

Sounds Of Singchronicity - Sept 09

Tuning in to your heart....

Being present

Each month I think about what were last month's highlights and use these as the basis of this article. When I look over what I have been doing over the last couple of months, I have been practicing be-ing in the present moment as much as I could.

With all the hustle and bustle of our busy lives it is easy to get side-tracked into thinking too much and not feeling enough. This month I have made it my goal just to tune into my heart and to go with the flow, rather than getting too anal about planning. As a result I can now see (looking back) how the universe has conspired to deliver me what I needed at the time. Recently I had a long weekend away with my twin brother to belatedly celebrate our birthday. The place we had so carefully chosen and booked well ahead, lost our booking and let our cabin with spa bath and ocean views to someone else. Being school holidays, we were limited in what else was available, but picked up beautiful joining apartments with much, much more space and privacy for a marginal extra cost!

I went to a songwriting workshop that turned out to be very different to what was advertised. Rather than come away disappointed that I didn't get to do what I had been looking forward to, I came away with a new perspective

on some stuff I had heard many times before, but hadn't managed to apply it yet. This has led to a few new songs being written in a very short space of time, using my new perspective. I believe these songs will be well received by listeners, as they are more authentic to me. Interestingly, one of them is totally different to what I normally write, being more like a funny song you would hear at an Irish pub! Don't know why I have written this, but will go with the flow. I then went along to a session with the Brisbane Songwriters Group and got some help to come up with a more effective rhythm for it, and have since added a bridge that was not intended to be in the song when I envisioned it. The song is better for all of this.

Recently I was the guest musician at the Night of Light, where I had a spot to get people singing and they had a great time. As part of this night, I also played background music for a half hour meditation that was guided by a healer with other healers supporting her. I chose to make the music up as I went, to go with the words being spoken. It was a great experience that I found quite liberating.

My last few workshops at the Relaxation Centre with Rhonda Ohlson have been much more organic, without my usual depth of pre-planning. I collect a range of material that fits the theme, but resist the

temptation to plan what we will do when and for how long. The result is a more free-flowing workshop where we can spontaneously move to meet the needs of the group and individuals within the group. Participants indicate that this is working well, and it allows me to be more authentic, coming from my heart.

Following an email advert I received (I usually just trash them!) I have just bought a new MP3/WAV recorder that much better suits my needs. On an impulse I have put up 4 paintings to go on display in The Melting Pot Art Exhibition Space (Logan City Council Cafeteria) for Sept/Oct.
Not a bad month just be-ing!



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Coming Events



John Will Be Appearing At The Following Events

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

Sunday 27 September @ 1.15 PM to 5.15 PM

Relaxation Centre – 15 South Pine Rd Alderley

This is proving to be a popular workshop and is becoming a regular feature at the Relaxation Centre. Each time we do this, we cover different material, based on a different themes, so you will get a new experience each time.

John and Rhonda complement each other in the way they work with sound, 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.

Nurture Yourself – Full day Workshop

Sunday 8 November 9AM to 5PM

Advancetown (not far inland from Nerang) This will be a small group workshop in an intimate setting at the Sanctuary Chapel in Advancetown, Gold Coast. Treat yourself to a very special day in a most delightful setting. Our venue is a delightful chapel with glass walls so you can enjoy the magic of the rainforest and the Gold Coast Hinterland. I will take you on a journey to promote self-love through the use of sound, song and rhythm. This is a perfect environment to allow yourself to tune out of the hustle and bustle and to tune in to your heartsong.

Your investment is \$95 for the whole day, including morning and afternoon teas and a sumptuous vegetarian lunch.

As numbers are limited by the size of the venue and my intention to keep this as an intimate gathering, prior bookings and payment are required to secure your place. Please call 0413 383 159 to secure your place.

Other Events And News For You

Gong Sound Spectacular – with 4 gong players

Saturday 29 August 10.30AM – 11.30AM

www.gongsoundhealing.com Ph Raylee 5429 6652

Singing In Brisbane – Saturday Sessions

Saturdays @ 2PM Join Andrea & Don in choruses & make up your own harmonies at Burke's Hotel, Cnr Annerley & Stephens Rds Highgate Hill/Dutton Park (up the road from the Mater). Free entry.

Robert Stevenson Satsangs

For details of Rob's satsangs go to www.robstevensonmusic.com

Sacred Earth In Concert

Friday 4 September – Sunday 6 September

Sacred Earth will be appearing at the Conscious Living Festival in Perth

www.consciousliving.com.au for details.

Saturday 5 September doors open 7 PM

Shenton Park Community Centre, Perth

Cost \$25.00 Email: bhaktihouse@inet.net.au for details.

Friday 11– Sunday 13 September

Perth Retreat, Serpentine Retreat Centre, Lewis Road, Serpentine.

See website for details www.sacredearthmusic.com

Queensland turns 150 choirs concert

Saturday 5 September @ 7.30 PM

Brisbane City Hall Main Auditorium

Queensland celebrates 150 years of independence from New South Wales on 10 December 2009.

Taking part will be the choirs [Chordiality](#), [Celtic Connection](#) & Southern Cross Voices & [Kelvin Grove Wind Orchestra](#). The concert will culminate in a massed choir & orchestral piece, “Queensland Portrait”, especially commissioned for this event from Australian composer, Sean O’Boyle

www.seanoboyle.com.au Tickets \$25 Adults \$20 Concession, available from

southerncrossvoices@gmail.com or contacting any of the participating choirs or the orchestra.

Check out the [Government Q150](#) site.

Beatboxing Workshop

Learn techniques on how to create music using the human voice with prize-winning beatboxer Dr Badfunk. (Beatboxing is clearly not my thing, but it is an opportunity for people to use their voices and create from within, so I am happy to share this opportunity with you).

The facilitator explains the elements of beatboxing, from basic sounds to advanced techniques.

Participants are helped to create organic music both individually and in groups. There is also some focus on the use of technology in sampling and manipulating vocals in performance.

This amazing workshop is available for a limited time only. Book today to avoid disappointment.

Phone 0438779032 or their website www.championsound.com.au

Talkin’ the Drum with Elliott Orr

Thursday 24 – Sunday 27 September – The Joining –

Friday 25 – Sunday 27 September – Utribe Festival –

Two fantastic events are coming up, both on the same weekend... Elliott and Josie will be facilitating workshops at the Joining this year. Elliott will be playing with Kafka at Utribe Festival as well as running drum and dance workshops with Josie.

The Joining honors the value of both masculine and feminine qualities. 3 wonderful days of exploring the balance between the masculine and feminine through workshops, ceremony, fun, music, dance great food, learning and laughter. **There are lots of workshops on offer, so have a look at what it’s all about at www.thejoining.com.au**

Utribe Festival is a 3 day festival of music, healing, arts culture, ecological awareness and dance.

For information and go to www.utribe.org

Schedule for Chris James in U.K.

Chris James has events scheduled in the United Kingdom in September and be back in Australia to appear at eh Gold Coast in early October. For full information see Chris’s full schedule at

www.chrisjames.net

Camp Creative

Saturday, 11 January – 15 January in Bellingen

It is a summer camp for families and individuals – fun learning with an accent is on imagination, innovation and enjoyment. Camp Creative will open your eyes to new ways of looking at things and looking at your self as well. www.campcreative.com.au

