create a mutually fulfilling sharing experience. I decided to call this phenomena 'heart talk music': The ability to easily express what we want to say and the many thoughts we want to share through music.

Our work is to further enrich everyone's life by creating a shared time together where, through each person's 'heart talk music' and 'My Song', we can help everyone find their smile, beaming with happiness.

Together, let's find the music that will allow your heart to speak. Leaving your 'heart talk' as it is will most likely cause you pain, but if you harness the power of music, it will not only reduce your pain in one stroke but it will also surely, simply lead to you feeling happier! (1 hour)

(2 hour 30 mins)