

Sounds Of Singchronicity - April 09

“Peace Mantra” wins International Award – Dec 2008

I am delighted to announce that “Peace Mantra” has been awarded RUNNER UP, International Song of the Year for December 2008. This is great validation, because Peace Mantra is my favourite track on my CD “Sing for Joy”. So to have it recognised by industry professionals is really special. If you don’t already have this CD, you can purchase a copy of the **Sing for Joy CD** at <http://singchronicity.net/store/>

Life’s flow

Following this, I had another session with Vera Matzer (Holistic Health Therapist) where I was reminded about the importance of going with the flow of the universe, rather than counteracting it with an energy of expectation! This led to another new song called “The River of Life”. I sing this one to myself everyday now to help me to trust, rather than to want or expect.

Insight

I have also just finished reading an incredible story about a brain scientist, a neuro-anatomist who had a massive stroke and lived to tell the tale of her decline and her recovery. It is a “must read” book called “My Stroke of Insight” by Jill Bolte Taylor PhD. You can view a clip at jill_bolte_taylor_s_powerful_stroke_of_insight.html

This book served to reinforce the lessons coming out of

Chris’s workshop and my sessions with Vera. Funny how it all comes together when you are ready for it, eh! Another new song has been born out of this combination of insights and it is called “Be”. So, I have three new songs in about three weeks. They are about forgiveness, trusting in the flow of life and conscious awareness...what an exciting trilogy and powerful lessons! **Speaking of trilogies**, the talented Rhonda Ohlson www.smartmovesbiz.com & myself are coming together to deliver our **third workshop** combining Feldenkrais, singing and harmonic whirlies! See over for all the exciting events....

Beating the drum

Kerrie & I have taken the plunge into a new world for us, by purchasing djembe drums! We did a class recently and are looking forward to drumming together. It will be nice share something musical together. We went to a drumming circle at Justins Park on The Esplanade at Burleigh Heads. People are welcome to bring along whatever they like from African djembe drums, percussion instruments of all types, didgeridoos or just clap their hands and tap their feet. People gather before dusk on Sunday evenings through till 8.30PM (the council permit time) to share their love of tribal drumming and percussive dance rhythms.

Singing at Northey Street Organic Markets

In a recent and quite organic development, I am going to be singing at the Northey St Organic Markets on Sunday Mornings from Sunday 5th April as a trial for 4 weeks. The format will be pretty organic, with the opportunity for everyone to join in and sing, as well as some performance elements. This is an exciting opportunity that placed itself in my lap today, after going along to the market to join in on a non-existent drum circle we had heard about. Funny how the universe provides when you are open. See over...



John Rodriguez

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Coming Events



Singing at the Northey Street Organic Markets

Sundays 5,12,19,26 April from 7AM to 10.30AM

Northey Street Organic Markets, Cnr Northey Street & Victoria Street Windsor.

Stage area through market stalls, past the Chai Cafe.

This is a new venture that I am going to trial with the people who organise the weekly organic market. The market has a real earthy feel to it, with plenty of room to sit down, have a drink, with something to eat and a chat. Quite a few buskers are spread through the market as well, adding to the festival-like atmosphere. In keeping with my more recent philosophy of "going with the flow"

my plan is to go there with no plan..... just to take some gear and some music and see what evolves, in tune with the organic nature of this setting and this gathering!

So come along and say hi! Bring your voices, percussion instruments plus a sense of play and adventure.....we might even see some drumming happening too. There are no entry fees.

You can read more about the market at

<http://www.northeaststreetcityfarm.org.au/marketandcafe.htm> **See you there!**

Sing Thru Your Bones For Joy – Rhonda Ohlson & John Rodriguez

Sunday 19 April @ 1PM to 5PM & Sunday 24 May @1PM to 5PM

Relaxation Centre – 15 South Pine Rd Alderley

What do you get when you combine Feldenkrais, Harmonic Whirlies, Toning and Singing? You get an uplifting experience that helps you release blockages, shift energies and soar in an safe and nurturing environment where you can enjoy the ride! Join us for yet another inspirational and liberating session. John & Rhonda continue to bring you a very special workshop "Sing Thru Your Bones for Joy!" Invest four hours of your precious time and you will reap precious rewards.

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. www.smartmovesbiz.com

John will help you discover your true inner voice in safe, caring and fun environment.

www.singchronicity.net

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 \$45 for this wonderful event.

Ph 3856 3733 to book in.

Easter Full Moon Gathering: – Terry Oldfield & Soraya

Friday 10 April @ 3PM – 5.30PM

There are three full moons that are very special during our year and you are invited to celebrate them with Terry & Soraya. Friday 10th April is the Easter Full Moon when they will hold a "Havan" or fire ceremony for Planetary healing followed by sharing a Mandala Circle of Chant & Healing Sound. You can join in at Mandala in a beautiful forest setting. **Ph. 07 5445 9769** to book in
Cost \$15. Children Free. Please bring a plate.

info@terryoldfield.com

Make the Shift – Workshop

Sunday May 24th – New Moon in Gemini @ 9.30AM – 5.30PM

Make the shift into the heart where love can heal all. Using vibrational work balancing and aligning the Chakras, this workshop will incorporate Meditations, Sound Alchemy, Crystal grids and Vibrational Essential Oils. We are being asked to leave our old ways behind and step into a new way of being, living in and expressing through the heart and sending our unique gifts out to the world. This a unique new workshop to be facilitated at Mandala, Sunshine Coast with Soraya & Terry Oldfield. Cost \$120.00 – Booking Essential

Harmony Workshop by Brian Martin's Joy Team Facilitators

Tuesday 14 April @ 7.00PM – 9PM

Brian and Noeline may physically be in Japan but there's no stopping them here in Australia!! Brian's Joy Team is firing up for a busy few months here on the Sunshine Coast, whilst Brian is busy with workshops in Japan.

Noosa Crossway Baptist Church Hall, Weyba Road.

Noosaville Cost \$20.00 www.brianmartin.com.au

Valanga Khosa Workshop

Saturday 25 April @ 2PM– 4PM

Learn African rhythms and movements @ Kin Kin School of Arts

Cost: \$20.00

I've been to one of these before & can highly recommend!

Concert 7 PM with Valanga and Marimba bands

Cost: \$20.00 www.brianmartin.com.au

Kids Holiday Art Classes with Irena

Thursday 16 April or Saturday 18 April @ 9.30AM – 2.30PM

25 Alcorn Street Suffork Park – Byron Bay

For children 7 years old upwards! This is not about music itself, but when you see what your kids can do, your heart (and theirs) will sing!

Everyone is successful! This is a remarkable artistic journey into self-discovery through the creation of pastel portraits. Children will gain a sense of self confidence and will be eager to reflect on their art and themselves. These lifelike portraits will help them to discover their own uniqueness and see through open eyes, improving visual and tactile perception as well as coordination.

Cost \$60 per day includes all materials and lunch.

Limited places so BOOK NOW!

Phone Irena 0404093919 or email irenais@bigpond.com

Sing with The Voices

Fridays 8,15,22 & 29 May @ 10AM-1PM

at Brisbane Powerhouse Stores, Lamington St, New Farm

Sundays 10,17,24 & 31 May @ 2PM-5PM

at Ithaca Hall Enogerra & Kennedy Tce, Red Hill

This could be the opportunity you've been looking for: Voices workshops will get you up and singing instantly. And you'll have a great time doing it! Relax and let three experienced teachers guide you through simple voice production techniques. They will be sharing all new songs, singing styles, harmonies and more in a supportive environment where every voice is valued. Cost \$140 for the season (either Fridays or Sundays), or \$40 for a casual session.

For information email mail@thevoices.info or phone Andrea on 3857 5150

or Helena on 0403 445 594

Sacred Earth Performances and Workshop

Saturday 18 April Concert @ 7PM

Stressless Festival at Yakandandah

Cost \$25.00 Pre Booked, \$30.00 at door.

Sunday 19 April , afternoon workshop @ 1PM \$45.00

@ Senior Citizens Centre, Welsford Street

A workshop with Prem & Jethro is an opportunity to share in an intimate space, aspects of life that have inspired the music of Sacred Earth. Singing Mantra & songs of devotion, ritual, sharing, celebration and more.....

Opening the heart and opening the voice in a safe and loving space. In the workshop they share music in the way they play at home, no electricity only acoustic sounds, singing in a space of togetherness.

Bookings/Enquiries 02 60270774

Email: rainbowcrystal@bigpond.com or see <http://www.hcaheartbeat.com.au/>

Thursday 30 April – Sunday 3 May @ 1.30PM Daily

Body Mind and Spirit Festival – Sydney Convention Centre Darling Harbour, Sydney

Contact www.mbsfestival.com.au or www.sacredearthmusic.com

Transformation Through Sound Workshop with Chris James

Saturday 11 April & Sunday 12 April

An Evening of Song, Sound and Healing at Cooper Park Community Hall, Bellevue Hill Sydney.

Cost \$350 Bookings Marika Cominos ph. 0405 007 670

email: marika@playfulcreations.net or cjames@cjames.net

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



Kerrie & I with our new toys!



Late Breaking News....

Warwick Peace Festival

Friday 24 April – Monday 4 May

Peace Concert, Cicada Lights Performance, Lanterns, Music & More, including

Saturday 2 May – Times to be advised

I will be teaching some peace songs from the stage on & following up with a workshop in the workshop space. Programming is not finalised yet, so keep an eye on my website

www.singchronicity.net for an update and on the festival website www.peacefestival.org.au

Sunday 3 May 9AM to 12.30PM

There is also an intergenerational choir workshop with Reka Czernyik (talented choir leader from University of Queensland) running from 9AM to 12.30PM, which you can join in for \$20 and then \$10 for a second family member. You need to book for this.