

Sounds Of Singchronicity - May 11



Deep inside, there is a knowing




Singclusion Inc.

The new community music association is now incorporated. You can read more about it at <http://singyourvoice.com/category/singclusion-inc/>

We are running an Art Union draw to raise funds for Mixed Beans. \$5 per ticket, only 300 tickets available & 1 prize of \$500. Good odds! Let me know if you want some. john@singyourvoice.com

Creative times

Well, it's been a couple of months since my last newsletter as I got very busy. Kerrie went off to Melbourne for a month as her dad was not well so I made use of my time and went to a couple of workshops myself!

 **Chinese Brush** The first one was on Chinese Brush Painting, where I created a piece that I have named "Serenity". It was a truly peaceful day. You can see it at <http://singyourvoice.com/photo-album/my-artwork-2/>

Modeling Clay

Then I went to one called 'Memory & Reflection - Working with Clay' & made a clay head whilst blindfolded. An amazing experience, to say the least. When we had finished our creation, we had to sit and look at in silence for some time and allow it to talk to us. My wise, yet mischievous face said to me "You already know" so the next day I wrote a song about it

called "The Knowing". You can see it at <http://singyourvoice.com/2675/one-art-form-stimulates-another/>

Flute Circle

Following this, I was invited to a Native American Indian Flute Circle to celebrate the eve of the Autumn equinox - and the night before the full moon. Not only did I get to play my own 5-hole flute, but also shared others 6-hole flutes which helped me to get out of my head and into my heart a bit more. During the evening, one of the people there was talking about the journey from the head to the heart..... particularly that it is 'not that far to go!' I was so inspired by this comment, that I wrote a song the next morning, right at the time of the full moon. I have since added another line to each verse, but you can hear the original recording here:

<http://singyourvoice.com/2541/from-the-head-to-the-heart/>



Then I 'hit the wall' with my body locking up. I could hardly move and wound up taking some time off work and had some intensive acupuncture to loosen up again. Funny thing is that I am noticing a pattern here! Following outpourings of major creativity, I often find that my body struggles when re-introduced to the conventional world of 'work'.... like it is trying to tell me something....and in the words

of my soothsayer from the clay modeling class, I think I already know! I know that if I dedicate my time to what really matters to me now, then I don't think this would happen. However, the challenge is in finding do I do this and keep paying the mortgage etc! So there! I have put my question out there and graciously await the answer to flow right back to me!



Then Rhonda & I had a workshop planned, with a theme of 'Slowing down to honour yourself'....

Only 2 people booked in, so we wound up canceling! Was that a self-fulfilling prophecy or what! ? !



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Coming Events



John Will Be Appearing At The Following Events

Sing Through Your Bones For Joy

Sunday 29 May 1.00PM - 5.00 PM

Relaxation Centre of Queensland, Alderley, Qld

The theme for this workshop is "Slowing Down to Honour Yourself". During this workshop we will take some time out to honour ourselves. In this busy world, we need to give ourselves the gift of self-appreciation and our voice is a wonderful tool to use to do this.

For full details, go to [Sing through your Bones for Joy - 4 hour Playshop](#)

Ph 3856 3733 to book in.

Other Events And News For You

Nilong and Arjuna

Sunday 1 May 6PM Dinner followed by concert

Join them for a Thali dinner followed by an inspiring, heart opening evening of devotional singing.

To join in: <http://singyourvoice.com/2682/kirtan-and-indian-banquet-with-nilong-and-arjuna/>

Voice Therapy Workshops with the Voices

Sunday 1 May & 15 May

Bardon, Brisbane

This May The Voices explore new territory with Voice Therapy - integrating body and voice in fun, exciting ways. Yoga teacher Sean Stocker joins regular Voices Helena Bond and Andrea Baldwin to present "Singing for Relaxation" on Sunday mornings. They will open with yoga asanas, then continue the relaxing, therapeutic style with toning, followed by uplifting songs and harmonies.

Join in the fun: <http://singyourvoice.com/2725/voice-therapy-workshops/>,

Joy of Harmonising Workshop with Brian Martin

Sunday 1 May 9.30AM - 12.30PM

Coolum, Qld.

Experience the joy and freedom of creating your own harmonies through the exciting sounds of A Cappella music.

Other Harmonizing Workshops 2 & 3 Dates:

Sunday 15 May & 26 June 2011

For more details: <http://singyourvoice.com/2598/joy-of-singing-workshop-with-brian-martin/>

Concerts and Workshops with Sacred Earth

Saturday 7 May Doors open 7.00PM Concert

Mildura Vic.

Saturday 21 May

Sydney N.S.W.

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 multi instrumentalist 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. You can join them on the following day to participate in a workshop too.

Sunday 8 May 10.00AM - 1.00PM Workshop Mildura

Sunday 22 May 4.00PM - 7.00PM Workshop Sydney, N.S.W.

To book: <http://singyourvoice.com/2667/concerts-and-workshops-with-sacred-earth/>

Into Your Heart Retreat with Sacred Earth

Friday 13 May – Sunday 15 May

Yarra Valley, Victoria

Come and be held in a deeply sacred space where you have the opportunity to reconnect with the quiet place that resides within your heart. Nestled in the Yarra valley you will experience 3 days of yoga, meditation, art play, mantra singing, prayer tie meditation, luscious vegetarian food, inspiring stories, twilight meditations, walking meditation, nature time & massage all offered in the sanctity of silence.

For a relaxing time: <http://singyourvoice.com/2565/into-your-heart-retreat-with-sacred-earth-3/>

Retreat with Rob Stevenson

Friday 17 June – Sunday 19 June

Murwillumbah, N.S.W.

The retreat will include mantras/chanting/sufi dancing/meditation/yoga.

For bookings: <http://singyourvoice.com/2559/retreat-with-robert-stevenson/>

Walk A Mile Concert For Compassion

Saturday 25 June 7.30PM – 11.00PM

Kew, Vic.

Sand Mandala, World Song, World Music, Laughter, Tibetan chanting.

Go to : <http://singyourvoice.com/2589/walk-a-mile-a-concert-for-compassion/>

Tony Backhouse Weekend Workshop

Friday 1 July 6.30PM – Sunday 3 July

Milton, Brisbane.

The emphasis of Tony's workshops is on harmony, collective improvisation and freedom of expression.

For more information: <http://singyourvoice.com/2573/tony-backhouse-weekend-workshop-in-brisbane/>

Harmonic concerts and Retreat with David Hykes

Thursday November 3 – Saturday November 5

Sydney, N.S.W.

The Harmonic Presence work of contemplative music composer-singer David Hykes includes the wondrous "music of the spheres" called Harmonic Chant, and meditative practices for finding the silent ground, recognizing awareness, and harmoniously accompanying the music of all spheres of life and living.

Check it out: <http://singyourvoice.com/2650/harmonic-presence-concerts-retreats/>

Schools Programme with Chris James

Sounds Wonderful presents a fun, interactive and innovative Vocal Adventure for Schools programme for students.

For full details go to: <http://singyourvoice.com/2699/schools-programme-with-chris-james/>

