

## Post-task: Music needs a lot of discipline

Music makes communication easy, like when an actor communicates something without words. But once a sound comes in to join that message whether it is through an instrument or voice – everything changes. The heart opens immediately.

Music works with sounds and melodies. It is like the first weapon to crack everything and open doors where we want to go. And, it brings things together because it makes everyone feel good. Music is a healer. Music is a mother. It is the mother of all arts. That is why all the students at Tu's Amajika school learn to do everything. When they audition and when they train, they learn all aspects from performance to administration, so their skills and natural gifts come through to serve as the foundation for their career.

Joy goes a long way. Once you are performing on stage, the intention is to touch people until they are happy – to cut through with that power of joy into their hearts and whatever they need at the time.

Tu had to work much harder to develop her music, her acting and her skills as cultural organiser. She had to humble herself, adopt the discipline and consistency, be honest on her musical shortfalls and seek training and mentoring from those around her. She had to fight that which brought up so much anger within her. She had to find the healing from her anger.

One way in which healing manifested was through overcoming the insecurity that Tu felt about her singing voice. She was the only one in her musical family who didn't have a voice. Tu prayed to GOD. She said, "I promise you if you help me fix this problem, the joy I have inside I will share with the world until I die. I don't want to sing off tune anymore – I want to have confidence that I am ok."

One day she asked her first love, pianist Bheki Mseleku, "What do you think is my problem that I cannot keep a tune?" Bheki took her to a piano and showed her a major scale C. He said, "You can set a time every day to come to this piano and sing only what you hear. Do the major scale and start picking a note. At least do 30 minutes. If you like, you can do more – but at least be consistent." True education was now in Tu's hands and she did that and her singing was fixed.

### A prayer to the ancestors

Things keep evolving. That is why cultures have this thing of purifying your ancestors. African people do ukuphahla ritual to purify the ancestors. Africans use impepho-incense, African beer, water and snuff or whatever they are familiar with, like meali-meali and 5 cent coins. Indians do it like that too: they use a combination of coins, black seeds and sprinkles of water to communicate with their ancestors.

To speak to the ancestors, these cultures are using the 5 elements, and they are connecting through multiple generations - past, present and future. The purpose of talking to the ancestors, is to bring peace, love and all the positive attributes to the energy you omit.

By purifying the ancestors, you purify the disfunctions in your own family. All the problems of the past can be turned into positive energy. In the process of purifying the ancestor, you think of a gift that you wish to manifest. Then you open the tap, allow the water to flow and receive this gift. The water is the purifier and the gift is to move into the light where you are blessed. This ritual, purifying of the ancestors can be done everyday. And, it brings about change. The ritual must be done for the ancestral line on both the mother and father's side.

## Now answer the following Post-Task questions

1. Tu's road to stardom was not easy. She had to humble herself, adopt the discipline and consistency, be honest on her musical shortfalls and seek training and mentoring from those around her. What has been your experience on your road to mastering your craft?
2. Tu teaches us that music and performance is the mother of all arts. Do you agree? What is your experience with arts and culture?
3. Are you impressed with Tu Nokwe's practices and teachings on art and spirituality? How do you apply your spirituality in creating and performing?
4. Do you know anything about African spirituality, about Islam, about Hinduism, about Judaism, about Buddhism? What is universal spirituality to you?
5. Can you make a little voodoo - umsamo altar of your own? Look for a white cloth, snuff or tobacco, impepho or incense sticks, alcohol, and a candle. Then tonight, before you go to bed, look for a tree around the house. You are going to be working with the 5 elements. Open a small hole on the ground next to the tree so as to stand a candle in it. Light the candle. This is the 5<sup>th</sup> element - fire. And if you like you can get a glass of water and put it next to the candle, so you also have the 4<sup>th</sup> element – water. It is up to you if you want to talk or do a quiet prayer outside. The prayer will become something very useful, because your personal guides will help. Now, take your tablet or cell-phone and record the prayer.