

Sounds Of Singchronicity - March 09

The More I Learn, the Better it Gets!

Take a look inside yourself and you will see a beautiful soul. I have had a number of things happen in the last month that have all brought me back to appreciate myself more. I have just spent a wonderful two days with Chris James and a group as we participated in a **“Transformation Through Sound”** workshop.....and transform we did! One of the challenges we face in this busy life we lead is making time to be with ourselves, living in the present. It is so easy to allow distractions to take us (often willingly though!) to any place but within ourselves. When we invest time to be with ourselves, we are able to find that elusive state of peace that we often go chasing in other mysterious places. If you haven't had the pleasure of being part of one of Chris's workshops lately, do yourselves a favour and do so. There are some coming up soon. Just take a look inside...

Forgiveness

Thanks to a recent session with an Holistic Health Therapist (Vera Matzer) I have been introduced to Emotional Freedom Technique (tapping) through a book that jumped out of her bookshelf at me! I read it in two weeks and have been putting the technique into practise. The technique is described as a psychological version of acupuncture, incorporating methods from Ancient Chinese Medicine and

modern day Applied Kinesiology. The best part is that you can do it on yourself! Its focus is in releasing negative emotions and I have found it to be highly beneficial. Immediately after a session on anger, I wrote a new song called “Healing Ways” which allows me to practise forgiveness on a regular basis! The book is well worth a read. It is called “Emotional Freedom in Minutes” by Valerie & Paul Lynch.

Life's flow

Following this, I had another session with Vera where I was reminded about the importance of going with the flow of the universe, rather than contradicting 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.

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. One about forgiveness, one about trusting in the flow of life and the other about conscious awareness...what an exciting trilogy!

Speaking of trilogies, Rhonda Ohlson & I are coming together to deliver our **third workshop** combining Feldenkrais, singing and harmonic whirlies! See over for all the exciting events....



John Rodriguez

<http://singchronicity.net>

abn 58810259096

0413 383 159



<http://singchronicity.net>



Coming Events



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

Sunday 15 March 1 PM to 5 PM

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 4 hours of your precious time and you will reap the 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.

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

Tuesday 3 March @ 7 – 9 PM in Noosaville

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 THIS WORKSHOP IS 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, body and voice percussion. 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 or online www.brianmartin.com.au

Margaret RoadKnight

Saturday 7 March @ 7.30PM – 11PM @ BRISBANE JAZZ CLUB (1 Annie St, Kangaroo Point)

Visiting from Victoria, exactly a year after her last Brisbane concert

Blues, Jazz, Gospel, Ballads, African songs& more

with keyboardist Mary Jane Carpenter and percussionist Kym Ambrose

\$20 (members-\$15) dinner available from 6.30pm <http://www.brisbanejazzclub.com.au>

Minjerriabah Drum Camp with Elliott Orr

Friday 13 to Sunday 15 March

For details please contact info@talkthedrum.com.au Contact Elliot on 0407 372 554

Rasayana – Songs For The Soul

Saturday 14 March @ 8.30PM Threeworlds Cafe, Mermaid Beach \$10

Sunday 15 March @ 1.30PM Sphinx Rock Cafe UKI Free Entry

Fans of music that will take you to a higher ground, can catch this world/devotional group Rasayana. This inspired trio are set to treat you to their passionate, soulful and upbeat original tunes. In a recent review of Rasayana's current album titled 'Kindle' – Australian Yoga Life Magazine described the group as "...one of Australia's premier devotional music talents. Rasayana's music has beat and beauty, melody and meaningfulness". The music is simple, yet has dynamic rhythm that keeps you traveling along with them, on the soaring ballads, mingled with sacred Sanskrit mantra, on subtle world beats, straight to the higher source. Wayne Reid (percussionist) along with singer/percussionist Adhi Bail from 'Jambezi', and talented singer/songwriter and guitarist Radha Bornstien, will take you on a journey into the heart and soul.

Any enquiries phone 0423 433 002

Tony Backhouse in New Zealand and N.S.W.

NEW ZEALAND

Friday 6 March – Sunday 8 March in N.Z. Queenstown – Weekend Workshop

Contact Margaret: margaret.haines@xtra.co.nz

Wednesday 11 March – Thursday 12 March in N.Z. Oamaru – evening workshops

Contact Sue: suemccafferty@ihug.co.nz

Friday 13 – Sunday 15 March in N.Z. Geraldine – Weekend Workshop

Contact Hugh: hugh@saltmines.co.nz

NEW SOUTH WALES

Saturday 28 March in Kiama Afternoon workshop Kiama NSW

Contact Terri: info@eventscreator.com

Sunday 29 March in Mosman Guest appearance with the Café of the Gate of Salvation, Mosman NSW

<http://www.cafeofthegateofsalvation.com.au/>

Since 1987, Tony has run vocal workshops throughout Australia and New Zealand, Canada, the UK, France and Samoa, and has been a solo performer (guitar and voice) at festivals and gigs throughout Australia. He has worked with (and been instrumental in setting up) many community choirs in Australia and New Zealand, and has run workshops at festivals, in educational institutions and in the corporate sector for enterprises such as BNZ and the All Blacks.

Sacred Earth Concert and Workshop

Saturday 7 & Sunday 8 March in Albury

Saturday 21 & Sunday 22nd March in Hobart

Sacred Earth Have a series of concerts and workshops coming up in March in Albury, Hobart 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. Bookings: www.chrishooper.com.au

Saturday 28 March

Upper Yarra Harmony Festival (check web for current status following bushfires)

www.sacredearthmusic.com

Chris James – Coming Events in Northern NSW & New Zealand

Sunday 15 March 7 PM – 8.30 PM

An Evening of Song, Sound and Healing in Mullumbimby @ The Drill Hall (\$20.00)

Saturday 21 March & Sunday 22 March

Transformation Through Sound in Mullumbimby @ Durrumbal Hall (\$350.00)

For Mullumbimby events contact Allison Carter on 0412 158 394 aaalison@iprimus.com.au

Tuesday 31 March – Sunday 5 April

Sound Training in New Zealand @ Aio Wira Retreat Centre, Swanson.

Cost – Early Bird, \$,300 or \$1,455

For New Zealand Events contact Ingrid Ward +64 (09) 810 8218 ingridward@xtra.co.nz

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

