

Sounds Of Singchronicity - Nov To Jan 09

The year in review....

Last newsletter

As this is the last newsletter for 2009, I thought I would take the opportunity to review the year that was. This is can be a fascinating exercise that helps you appreciate the little things and the big things that happen along the way, things we don't stop to notice because of our busy-ness..... as we are buried in our business! This year I made a conscious decision to dedicate more of my energy "going with the flow" and "being present" and this is what it has brought me!

The BIG ones

So what are the big things that have happened in the past year for me?

- * Peace Mantra receives International Songwriting Award
- * Produced DVD to promote workshops (nearly ready!)
- * Debut Exhibition for one of my new-found passions..... Pastel Painting!
- * Taken up African drumming with Kerrie
- * Purchased a top quality mp3/WAV recorder that has facilitated a massive surge in songwriting

Other Highlights

- ☀ Cartoon workshop with Shaun Leahy
- ☀ Missed out on a promotion at work, which turned out to be a gift!
- ☀ Bought a Doumbek (egyptian chalice type drum) second hand for \$45!

Skill Development

During the year I have had the opportunity to develop my skills through listening to and or working/playing with some very talented people including:

- 🎤 Melinda Wells (Brisbane Songwriters Club)
- 🎤 Hugh Brown (Brisbane Songwriters Club)
- 🎤 Melinda Schneider
- 🎤 Eric McCusker (Mondo Rock)
- 🎤 Mark Gable (Choir Boys)
- 🎤 Leah Flannaghan (Folk singer)
- 🎤 Lisa Young (Pianist extraordinaire!)
- 🎤 Irena Kirpichnikova (Spiritual Artist)
- 🎤 Mundy-Turner (Folk Singers & Freedom Train Community Choir Directors)

Songs tell my story

Over the last year I have written quite a few new songs. Each of these has been an expression of where I was at the time, lessons I have learned or lessons I am teaching myself! Often I write a song to convey a message to others and then realise that I am talking to myself! You can see a bit more about the year I've had from the songs listed below:

- 🎵 Self Love
- 🎵 Healing Ways (I open my heart to Healing Ways)
- 🎵 The River of Life (I'm carried by the river of life)
- 🎵 I sing for you
- 🎵 Unconditional Love
- 🎵 Be (Just let it be)
- 🎵 We Can Make Peace

- 🎵 My Side of the Bed (comedy folk song that came to me one morning when I was getting out of bed!)
 - 🎵 Monkey Mantra (Rock style meditation to get rid of "monkey chatter")
 - 🎵 Shine your Light
 - 🎵 Time for Love
 - 🎵 Always Safe (to sing)
 - 🎵 I'll Remember (commemorating the life of a close cousin)
 - 🎵 The Cards (No matter what the cards are you are dealt...)
 - 🎵 Everything is Perfect (Just the way it is)
- So this is how the year panned out by just going with the flowexciting isn't it! So check out the remaining events overleaf and trust yourself to **go with the flow!**



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Coming Events



John Will Be Appearing At The Following Events

Nurture Yourself – Full day Workshop

Sunday 8 November 9AM to 5PM

Advancetown (not far inland from Nerang)



Last Chance....BOOK NOW



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 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 now to secure your place. Give yourselves an early Christmas present!

Other Events And News For You

Sing Like A Wild Thing – Weekend Retreat

31 October – 1 November

Possum Creek Retreat, Byron Bay

A totally unique amazing program! It will involve two very full days of a massive range of singing activities including a drumming, chanting and dancing sacred circle on the Saturday night to celebrate the ancient pagan festival “Beltane”.

Beltane is all about really surrendering to what your heart cries for so you will sing it out to the magical Spring sky before you come back even stronger on the Sunday! There will be lots of singing, chanting, dancing, and generally unleashing yourselves into the wild, little singing beasts that you hold deep inside (or not so deep!)

For information phone Juanita Barea 0422 951 830 or email songwoman@mail.com

Coming in November – MC Yogi

Allison Pearl presents MC Yogi for the **first time** in **Byron Bay and Gold Coast**

This is a whole new experience. I call it “East meets West” if you check out his website at

www.mcyogi.com you will hear traditional Bhakti style woven with hip hop! It might first strike one as “irreverent” but if it brings a message of peace and devotion to a generation that needs it, then I say GO FOR IT. I am not a fan of hip hop but I enjoyed listening to this and could certainly take more! Details Alison Pearl 02 66 845 570, 0428 845 570 apearl@mullum.com.au

ALSO in FEBRUARY

Jai Uttal to the Byron Bay Area, Mullumbimby and Brisbane

Shiva Station, Thunder Love, The Art of Kirtan, What About Me? in the Byron Shire holding weekly kirtans, and concerts in Mullumbimby and Brisbane, in February, 2010.
Details Alison Pearl 02 66 845 570, 0428 845 570 apearl@mullum.com.au

Zormiwasa with Elliot Orr

Friday 6 November – Sunday 8 November Welcome 5 PM.

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

Their aim to provide a relaxed yet action packed, joy filled week end and offer you the space To learn music, dance & yoga. To connect with others, nature & yourself (body and soul) All with a light heart and in the spirit of fun!

This retreat offers a holistic experience in body, mind and spirit through drumming, dance and yoga. Classes will be held in the Point Look Out Community Hall. The beach is a hop, step and splash away, so bring your swimmers. They will be hiring villas at the Domain.

The approach is organic, their hearts open and the intention is to share their skills, knowledge and insights. Join them in creating a 'new ancient music'.

info@talkinthedrum.com.au or phone Elliot on 0407 372 554

Two Day Singing Workshop in Byron Bay Rainforest

Saturday 7 November – Sunday 8 November 10 AM – 5 PM

Upper Wilsons Creek, Byron Bay.

Songlines presents a two-day singing workshop in which you will discover your voice, learn harmonies and sing with others. Solo singing, duet singing & group singing – express yourself through song.

Book online at: www.susannacarman.com/workshops.html

(You can now pay with credit card via paypal) contact Susanna 6684 6659, 0423 838 228 or Jalalo 6684 0490 Cost \$ 220 includes a CD bundle.

Concerts and Appearances of Sacred Earth

Jethro and Prem have concerts and appearances at festivals scheduled in N.S.W and Melbourne in November and December. For details www.sacredearthmusic.com

Sherwood Street Festival Drum Circle Display

Friday 13 November 6 PM – 9 PM

Sherwood Road, Sherwood, in the ANZ Bank Carpark between Oxley Road and train station.

Demonstration of centenary drum circle!

A display to promote drum circle and African drumming with extra drums and percussion available to encourage audience participation.

There will be a shade tent with signage provided so all you need to bring is your instrument & something to sit on (some chairs will be provided). There's lots to see & eat as well at the festival.

Schedule for Chris James

Monday 16 November – Sunday 22nd November

Healing Power of Sound Training Level 1

Lake Ainsworth Sport and Recreation Centre, Lennox Head, NSW.

Saturday 28 November 10 AM – 1 PM

Innermost Sound Group

McLeans Ridges Community Hall, McLeans Ridges, NSW.

Sunday 29 November 10 AM – 4 PM

McLeans Ridges Community Hall, McLeans Ridges, NSW.

Friday 18 December 7 PM – 8.30 PM

An Evening of Song, Sound and Healing

Bar-Jail Hall, 178 Alexander Road, Clayfield, Brisbane, Qld.

For details email admin@chrisjames.net or call 02 66283308 or the website below.

Chris James has events scheduled in N.S.W., Qld, and Victoria in November and December.

For information see full schedule at www.chrisjames.net

2010 Events

Harmony Leader Training with Brian Martin

Saturday 16 January – Sunday 17 January

~ "Spreading The Joy" ~ in Coffs Harbour

Brian will be back in Oz for a short time and due to many requests, is offering this 'weekend intensive' workshop while he is in the Coffs Harbor area and before he returns to Japan! This workshop will fill up fast so if you would like to attend please email asap to secure your place as spaces are limited.

Who can attend the Harmony Leader Training Workshop?

Ideal for teachers, choirmasters, group facilitators and those who find themselves teaching others in any musical capacity or who wish to! This workshop is a must for you to hone your skills or learn more about creating harmony in your community. So whether you are a seasoned conductor or a enthusiastic beginner this workshop will support whatever level you are at and is loads of fun too !

Ph: 07 3103 3074 or M: 0405 524 600

Email: info@brianmartin.com.au

Website: www.brianmartin.com.au

Concerts with Deva Premal & Miten

Wednesday 27 January 7 PM – 10PM

at the Powerhouse, 119 Lamington Street, Newfarm in **Brisbane.**

Tickets (\$40) go on sale on 10th October

Friday 29 January & Saturday 30 January 7 PM – 10 PM

Byron Bay Community & Cultural Centre, 69 Johnson Street, Byron Bay NSW.

Deva and Miten are touring the East Coast of Australia before heading to Sydney and Melbourne in February.

Tickets go on sale on 1st November from the venue

For all ticketing info for these events and more, see <http://www.chriswooper.com.au/>

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>

Estatic Chant & Devotional Singing Retreat: Deva Premal

Friday 5 February – Monday 8 February in Lennox Head NSW

Following divinely ecstatic retreats in Australia in '06, '07, '08, and '09, Deva Premal and Miten offer a further opportunity to experience the joy and blissful healing power of sacred song and chant. And for the first time, Manose, the talented flautist from Nepal who tours with Deva & Miten, will also join them. He'll be sharing his passion and knowledge of eastern music! This gathering is for people who long to sing their own "YES!" to Life... to sing, "THANK YOU!" to Existence... to celebrate Love, and to open the door to their own Inner Peace. Contact Alison Pearl, Ph: 02 66 845 570 0428 845 570 or

apearl@mullum.com.au www.DevaPremalMiten.com and www.prabhumusic.net

