



YOU-OLOGY by Zaida Harneker

Module 7: Post – Task

Zaide is a development worker and was partner to Zim Ngqawana, helping him spiritually to give the space to realise himself through music.

What inspires the inner voice are all the teachings of great masters we meet along the way. Their words of wisdom, metaphors and motto's to live by, help us to switch off the ego: that part of the mind that goes – me me me – and wants to take all the credit. The ego is a block. If you are going to be bashful and shy or if you are going want to own it, you won't release that expression. It is when we are ready to let go of the ego and let go of all the qualms and frustrations, we are ready for the tone and the tune of our inner voice to come through. It is almost like being in another state – a state of no-mind. This is the when inspiration comes – and it comes from the muse.

One of our greatest masters or very best friends on the musical journey is the musical instrument. For many great musicians, the journey is to become one with their instrument. You have to imbue the instrument with your spirit and allow the spirit of the instrument to imbue you with its musicality. We achieve this by spending time and putting in effort. To live breathe and be with your instrument is like having a friend. The relationship goes cold if you don't spend time together.

What is your philosophy?

We are always spiritual partners on this journey. We belong to each other. We are not alone. We belong to the universe. We belong to all of sound and we belong to all of colour. This is a Hindu philosophy. Zimology was and still is the personal philosophy of Zim Ngqawana.

Like any personal philosophy it comes from that point of singularity – going within to a place of stillness and silence. It is only through the silence that you can listen, get to know yourself. And it is through the silence that you can give up yourself.

By going within to that space of silence, you may look at yourself and understand yourself. The knowledge of the self is required to actualise the self and lose the self. It is only in silence that you get to know yourself, love yourself and acknowledge yourself in order to free yourself.

Meditation

What is meditation? Meditation is only a deep awareness. That is all that it is. Meditation is not a big profound thing. You are meditating through an absolute consciousness of every moment.

Meditation contributes to so many facets of life. The role of meditation for the musician is simply to contribute towards your creations. There are hundreds of methodologies for teaching meditation. Meditation has so many expressions. Meditation has a calming effect. It shows, like a drop is to the ocean, so we are all just part of life, a part of the whole.

Now answers these questions

1. Zim's San Song is dedicated to the Khoi San, Vadzimu to the Zimbabwean deities and Qula kwedini/Amageza aseBofolo to his Xhosa ancestry. Choose one of these cultural dedications, choose a song you like and improvise with it?

2. Mentorship is about providing the space for somebody to be realising him or herself within the genre of the expression. It is to give leadership but also to give space to realise themselves through the music. Do you have a mentor and what have you learnt with your mentor?

3. Do you have a musical chant / prayer or meditation that you practice? Share this with us?

4. What is your space in life and spirituality? What therefore, is your philosophy – the you in you-ology?



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