



THE HEALING CONCERT

By Wah!

WHEN I WAS A TEENAGER, I met a woman who was dying of cancer. She went each week to see Sri Chinmoy play his flute at St John the Divine. I went with her a few times to New York City. I was 14 years old. Sri Chinmoy played his flute. That was it, that was the program, you went in and sat, and he played his flute. There was no lecture, nothing else, just him playing the flute. The Healing Concert is similar to what I first experienced with Sri Chinmoy who simply stated, "Everything you need is contained in this music, close your eyes and receive."

The Healing Concert is a 2-hour concert of meditative music, using vocals, keyboards, special effects and bliss lights designed to access deep relaxation (Savasana) and inspire natural healing. The Healing Concert is an invitation for healing and relaxation. The lights (hand-made by Randy Johnson) move slowly, making random patterns on the ceiling and walls. The music moves slowly too - words, songs, loops and affirmations help you relax, slow down your breathing, and slow your thoughts. You heal from a place of wholeness, so the music and lights are carefully designed to help you feel whole. You are a perfect being in a perfect world.

Audience members can sit or lie down to receive the music. The Healing Concert creates a space for participants to ease into the space of spiral energy, letting go layer by layer. In describing what inspired her to create this concert Wah! says, "Because the energy of the universe is more intense, I'm finding that people really need to slow down. They need to have a moment to just breathe and sometimes they just need to lie down. To close their eyes. When the music comes in, I'm singing to the higher frequency of who is there. As I access their higher frequency, a lot of times people say, "Oh my God I just had to lie down!"

Come breathe, meditate, relax, and feel blessed. Participants may bring mats, blankets or pillows for extra comfort. I want you to understand it's okay to be in silence and it's okay to receive. It's perfectly natural to rest, to reconnect with yourself, to begin again. There are many examples of it in nature but sometimes we lose connection with Mother Nature, especially in urban settings. I want you to feel your connection to life - to breathe, to dream, to appre-

ciate the sun, moon and ocean, and to synchronize with the rhythms and natural beauty all around you.

Harmony starts within but not everyone can go right into a state of deep relaxation. It's not like you can come into the concert straight from rush hour traffic, sit down and experience the healing of your life. There are layers that have to come off. Some people don't even know that there are layers. You move through layers of thought and settle into a meditative place within yourself. You start with the breath because it is your inner companion, your first connection to life. It's what you do when you shift gears (sigh), it's what you do when you begin. After breathing for a few minutes together, you are free to sit, relax, enjoy the lights, take in the music, and be with yourself. The Universe expands and contracts, life goes up and down, seasons change, we change. At the end of the concert, we distribute flower petals you can take home, place in your garden or give to someone who needs healing.

The Healing Concert is offered in special locations throughout the year. It creates community and brings harmony to Mother Nature. It's something we can do together; and it's easy. We just need you to take a few moments out of your life to join with others and create it.

The Healing Concert coincides with the release of Savasana 3: Natural Beauty, my latest in a series of CDs created for relaxation. Savasana is a Sanskrit word meaning "posture of stillness." Some people say, "I can't relax. I can't sleep." I'm like, "Great, come to the Healing Concert and just breathe, be in the space." Can you close your eyes? Yeah? Good, then you should come. It's an honor to help people move into a state of relaxation and self-acceptance.

*Wah! is a musician and spiritual seeker who travels the world singing and expanding sacred intention. www.wahmusic.com throughout the world for yoga, meditation and relaxation.. Wah! — whose name means "bliss beyond description" — has been recognized as a spiritual pioneer and pillar of modern kirtan music. Her second book, *The Healing Concert* is due out in October, 2013. Visit www.wahmusic.com *The Healing Concert* is featured at the NEWLIFE Expo on Sunday October 27, 5-7pm. Tickets available at www.newlifeexpo.com or call 516-897-0900.*

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— Sri Chinmoy