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The Power of Music
Kent Rautenstraus

Beloved musician and Science of Mind journalist Kent Rautenstraus shares his personal experience with the transformational power of music.

My parents told me that the first word I uttered was ‘ray-dough,’ which they translated as radio. My ears apparently perked up when music played from the console radio in the living room. From the time I was a baby, music was my thing!

At four, with loving nurturance from a musical grandmother, I figured out the melody of “Jesus Loves Me” on her Magnus chord organ. I didn’t know I wasn’t supposed to know how to play music, being so young. Nobody told me. Then at eight, I played my first solo at Mountain View Elementary School, “The Friendly Beasts,” a Christmas carol I’ve never heard since. I was hooked on being a musician.

By the late ‘seventies, I was in college and Grandma was in a nursing home. She couldn’t remember my name, but we would sit down at the piano and play a duet, “In the Gloaming,” a favorite song from her childhood. She played the melody flawlessly in the treble part of the piano, while I chorded the song in the lower octaves, and I began to suspect that there was a power in music beyond my then-understanding. How else could Grandma remember an old song but not know who I was? Years later, I discovered that music is stored in a part of the brain not affected by dementia.



As a new dad, I played super-silly, child-friendly piano songs around the house. One Saturday morning, my wife snapped an impromptu photograph of seventeen-month-old Melody snuggling up to me while I played “The Wheels on The Bus.” It remains to this day one of the most precious possessions of my life (she’s now twenty). This little soul also *loved* music from the time she was born. Whew, glad she also likes her name of Melody, too!

Now in my work as Music Director at Mile Hi Church in Denver, I witness the healing power of music in the life of our congregation, and I try to bring forward music that will connect us to a profound experience of the sacred. For me, music remains that clear, beautiful gift of Spirit that—in the words of the beloved hymn—“sings my soul.” I know I’ll never lose the wonder and awe for such a harmonious expression of the Infinite. Ray-dough!

“Bringing Harmony to the Soul”—Live!

In “Bringing Harmony to the Soul,” Kent Rautenstraus inspires readers to use music and sound to empower their lives. [Click here](#) for an opportunity to deepen your understanding with videos that demonstrate the power of sound.