

PART 1

JUST DO IT!

As the only species on the planet capable of self-reflection, it's important to remember that as long as we humans continue to breathe air into our lungs, we carry the potential to conceive ideas, manifest them and live out our hopes and dreams. One of the vessels that helps us to communicate these ideas, thoughts and who we are as individuals, is the voice.

The voice can be felt and understood around the world as a universal 'language of the heart', which carries with it the ability to inspire, encourage and change people's attitudes and outlook on life itself, enabling us the chance to live a better life morally, spiritually and ethically.

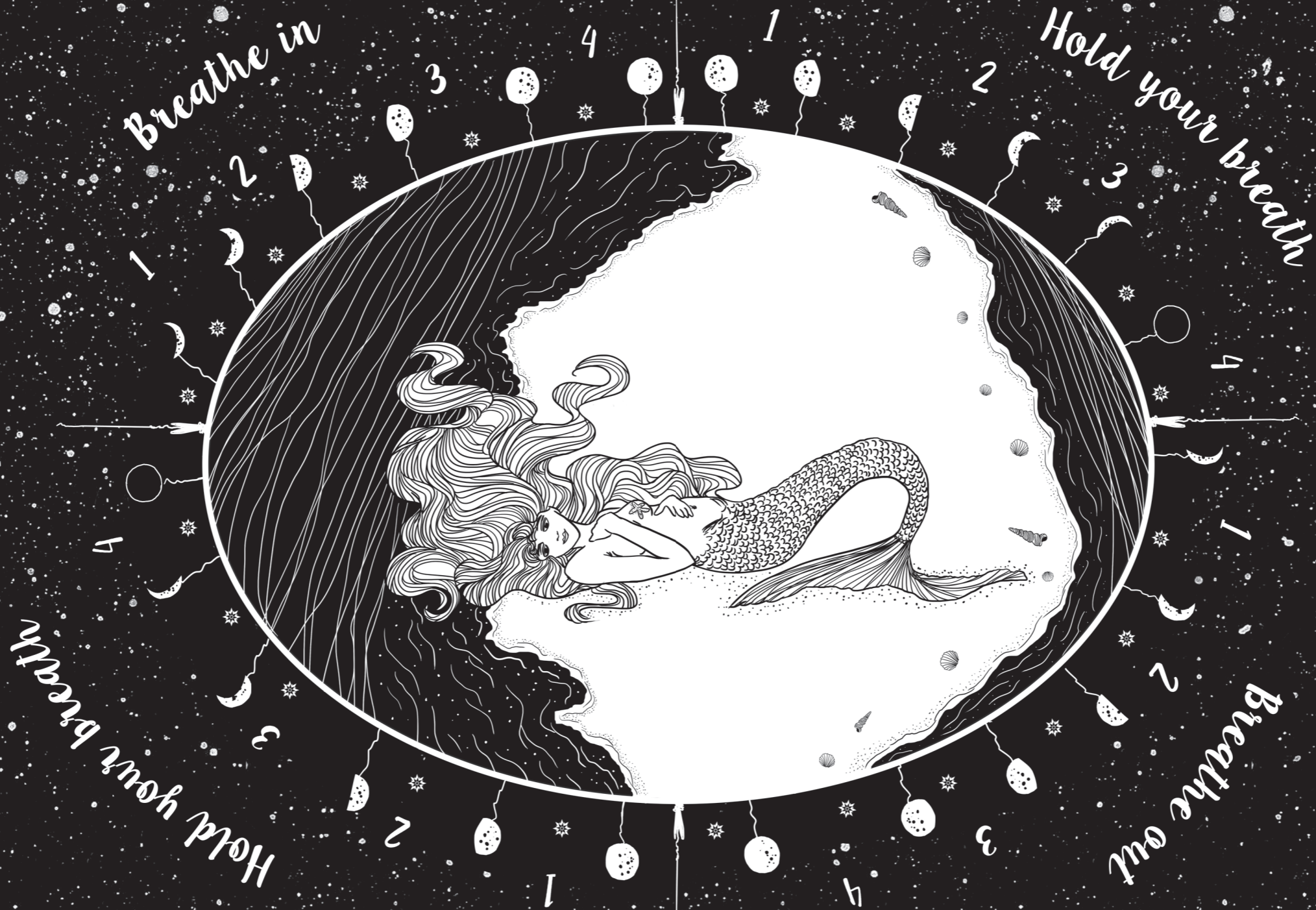
Imagine if we all sang our way to work. Imagine if families sang together more ...

The world would be a much happier, brighter and 'singier' place, would it not? Other than music and singing, what else makes you laugh, cry, dance and tell people you love them?

To be able to create a somewhat melodic series of sounds with no rules or restrictions, that are capable of provoking an effect on the mind, body and spirit of not just ourselves, the composers; but also collectively amongst strangers, friends, families, loved ones, in schools, communities and the world at large, is our incredible, instinctive and intrinsic ability to just **sing!**

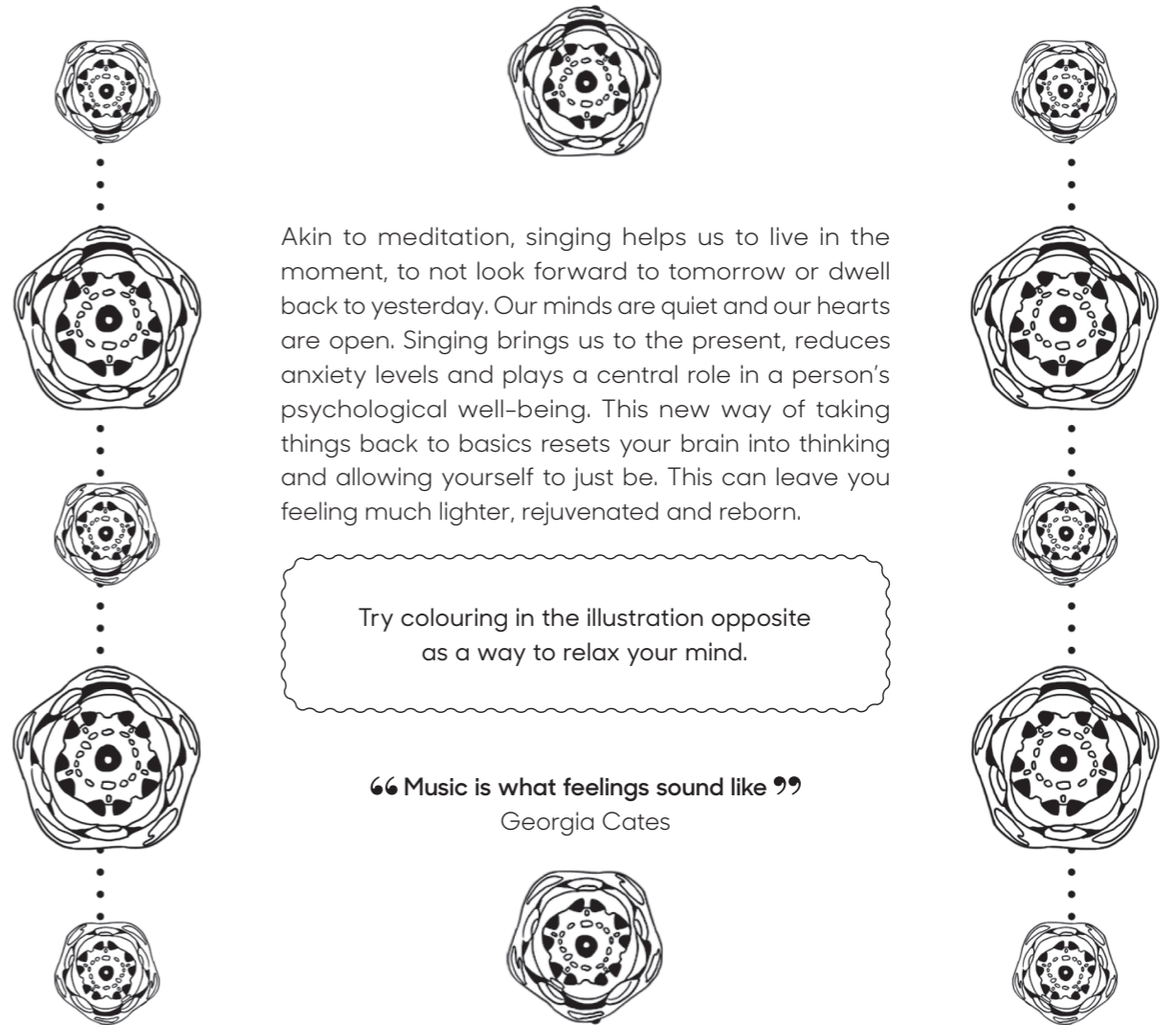
So if you haven't already, what are you waiting for?

Just do it!





Quiet the mind and open the heart



Akin to meditation, singing helps us to live in the moment, to not look forward to tomorrow or dwell back to yesterday. Our minds are quiet and our hearts are open. Singing brings us to the present, reduces anxiety levels and plays a central role in a person's psychological well-being. This new way of taking things back to basics resets your brain into thinking and allowing yourself to just be. This can leave you feeling much lighter, rejuvenated and reborn.

Try colouring in the illustration opposite
as a way to relax your mind.

“Music is what feelings sound like”

Georgia Cates