



Play well: Get in tune with life.

Life's an orchestra

Just for a minute, imagine yourself as a musical instrument. You pick what kind.

And ask yourself this question: How in tune are you? Are you fully in tune, ready to play at any moment a beautiful song, or are you out of tune or even missing some essential parts or your instrument to work properly?

If you are in tune, your instrument expresses a unique note and this note has a specific role to play in the orchestra of life. Your purpose is clear; life is harmonious, strong, clear and ruthless.

If you are out of tune your life feels discordant, out of sorts, with a loss of recognition of clear purpose, and the loss of confidence to know your place in the world.

The interesting religious part of this analogy is that, although you can tune yourself up, what are you tuning against? If there were no humans there would still be music and maths and physics. We have intelligence to work these things out but only under the one great constant which I like to call God, where all of these things ultimately reside, which

It takes effort to stay in tune with the ebb and flow of a good life, writes **Fiona Grace**.

YOUR FAITH

oversees us all, and what we tune into to.

You did not create yourself or your note. You were born to express your unique note and it is your purpose and joy to sound that note within the larger orchestra. Your note can never disappear, only be out of tune (covered over) or not be played (ignored). Without your note, the whole is missing something. Humble yourself to these facts and tune into the truth of who you are.

In the Christian tradition, the first commandment "Thou shall have no other Gods before Me" supports this tuning, but makes it a high priority. It explains your primary responsibility is tuning yourself to God, all else is secondary. Taking the time and space to honour this commandment is true self love, self-confidence, balance and fairness from which the rest of

your life can flow.

Musicians often need to go to a quiet space to tune up without other noise influence before they can play with the entire orchestra or band. It is the same with us; take some time on your own to recognise your own feeling of being in tune and then come back in to work with others.

Hint. In tune feels truly good, out of tune does not. It's as simple as that.

Interesting problems with tuning can occur when we don't honour the first commandment or, as the Eastern meditative religions say "mind our own business".

People can make the mistake of blaming their own "out of tune" on others and then spend all their time trying to tune others to their discord.

What a mess! Part of the Lord's Prayer addresses this with "Forgive us our trespasses as we forgive those who trespass against us" or . . . Stay out of others people's business and create strong boundaries so

others stay out of yours. You are only responsible for tuning your own instrument. End of story.

Prayer has always been the mainstay of traditional religions, yoga and breathing exercises in some Eastern traditions, and this is a tuning up on a frequent basis.

Far from asking or pleading with God for something, these practices help to tune up to your own specific note, where all of the answers are revealed to you through the "still, small voice" of your inner being. This is the subtlety of tunings.

Retreats and quiet time will become increasingly popular in Western culture as tuning environments but you can create your own at home or workplace, or with just a quiet spot in the day. Your feelings, thoughts and intuitions will guide you, as you are your own measure. In tune feels truly good, out of tune does not. It's as simple as that.

Take some time out to review, take care of, and tune your instrument. It is your highest priority. Begin today.

i THE AUTHOR

Fiona Grace is an artist and writer in contemporary spirituality and religion.