



A Song to Sing, A Life to Live: Reflections on Music as Spiritual Practice

Don Saliers, Emily Saliers

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In this rich exploration of music, authors Don and Emily Saliers interweave their own stories as well as those of others to reflect on the *what*, the *how*, and the *why* of music as a key aspect of spirituality in our lives. As an Indigo Girl, folk-rock singer-songwriter, Emily performs in primarily secular settings, while her father, Don - composer, cantor, and church musician - writes and arranges for church congregations. Their audiences may differ but both father and daughter understand the profound spirituality of music and have personally witnessed how their music brings healing to people no matter what the setting or circumstance. *A Song to Sing, A Life to Live* bridges two generations, two approaches to spirituality, and two genres of music - the music of Saturday night and Sunday morning. Don and Emily Saliers reflect on such topics as music and justice, music and grief, music and delight, and music and hope. They open the way for those who seek to embrace new spiritual practices by creating music, sharing music, and developing their musical skills as a spiritual practice.

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