**Harmony**

**Be of the same mind one toward another.**

***(Romans:12:16)***

**May the God of steadfastness and encouragement**

**grant you to live in harmony with one another,**

**in accordance with Christ Jesus.**

***(Romans 15:5)***

**Above all, clothe yourselves with love,**

**which binds everything together in perfect harmony.**

***(Colossians 3:14)***

**The word accordion comes from the German word akkord, which means “agreement, harmony.” *(Noel Botham, in The Book of Useless Information, p. 72)***

**Unless there is at least an agreement to disagree agreeably, there is little hope for harmony. (Eric Butterworth, in Discover the Power Within You, p. 86)**

**Lucy says while throwing the beach ball into the ocean: “My beach ball! It's coming back! That kid on the other side of the world sent it back! Our nations are in harmony!” Charlie Brown: “The wind changed.” Lucy: “Two nations, using two innocent children and a beach ball, have demonstrated to the world that they can live in total harmony!” *(Charles M. Schulz, in Peanuts comic strip)***

**If you go from left to right on a piano and hold down the notes C, E, G, and B at the same time, you will form a C Major 7th chord, which is a very harmonious-sounding chord. But if you lowered the B note an octave, forming a chord which has the B and C notes next to each other on the piano, the result will be an unharmonious sounding chord. Lesson: The same notes will form harmony or disharmony depending on how they are joined together. (David J. Seibert)**

**Disharmony is no more than unresolved harmony. (Dr. Paul Brenner)**

**Always aim at complete harmony of thought and word and deed. Always aim at purifying your thoughts and everything will be well. (Mahatma Gandhi)**

**Happiness is when what you think, what you say, and what you do are in harmony. *(Mahatma Gandhi)***

**Harmony seldom makes a headline. (*Silas Bent, journalist)***

**Harmony with land is like harmony with a friend; you cannot cherish his right hand and chop off his left. (Aldo Leopold)**

**The trouble with the harmony of nations is that some want to beat the big drum, few face the music and none will play second fiddle. (Ravenna, Nebraska, News)**

**Dolly says to Billy while playing the piano: “Harmony is when you find two notes that love one another.” *(Bil Keane, in The Family Circus comic strip)***

**Paintings are more interesting with complimentary colors. Harmony in music comes from creating agreement between divergent notes. Couples could not dance without taking opposing steps. (Daily Word magazine, August 30, 2011)**

**Grant that I may become beautiful in my soul within, and that all my external possessions may be in harmony with my inner self. *(Plato)***

**When singing is truly heartfelt: As choir singers harmonize, their breathing and heartbeats synchronize in time with the music -- creating a rewarding feeling of oneness. That's the conclusion of a new study by Swedish researchers, who strapped heart-rate monitors on 15 young choral singers. The singers were asked to perform three exercises: humming, singing a popular national hymn, and chanting a mantra. Researchers found that the pulses of the singers increased and decreased together as the music's tempo changed. When the songs required the singers to breathe in unison, their heartbeats were especially aligned. The controlled breathing that singing demands also seems to have a calming influence on singers. "Songs with long phrases achieve the same effect as breathing exercises in yoga," study author Bjorn Vickhoff of the University of Gothenburg tells The Daily Telegraph (U.K.). "In other words, through song we can exercise a certain control over mental states." The lungs and the heart communicate with the brain via the vagus nerve, which also helps regulate emotion. Vickhoff says that link could explain why group singing strengthens solidarity, not just in choirs but among football fans and work crews. "When you're singing together," he says, "you are synchronizing with other people, and harmonizing your hearts." (The Week magazine, July 26, 2013)**

**All energy and life are governed by spiritual harmony. If the mind that receives sound vibrations is in spiritual consciousness, the body responds to the higher activity. (Charles Fillmore, in Jesus Christ Heals)**

**There can be no harmony in our being except our happiness coincides with our duty. (William Whewell)**

**Those who have had much to do with wild animals in their native jungle always insist that no wild animal will attack a man who is not afraid of it. In India many stories are told of true Yogis (that is those who follow the Rajah or Royal Yoga which is the search for reunion with God, and not just the acquiring of the power to play tricks on the etheric plane) living among tigers and other beasts of prey in perfect safety. (Emmet Fox, in The Lion's Den)**

**You don’t get harmony when everybody sings the same note. (Doug Floyd, in Spokane, Washington, Spokesman Review)**

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