

I was watching one of the “Pirates of the Caribbean” movies, and was so energized by the music that I found myself tapping my feet and moving my body to the whole experience offered to me on the screen. I realized how much it pulled me into the story, and held me in its clutches.

Soundtracks are an essential part of any movie nowadays. Sense the difference sometime by watching an old movie that doesn’t have one.

I enjoy writing music, and used to transcribe melodies on a regular basis. One, I thought, might have been an appropriate theme for a movie. I wish I could write something that could truly be inspiring to others. But perhaps the best we can do is write our own SpiritTrack that inspires ourselves.

There is something about it that carries us emotionally through the story; the score can actually make or break a movie – that’s why it has been made an Oscar category.

We need something like this in our spiritual lives. The thought struck me that we need a soundtrack of the spirit, a sort of “SpiritTrack”. It would keep us going beyond the highs and lows of our lives, and be sort of an “ether” in the spiritual world that could be counted on to maintain the tempo of our faith.