

**Composer Wah!, whose elegant vocals have become standard in yoga studios worldwide, has launched a U.S. tour that soothes with sound and light.**



## Wisdom of Wah!

One musician uses her natural gift of music to help people with healing and centering.

Wah! has toured the world as a musician, recorded 18 albums, owns a record label, performed with Deepak Chopra, and lectured at Princeton University, but what she finds really rewarding is what she calls her healing work—touting music as therapeutic.

In 2007 Wah! had a brain edema and fall that nearly took her life. After her recovery, during a European concert tour, self-described healing artists began to seek Wah! out following her concerts. Sometimes their work was as simple as holding her head in their

hands. “I was introduced to the world in a very different way—of sensing, feeling, connectivity,” Wah! says. “I knew I could do that with sound.”

While playing music to help calm and renew people was something she had been doing in performances since she was 17, Wah! recently decided to take this concept to another level and launched The Healing Concert tour and a book called *Healing: A Vibrational Exchange* (Wah! Music; 2014). Her concerts encourage deep relaxation, rejuvenation, and expansion of the

senses. “I want people to pull back and find a place of contentment,” Wah! says. A vibrant light show based on random patterns bathes the ceiling and walls while she plays multiple instruments, sings in a calming chant style, teaches deep breathing, distributes flower petals, and speaks in positive confirmations. “You don’t have to be more; you already are all of it,” she says.

Wah! uses the same methods to comfort cancer patients and their caregivers during free workshops and hospital performances. **U**