

# Sounds Of Singchronicity - Feb 09

## Take time to be in the present

A man sat at a metro station in Washington DC and started to play the violin; it was a cold January morning. He played six Bach pieces for about 45 minutes. During that time, since it was rush hour, it was calculated that thousand of people went through the station, most of them on their way to work.

Three minutes went by and a middle aged man noticed there was musician playing. He slowed his pace and stopped for a few seconds and then hurried up to meet his schedule.

A minute later, the violinist received his first dollar tip: a woman threw the money in the till and without stopping continued to walk.

A few minutes later, someone leaned against the wall to listen to him, but the man looked at his watch and started to walk again. Clearly he was late for work.

The one who paid the most attention was a 3 year old boy. His mother tagged him along, hurried but the kid stopped to look at the violinist. Finally the mother pushed hard and the child continued to walk turning his head all the time. This action was repeated by several other children. All the parents, without exception, forced them to move on.

In the 45 minutes the musician played, only 6 people stopped and stayed for a while. About 20 gave him money but continued to walk their normal pace. He collected \$32. When

he finished playing and silence took over, no one noticed it. No one applauded, nor was there any recognition.

No one knew this but the violinist was Joshua Bell, one of the best musicians in the world. He played one of the most intricate pieces ever written, with a violin worth 3.5 million dollars.



Two days before his playing in the subway, Joshua Bell sold out at a theater in Boston and the seats average \$100.

This is a real story. Joshua Bell playing incognito in the metro station was organized by the Washington Post as part of an social experiment about perception, taste and priorities of people. The outlines were: in a commonplace environment at an inappropriate hour: Do we perceive beauty? Do we stop to appreciate it? Do we recognize the talent in an unexpected context?

One of the possible conclusions from this experience could be:

If we do not have a moment to stop and listen to one of the best musicians in the world playing the best music ever written, how many other things are we missing?

In this busy world, this is a powerful reminder to stop and be present in the moment so we can enjoy our present!

### MySpace Call

For those of you who don't know, I have a MySpace page [www.myspace.com/rodriquezj](http://www.myspace.com/rodriquezj) I am busy working to build this profile. If you are active on Myspace you are invited to "become my friend" in the MySpace world. So follow the link above & check it out. There are a few songs to listen to there as well.

**My first workshop for 2009 is next Sunday, combining Feldenkrais with singing!** See over for all the info.



John Rodriguez

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## **Sing Thru Your Bones For Joy – Rhonda Ohlson & John Rodriquez**

**Sunday 29 January 1 PM to 5 PM**

**Relaxation Centre – 15 South Pine Rd Alderley**

The theme for this workshop is **“Moving Energies”**

Join us for another inspirational and liberating session. John & Rhonda have teamed up again to bring you a very special workshop “Sing Thru our Bones for Joy!” This time it is for 4 hours so you can get the best of both modalities.

Rhonda is a leading Feldenkrais practitioner who will show you how to align your bones to tune up your body/voice. You will be surprised and delighted with the power and pleasure you feel when you sing through your bones.

John will help you discover your true inner voice in safe, caring and fun environment. If you love to sing, or if you dearly want to be able to sing, then this is a special event to book in for. No experience is necessary and people who believe they can't sing are especially encouraged to come along and enjoy the fun.

Your investment is only \$35 for this wonderful event.

**Ph 3856 3733 to book in.**

## **Singing in Harmony: – Workshops with Brian Martin**

**Sunday 1 February 1 – 4 PM in Maleny**

**Tuesday 3 February 7 – 9 PM in Noosa**

**Thursday 12 February 7 – 9 PM in Nambour**

Do you love gorgeous harmonies and toe tapping rhythms?!

Do you love singing in the shower or car?! Do you just wanna sing your heart out?!

YES? THEN THESE WORKSHOPS ARE FOR YOU!!

Join harmony master Brian Martin's “Joy team” of funky facilitators for a fun workshop learning how to produce uplifting harmonies using the best instrument there is... YOUR VOICE!

Each event features a new and exciting theme such as African, World Music and Gospel. No singing or musical experience necessary, all welcome... just come on in and sing. Cost \$20.00 p.p.

**Bookings 07 3103 3074, email [info@brianmartin.com.au](mailto:info@brianmartin.com.au) or online [www.brianmartin.com.au](http://www.brianmartin.com.au)**

## **Music Meditation with Robert Stevenson**

“Satsang is a Sanskrit word meaning ‘meeting’ (sangha) in ‘truth’ (sat). It is a form of meditation which includes mantras, chanting, spiritually uplifting songs and is a pathway to inner peace. The music helps to deepen the silence. There is no effort required, satsang happens naturally. It creates a sacred space where we can sit silently together. It is a time we can give ourselves that we so easily overlook. We come together in our aloneness, which brings us closer as friends, because in this sacred space together, there is no judgement – we are all one. We sometimes incorporate Sufi dancing (a dance of universal peace). These are dances of simple, basic steps, based on sacred phrases.” \$10.00 Donation

**Sunday 1 February at Forest Lake @ 9.00 AM**

**@ College of Mind Body Spirit, Cnr. Forest Lake Boulevard and Esplanade, Forest Lake.**

**Ph. 3893 1490 or 0450011290**

**Saturday 7 February at Newmarket @ 4 PM**

**@Yoga on Parker, 23 Parker Street, Newmarket. 4051**

**Ph. 3352 6155**

**Sunday 8 February at Cleveland @ 11.00 AM**

**@ 10 Bay shore Place , Cleveland 4163**

**Ph. 3893 1490 or 0450011290**

## Talkin' the Drum Technique courses with Elliott Orr

**Friday 6 February at 6.00 – 8.00 PM**

**Kurilpa Hall, 174 Boundary Street, West End.**

If you have just entered the land of the drum, **welcome to the circle!** This is the course for you!!! You'll learn the A.B.C. of the djembe in a **fun, relaxed and friendly environment.**

Cost \$70.00

**BEGINNERS DRUMMING**

**Friday 6 February 8.15 PM – 9.45 PM**

This course is pitched at people who have already learnt basic technique on the djembe and are keen to get their teeth stuck into some interesting traditional and contemporary rhythms.

Cost \$70.00

**INTERMEDIATE/ ADVANCED DRUMMING**

**Thursday 5 February 8.30 PM– 10.00 PM**

Open to drummers with experience in African drumming. Ability to play a clear tone & slap is a must. Doun doun players are more than welcome. Cost \$70.00

[info@talkinthedrum.com.au](mailto:info@talkinthedrum.com.au)

## Healing Power of Music Workshop with Robert Coxon in Mebourne

**Monday 9 February 6.30 PM – 10.30 PM**

**Studio 1 Northcote Town Hall, 189 High Street Northcote**

**ROBERT COXON** is a musician who travels the world with Lee Carol and Kryon. Robert will be providing beautiful music and the healing power of sound. Join Robert on a journey of discovery. Empower yourself with the knowledge of how music can transport you beyond the boundaries of traditional science, opening up new paths to your true potential as creator of your own reality.

- Discover your ability to experience love, health, happiness and prosperity.
- Explore the vocal harmonics used by Medieval Monks to create "Real Magic".
- Experience powerful healing techniques through the use of sound.
- Understand why Ancient Civilizations used sound as a medical treatment.

Kryon will be at Robert's evening and will be sharing some of his wisdom toward the end of the night!

Click [here](#) to register for Robert's evening.

## Ecstatic Chant & Devotional Singing Retreat with Deva Premal and Miten

**Friday 20 Feb – Monday 23 Feb 2009**

**Lake Ainsworth Sport & Recreation Centre, Lennox Head, NSW**

Following the hugely successful retreats in Australia in 2006, 2007 and 2008, [Deva Premal](#) and [Miten](#) offer a further opportunity to experience the joy and blissful healing power of sacred song and chant.

Throughout the ages every culture, tradition and religion has one common thread: the power of song. The singing voice is our most potent of healing instruments...and yet in these days of radio, television and recorded music, it lays dormant in most of us. (When was the last time you really opened your voice in joy and sang from your heart to the open sky and the stars?)

It's almost like having limbs and not using them. Many people have the idea that they can't sing – an idea usually implanted at the most sensitive time of our lives – childhood. The result is an unconscious resistance to one of our most natural resources – making music ourselves. And what more beautiful way to make music than to sing our own song!?

**Costs:** All in Australian dollars, per person

Camping: \$530; Dorm Accom: \$580; Double Private Accom: \$630

To register:: Please download the registration form [here](#)

**Contact:** Alison Pearl PO Box 234 Mullumbimby 2482 Ph: 02 66 845 570 [apearl@mullum.com.au](mailto:apearl@mullum.com.au)

## RUMOUR: A special Kirtan with WHALEDREAMERS stars...

**Sunday 22 February**

A Special Kirtan with Kevalam Bhajans & Bunna Lawrie is rumoured to be happening @ HEARTspace ....so keep your eyes peeled on [www.souljuice.org](http://www.souljuice.org) for more info, and they'll keep you posted on this great event.

## Earth Freq Festival

**Friday 13 & Saturday 14 February**

Earth Freq is a weekend-long music, lifestyle and environment festival located just north of Brisbane. The concept of Earth Freq is not just a party or festival, but a gathering of the tribes and a weekend of learning, connection and intention.

The focus is on creating a meaningful space to gather, where we can raise awareness and share useful information on environmental issues and sustainable lifestyle choices, consolidate community bonds with creative and fun activities, and provide a positive transformative party experience in the beautiful Australian outdoors.

~ Tune in to the Earth Frequency ~

Some of the local live acts performing: Tijuana Cartel, CC The Cat, Shoebox.

Check out [www.earthfreq.com](http://www.earthfreq.com) for full event information, artist bios, a car-pooling forum, photo galleries of previous years, set times (closer to the date) and any important last minute information.

## Sacred Earth Concert and Workshop

**Saturday 21 & Sunday 22 February**

Sacred Earth Have a series of concerts and workshops coming up in February in Adelaide for you to experience true bliss.

Based in Australia, Sacred Earth is the creation of Jethro & Prem Williams.

Jethro & Prem have been traveling the world for 6 years performing live the music of Sacred Earth. Prem shares with us her heart felt devotion for Spirit and our precious Mother Earth through mantra and songs from the heart. Prem is supported by the "world class instrumentation" of Jethro Williams, playing an array of flutes from around the world including Shakuhachi (Japanese flute), Indian Bansuri, Irish Tin & Low whistles, Acoustic Guitar and songs from the heart.

### ADELAIDE CONCERT

**Saturday 21 February 7:00 PM - 10:00 PM**

**The Church of the Trinity, 318 Goodwood Road, Clarence Park**

\$25 + \$3.50 booking fee or \$30 at the door.

### ADELAIDE WORKSHOP

**Sunday 22 February 1 PM - 4 PM**

**The Slade Room, Glandore Community Centre, 25 Naldera Street, GLANDORE.**

\$45 + \$3.50 booking fee or \$55 at the door

Bookings: [www.chrishooper.com.au](http://www.chrishooper.com.au)

## Chris James - Coming Events in Melbourne and Brisbane

**Wednesday 4 February 7 PM - 9 PM**

**An Evening of Song, Sound and Healing in Melbourne**

**Thursday 5 February**

**Private Sessions with Chris in Melbourne**

**Saturday 7 February – Sunday 8 February**

**Transformation Through Sound in Melbourne**

For Melbourne events Contact Serryn 0422 954 421 [serryn@harmony-in-man.com](mailto:serryn@harmony-in-man.com)

**Saturday 21 February – Sunday 22 February**

**Transformation Through Sound, Seven Hills, Brisbane**

Contact Madonna Harris 0424 155 005 [madonna@universalexpressions.com.au](mailto:madonna@universalexpressions.com.au)

For other events, go to [Chris James International Schedule](#) and click on the event for further information. Chris teaches internationally about the healing power of sound, song and meditation. If you would like him to teach in your country or city, please contact the Sounds Wonderful office at [admin@chrisjames.net](mailto:admin@chrisjames.net)

