

soul

The immaterial essence, animating principle, or actuating cause of an individual life; the spiritual principle embodied in human beings, all rational and spiritual beings, or the universe; a person's total self; the moral and emotional nature of human beings.

—Merriam-Webster's

Soulful Sounds

"I define the soul as that eternal part of us that lives on forever," says Ann Licater, a world musician who teaches Flute for the Soul workshops. On her debut CD *Following the Call: Wood & Clay Flute Music for Meditation and Inspiration*, there's a track called "Old Soul" that specifically called to us. It wasn't a surprise to discover that Licater was playing a 2,000-year-old piece of felled redwood in that composition. "I felt the essence and the soul of that tree in the song," she says. The 12 other flutes she plays on the CD include a bamboo nose flute from Maui and a Mayan ceremonial flute.

www.fluteforthesoul.com—Margaret Coventry