Spirituality & Health

THE SOUL | BODY CONNECTION

Break Free!
Pastor Nadia Bolz-Weber on Dumping Shame

HOW TO COMFORT A BREAKING HEART

REWIRE YOUR BRAIN IN THE CHURCH OF THE WOODS

JANUARY/FEBRUARY 2019
SpiritualityHealth.com
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1. What’s the spiritual connection to the music you’ve created with Wixarika musicians?

I once said to Daniel (Medina de la Rosa), “If the text you’re singing were a few words shorter, I could make it fit to the music better.” And he said, “No, no, no, I can’t do that.” I said, “Why can’t you do that?” He said, “They’re not my words.” I asked him, “Well, whose words are they?” And he said, “Those are the words of the poderías.” That was the beginning of my understanding of what he was really doing. He was not singing something that he made up; he was allowing the poderías to enter his mind stream and to influence it in his music. It’s not a new idea; people have often talked about channeling music.

2. What are poderías sagrados?

Podería means power. Sagrado is sacred. The Wixarika say that powers like the sun, the moon, the sea, or the wind—the elements of nature—bring the music. We’re familiar with these elements but in modern times we don’t talk about them this way. We give names to storms but we treat them as if they’re foreign entities that have nothing to do with us and are hostile to us. The forces of nature are there to be understood and not feared. So, when we talk about music and the spirit in that way, it’s very hard to separate it, isn’t it?

3. One song is titled “Sacred Cactus.” Did you try the cactus during Wixarika ceremonies?

It’s hard to say because I wasn’t always sure what was going on! There was one evening they were passing around the corn soup, which tasted like corn soup to me. I didn’t notice anything different. Later a friend said there was something in that corn soup. I wasn’t looking for that. So I guess because I wasn’t looking for it I didn’t find it. The experiences themselves don’t require that.

4. What’s the connection between meditation and music?

By “meditation” I think you mean a certain kind of attention, which is explicitly placing attention on a subject. You may do a meditation on a deity or on a quality like compassion; the Dalai Lama likes that one a lot. But to say that meditation is like music—that’s a bit of a stretch, isn’t it? Meditation is more stylized and follows a pattern. But the way we experience music—we don’t have a language for that.

5. The liner notes of The Spirit of the Earth say that Daniel’s music and words come to him in dreams or visions and that you have a similar experience.

That’s true. I think that’s true of many musicians. You have to accept that there’s a lot of dream work that goes on with writing music. When we sit down to play in the morning, afternoon, or evening, there’s a certain light, so to speak.

—John Malkin
RANCHO LA PUERTA, TECATE, MEXICO
Going strong for 75-plus years, this beloved health and wellness haven sits at the juncture of the Laguna and Sierra Juarez mountain ranges and boasts a 3,000-acre nature preserve bursting with beauty. A typical stay is a week, and it truly is the best way to experience all that Rancho La Puerta has to offer—it’s also a fine way to get back in sync with your own natural cycles. Holistic therapies abound and include acupuncture, craniosacral, Feldenkrais, and Watsu. There’s also an organic farm and renowned cooking school, miles and miles of hiking trails for all levels, top-notch fitness and movement classes, an art studio, and lots more to make this a destination you’ll want to return to again and again. Of note: The increasingly popular 14-day Detox and Cleansing Retreats for 2019 are scheduled for March 16 to 30 and September 14 to 28. They are led by Michael Finkelstein MD, author of the book Slow Medicine. rancholapuerta.com

SUNDARA INN & SPA, WISCONSIN DELLS, WISCONSIN
One of the first destination spas in the U.S. to have a no-electronics policy in common areas, this eco-friendly respite, nestled in a pine forest on the picturesque outskirts of Wisconsin Dells, is a great place to unplug, unwind, and work on your wellness. Sundara launched in 2003 and expanded its wellness offerings significantly in the fall of 2018 with a 40,000-square-foot addition. With the expansion you’ll find, among other things, a second outdoor pool that’s a seasonal saltwater pool, a new indoor/outdoor soaking pool oasis, new quiet spaces, and a retreat space and a woodland reflection room for meditation and wildlife watching. Wellness enthusiasts will appreciate the new activities on hand that include: new hiking trails; sunrise and sunset meditation cruises on Lake Delton; kayak and stand-up paddleboard tours on Mirror Lake and the Wisconsin River; and more. The property is Travel Green Wisconsin certified. sundaraspa.com

complete, and there is a minimum stay of one week. An interesting note: “Centers of Excellence” is a new program that launched last October. It’s an exclusive certification for leading concierge medical practices and other providers, including endocrinologists, ophthalmologists, and cardiologists, which is “designed to offer concierge patients pioneering health services and exclusive rates to concierge partners.” pritikin.com