

Sounds Of Singchronicity - Oct 09

Living your life....

And being present!

This month has been an extension on last month. It started with a visit to Melbourne to catch up with family, where upon arriving, our hire car was upgraded from a Toyota Corolla to a Fairmont Ghia for no extra charge! Thank you! Whilst there, I wrote a new song called "Shine Your Light" while going for a walk at about 5.30 AM on a chilly morning! We were down there when all the big storms went through! Following this, I attended a Creative Cartooning Workshop with **Shaun Leahy**, cartoonist from the Courier Mail and 'Beyond the Black Stump'. (www.leahy.com.au) It was a fascinating day, where it quickly became evident that we can draw better when we don't think about it!!! Much like singing eh? We did some "speed drawing" (my terminology) which produced better results than slowly trying to produce an accurate picture of what was in front of us. A timely reminder about trusting yourself and being present! Thanks Shaun for a great day! You can view the final cartoon that was my "project" outcome for the day at <http://singchronicity.net/photo-album/>

Prints for sale

On this page you will also see the paintings I have on display at The Melting Pot Art Exhibition Space (Logan City Council Cafeteria). I have had

2 requests to buy prints of "Illumination" so will be doing a print run once the exhibition finishes. Let me know if you are interested in purchasing any of these for yourself or maybe a special Christmas present.....YES, Christmas is not that far away!

Newsletter items

Next month (November) will be my last newsletter for 2009, with the first one for next year due in February. If you know of anything happening over the Christmas break that fits the theme for this newsletter, please get the info to me by 15th October.

Live & love NOW

I have also had a sobering reminder about the importance of living your life to the fullest, following the sudden and tragic death of a close cousin of mine in a train accident. I didn't realise how close I was to him until after he had gone. So give those you love a big hug, OFTEN and take the opportunity to live your life to make your heart sing. To help me process my grief, in the space of 5 days I wrote him a song, recorded & mixed it in my lounge room with my twin brother (Mark) singing some harmonies. It is called "I'll Remember" and you can listen to it at www.myspace.com/rodriquezj

Treat Yourself

Our lives get so busy that we forget to take some time out for ourselves. We can achieve

balance by making sure we get some "me" time to balance the time we give selflessly to others. When we do this, we can become truly centered, or as Edward Bernard from **True Blue Home Hospitality** says, we become "self-centered". (I like the positive twist on a term that is often used in a negative way!) On this theme, I have built a special workshop to "**Nurture Yourself**" that I will be running on 8 November at Edward's & Paula's **Sanctuary Chapel** a most tranquil settings I have found close to Brisbane & the Gold Coast. Full details are over the page, so take some time out for yourself and even a friend or partner (or both!) and give yourself some love!



John Rodriguez

<http://singchronicity.net>

abn 58810259096

0413 383 159



<http://singchronicity.net>



Coming Events



John Will Be Appearing At The Following Events

Sing For Joy – John Rodriquez

Sunday 25 October @ 3.00 PM to 5.30 PM

Relaxation Centre – 15 South Pine Rd Alderley

Rhonda is taking some time off so this workshop is all about voice and singing, without the Feldenkrais work/play that we have been doing recently.

The theme for this workshop is “Being Present”. The workshop will allow you to tune out of external influences and pressures and enable you to tune in to your heart and discover your true inner voice in a safe, caring and fun environment. If you love to sing, or if you dearly want to be able to sing, or just to be able to speak with confidence, then this will help you to get there by being present in yourself and in the moment. 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 \$35 for this wonderful event.

Ph 3856 3733 to book in.

Sing for Joy – John Rodriquez TO BE CONFIRMED

Sunday 31 October 1PM – 4PM

Farmers Assembly Hall, Caboolture

Call me on 0413383159 to express your interest and I will confirm once it is locked in.

Nurture Yourself – Full day Workshop

Sunday 8 November 9AM to 5PM

Advancetown (not far inland from Nerang)

I am so excited to be bringing you this special event that is designed especially for giving and receiving self love. This will be a small group workshop in an intimate, tranquil 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 beautiful 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 foster 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 heart-song.

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 are required to secure your place. Please call 0413 383 159 to secure your place. Give yourselves an early Christmas present!

Other Events And News For You

Kirtan & Sound Healing Full Moon Gathering with Terry Oldfield & Soraya

Saturday 4 October 2.00 PM – 4.30 PM

at Mandala Center, 63 Robinson Road, Eudlo. Qld.

Come and celebrate the full moon in Taurus (October 4th) with music, song and meditation. Join with Terry and Soraya for the singing of Mantras with the healing sound of Terry's flutes and Soraya on gongs, crystal bowls and voice, together with a meditation for world peace. This is a relaxed social atmosphere in the forest. They may also do Havan or fire ceremony for planetary healing on these days.

Please bring a plate of yummy healthy food for a shared afternoon tea in the beautiful forest gardens of Mandala. Chai & herb tea provided.

Please phone 5445 9769 or text 0400 520624 if you are attending.

Cost \$15.00 per person. Children Free

Night of Light Healing Events

Friday 9 October doors open 7.00 PM

Logan Sth Brisbane Includes 2 speakers: Spiritual Artist – Narantha & Crystal Therapist/Energy Healer – Brooke Hynch.

Saturday 24 October

Sunshine Coast

Speaker : Kim Russel Musicians: 'Samjjana'

Friday 30 October

Murwillumah

Speaker: Gaia Musician: Matt Shootingstar – Spirit Song Flutes

Friday 13 November

Gold Coast

Speaker: Clairvoyant Elizabeth Joy Musicians: TBA

Events Include: Energy Healing, Meditation, Guest Speakers, Live Music, Interesting Stalls, Refreshments & Lucky Door Prizes too!

Come along and uplift your spirits! Connect with like-minded souls!

Tickets \$15 at the Door (children under 16 free)

Enquiries Phone Gaia on: 07 55 413 781

www.nightoflight.com.au

Sacred Space Concert

Saturday 10 October 7.00 PM doors open 6.30 PM

Clayfield Yoga School, Cnr. Vine and Wagner Streets, Clayfield.

Come and join Arjuna and Nilong for an evening of Devotional Mantra Music with crystal vocal and warm bansuri flute sounds. Please bring a cushion to make yourself comfortable.

Chai and nibbles available after concert.

Cost \$20.00 concession \$15.00

Contact Jonathon 0404050501 or Nilong 0401434474

Email info@yogafest.com.au

web sacredspacemusic@hotmail.com

Schedule for Chris James Australia and New Zealand

Chris James has events scheduled in Australia and New Zealand. For information see full schedule at www.chrisjames.net I have listed a brief summary of these below.

Tuesday 6 Oct Evening of Song Sound and Healing, Gold Coast, Qld.

Tuesday 13 Oct Innermost Sound Group, Mcleans Ridges, N.S.W.

Thursday 15 Oct An Evening of Song, Sound and Healing, Glebe, N.S.W.

Thursday 22 Oct An Evening of Song, Sound Healing, Auckland N.Z.

Friday 23 Oct An Evening of Song, Sound Healing, Tauranga, N. Z.

Saturday 24 Oct Joy-Full Voice, Tauranga, N.Z.

Sunday 25 Oct Joy-Full Voice, Auckland, N.Z.

Talkin' the Drum with Elliott Orr

3 WEEK DRUMMING TECHNIQUE COURSE

Friday 9 October – Friday 23 October 6.30 PM – 7.30 PM

Kurilpa Hall, 147 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 \$50.00

3 WEEK BEGINNERS DRUMMING

Friday 9 October – Friday 23 October 7.45 PM – 9.15 PM

Kurilpa Hall, 147 Boundary Street, West End.

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 traditional and contemporary rhythms. Cost \$50.00

4 WEEK INTERMEDIATE/ ADVANCED DRUMMING

Thursday 8 October – Thursday 29 October 8.15 PM– 9.45 PM

26 Horan Street, West End.

Open to drummers with experience in African drumming. Ability to play a clear tone & slap is a must. Cost \$70.00

You can hire drum or bring your own.

info@talkinthedrum.com.au

Coming up in November ZORMIWASA.

Elliott Orr will be presenting the third Zormiwasa, african drum, dance and yoga retreat on Stradbroke Island at Minjerribah.

Camp Creative

Saturday, 11 January – 15 January in Bellingen NSW

The daily classes are Songwriting (2 levels), A cappella singing (mixed choirs and all men's choir), African drum, African Dance, Vocal Explorations (Mal), Beginning Guitar, Guitar for Song Accompaniment, Band Lab, Body/Mind/Voice Warm Ups, and more.

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.

Evening activities involve all campers and include performing cafe nights, faculty concerts, jams, celebrations, games and surprises. It always books out, so early registration is advised.

Visit: www.summersongmusiccamp.com for registration and all info,
or contact: apearl@mullum.com.au

Visit Summersong on YouTube <http://www.users.mullum.com.au/apearl/smcvideo.html>

