

SELF HEALING
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THOMAS MOORE
LIVING WITH OPPOSITES



10 BEST
SPIRITUAL BOOKS

Spirituality & Health

The Soul/Body Connection®

REAL SIMPLICITY

HOW YOU CAN
DEAL WITH TOO
MANY CHOICES

10 TIMELESS
LESSONS FROM
DESERT MONKS

SHAKING MEDICINE

HOW TO PLUG IN
TO YOUR
LIFE FORCE

15 WAYS
TO HEAL
WITH SOUND

+ WHY WE SUFFER



Music Kitchen Serves Soul Food

Soup kitchens help feed the body. But here's a twist: the Music Kitchen, which provides much-needed food for the soul. This New York City-based nonprofit brings live classical music to homeless shelters, where disenfranchised New Yorkers receive the uplifting support that only inspiring music can bring.

Both emerging and highly regarded professional musicians have lent their talents to this community service project, including world-renowned pianist Emmanuel Ax and Berlin Philharmonic Orchestra's principal oboist, Albrecht Mayer. Concerts range from chamber music to a dabbling of jazz and world music.

In addition to providing heartfelt service, this successful project serves as a model for similar artistic and community endeavors in other major cities.

"I believe that music reaches the core of our being and can play a vital role in nourishing hope, love, and strength," says Music Kitchen founder and award-winning violinist Kelly Hall-Tompkins.

Listeners apparently feel the same, some of them foregoing a meal to get a seat at a lunchtime concert, which has become a main course for their spirits. You don't need to be an expert to rave Bravo! Encore!

For a closer look, go to MusicKitchenNYC.org.

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