



# Music and the Soul: A Listener's Guide to Achieving Transcendent Musical Experiences

*Kurt Leland*

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Have you ever had a Transcendent Musical Experience?

Transcendent Musical Experiences (TMEs) are mystical peak experiences whose symptoms can include chills along the spine, joyful tears, and feelings of being deeply moved. They can result in sudden realizations; or in spontaneous, ecstatic insights into one's own life, the universe, and God. They can also produce marvelous inner visions of colors and geometric forms unlike anything seen under normal conditions in physical reality.

"TMEs appear to be messages from our souls that guide us toward developing a greater awareness of our potentials as human beings in the physical, emotional, intellectual, and spiritual realms," Kurt Leland says.

In *Music and the Soul*, Leland—a composer, consciousness researcher, and accomplished psychic—shows how you can use music to produce well-being, create uplifting moods, and enhance mystical states of consciousness. His soul-based, step-by-step music appreciation program will teach you how to listen to jazz, rock, and classical music in a focused, meditative way, so that you can achieve Transcendent Musical Experiences of your own.

Whether you are an avid listener, performer, or composer, if your goal is to transform your life, then the Transcendent Musical Experiences produced by what Leland calls the "music of the soul" will show you the way.

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