

# Sounds Of Singchronicity - May 09

## Thank you all for the many gifts you bring to share

Each month I take some time to decide what to write about for the new newsletter...what has happened, what is happening next and what gems can I share? Normally I have so much come to mind that I have trouble deciding what to leave out! This month, I could sum it up in one single word...**gratitude**. As I look back over the month and think of the people I have come into contact with (in person) and the multitude of messages received in my inboxes and the things I've learned, I realise how much I have to be truly grateful for.

### Special People

All people are special, but what I have noticed is how the people in my life are so special. I have a loving family who tirelessly support me in everything I do and friends who love to share their love and their special talents. For this I am truly grateful.

### Special Talents

The people I have in my life have a vast array of special talents. From musicians to spiritual art teachers and healers, they share their gifts and joy unconditionally. Where I can, I feature their offerings in this newsletter, whenever they are consistent with a musical and or spiritual development framework. I can assure you that when you attend any of the events overleaf and you will meet some very special people!

### Passion

I am blessed to be surrounded by people who are passionate about what they do. This is so energising for me and for everyone they come into contact with. Being exposed to their passion lights up my day so I can shine even brighter for those I come into contact with. Thank you all!

### Generosity

These people love to share. They share their knowledge, their talents their energy and their love without expectation of return. (I'm getting goey just thinking about it!) So when you go to one of their events, be open and willing to receive and to be truly thankful for the wonderful gifts they impart.

### Unconditional

### Love

Recently I had a life-changing lesson on what it means to really love. I discovered that I was able to unconditionally love a person whom I had never met before! This was a new and liberating experience for me that led to the birth of another new song "Unconditional Love". Ask me about it next time we meet & I will share it with you.

### Notice Gratitude

I have some friends who are so grateful for what they have in their lives, with each other and with their beautiful son. They constantly express this and it

serves as an ongoing reminder to me to take the time to express gratitude more.

### Express Gratitude

Metaphysically it appears like the outward expression of gratitude creates a vacuum that allows joy to rush in to fill the void! Not that this should be the reason for being grateful and expressing it, but it is a beautiful byproduct that provides positive reinforcement that we are in a good space when we express gratitude.

So thank you all for your love, your positive energy and your beautiful sharing of your talents. Thank you, thank you, thank you!



John Rodriguez

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# Coming Events



## John Will Be Appearing At The Following Events

### **Drumming Circle at the Northey Street Organic Markets**

**Sundays May 17 & 31 from 7.30AM to 10.30AM**

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

**Stage area through market stalls, past the Chai Cafe.**

In the spirit of being truly organic, we are trying to get a **drumming circle** up and running. 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.

**So come along and say hi! Bring your drums, percussion instruments plus a sense of play and adventure....** There are no entry fees. You can read more about the market at <http://www.northeastcityfarm.org.au/marketandcafe.htm> **See you there!**

### **Warwick Peace Festival**

**Friday 24 April – Monday 4 May**

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

**Saturday 2 May – 10.55AM to 11.15AM**

I will be teaching some peace songs from the stage & following up with a workshop on

**Saturday 2 May 12.00 to 1.00PM**

In the workshop space. Go to the the festival website [www.peacefestival.org.au](http://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.

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

**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](http://www.smartmovesbiz.com)

John will help you discover your true inner voice in safe, caring and fun environment. [www.singchronicity.net](http://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.**

## Other Events And News For You

### Sacred Earth Performances and Workshop at Sydney Mind Body Spirit Festival

Thursday 30 April – Sunday 3 May @ 1.30PM Daily

Sydney Convention Centre Darling Harbour, Sydney

Contact [www.mbsfestival.com.au](http://www.mbsfestival.com.au) or [www.sacredearthmusic.com](http://www.sacredearthmusic.com)

**Awaken Your Inner Voice Workshop**

Sun 3rd May 4PM–7PM

Power Living Yoga, Neutral Bay, .

To Register go to <http://www.chrishooper.com.au/cgi-bin/shop.cgi?page=events.htm#SE>

### Music Meditations (Satsangs) with Rob Stevenson

Saturday 2 May @ 12 PM

Yoga on Parker, 23 Parker Street, Newmarket

Sunday 3 May @ 9.00 AM

College of Mind Body Spirit, Cnr. Forest Lake Blvd & The Esplanade, Forest Lake

Sunday 3 May @ 4.00 PM

Inna Bliss Yoga, 2/182 Bay Tce, Wynnum Central.

Cost: \$10 Donation For more info, email rob at [r.j.stevenson@bigpond.com](mailto:r.j.stevenson@bigpond.com)

### Joyful Voice with Chris James

Saturday 2 May @ 10.00AM – 4.00PM

McLeans Ridges Community Hall, McLean Ridges N.S.W.

A gentle Introduction to Toning, Singing, Stillness, and Sound Healing

Our voice reveals much about how we live our life.

Discover who you TRULY are on the path of return to your own NATURAL VOICE.

Cost \$120.00

Bookings: 02 6628 3808 or [admin@chrisjames.net](mailto:admin@chrisjames.net)

Chris James has more events scheduled in the U.K. in May. For information see schedule at [www.chrisjames.net](http://www.chrisjames.net).

### Workshops with Tony Backhouse

Wednesday 6 May @ 6PM to 9PM

A Cappella Singing Workshop for all levels

Mullumbimby Civic Hall

Cost \$25/\$20 conc. Tickets only at door.

INFO/MEDIA: Alison Pearl 02 66 845 570; 0428 845 570 [apearl@mullum.com.au](mailto:apearl@mullum.com.au)

Friday 8 May– Sunday 10 May @ 2PM– 4PM

Black Gospel and Related Styles Weekend Workshop

Venue: St. Francis Theological College, Baroona Road, Milton.

Cost: \$150.00 You can attend the whole weekend or just one day.

For details of separate costing and times :

Spencer Whiteley 0412 155106 or [skdj@optusnet.com.au](mailto:skdj@optusnet.com.au) or [ingridjames@optusnet.com.au](mailto:ingridjames@optusnet.com.au)

### 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 \$140/100 for the season (either Fridays or Sundays), or \$40/30 for a casual session. Recession-busting "buddies" prices for returning Voices participants and their friends: only \$120 for the series of four classes, or \$35 for casual sessions.

For information email [mail@thevoices.info](mailto:mail@thevoices.info) or phone Andrea on 3857 5150 or Helena on 0403 445 594

## **Schedule for Brian Martin and his Joy Team Facilitators**

Brian and Noeline are back 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 on the Sunshine Coast. Below are some of Brian's Schedule and the Harmony Workshop Series by his Joy team.

### **The Joy of Singing**

**Saturday 9 May @ 9.30 AM – 12.30 PM**

### **How to Harmonise**

**Saturday 16 May @ 1 PM – 5 PM**

### **Harmony Workshop Series**

**26 May & 30 June @ 7 PM – 9 PM**

### **New World Rhythm Auditions**

**Wednesday 27 May & Wednesday 3 June @ 6 PM – 7 PM**

### **Harmony Leader Training Weekend**

**Saturday 30 May & Sunday 31 May @ 9.30 am – 4.30 PM**

For more details of Brian's Schedule of Events on the Sunshine Coast go to

[www.brianmartin.com.au](http://www.brianmartin.com.au)

## **Spiritual Art with Irena and Pastel Portraits made to order!**

**Sunday 17th May 10AM to 1.00PM or 1.30PM to 4.30PM**

152 Jacksons Road Sunnybank Hills

Cost – \$35

You **must book** please! So call Irena 0404093919 or email [irena@bigpond.com](mailto:irena@bigpond.com)

**Ask Irena about her special Pastel Portraits Celebrating Life & tell her that I sent you!**

## **Make the Shift – Workshop: – Terry Oldfield & Soraya**

**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 [info@terryoldfield.com](mailto:info@terryoldfield.com)

## **Male Voices Book – Stories of boys learning through making music**

**Edited by Scott D. Harrison**

Publisher: ACER Press, 2008 Released: 2009

These stories are about people, relationships and risk takers. Gripping yarns and tall tales that focus on what makes a difference in the lives of Australian men and their music making -- and the policies and structures needed to make it all happen.

<http://shop.acer.edu.au/acer-shop/product/A4046BK>