Silvia Nakkach at the Sound Healing Conference

Silvia Nakkach, M.A., MMT

Silvia Nakkach was named by Utne Reader magazine as one of forty cutting-edge artists that will shake the art world in the new millennium, Silvia will be presenting at the International Sound Healing Conference.

Silvia Nakkach is an award-winning composer, psychologist, voice-culturist, singer, recording artist, and an author. She is an internationally accredited specialist in cross-cultural music therapy training, and a pioneer in the field of sound, transformation of consciousness, and music shamanism. In addition to her many academic credentials, Silvia has devoted 24 uninterrupted years to the study of the art of raga singing and classical Indian music under the direction of Maestro Ali Akbar Khan, and has been involved in clinical research in the areas of micro-tonal singing and systematic uses of the voice to induce emotional healing.

For nearly 30 years of scholarly and clinical work, Silvia has created an innovative repertoire of cross-cultural vocal techniques based on sacred sounds and ancient scales (ragas) that have become landmarks in the field of sound, music therapy, and voice coaching.

She has created and is the main academic advisor for a new certificate program on Sound, Voice and Music Healing. This program is the only curriculum of this kind offered by a major academic institution, and taught by cutting-edge leaders in the field of sound, many of who will be presenting at the International Sound Healing Conference in Santa Fe, New Mexico.

Nakkach is also well-known as the founding director of The Vox Mundi Project and The School of the Voice, an international organization devoted to the preservation of
unusual musical traditions combining chanting, service, and spiritual practice. Her interest in indigenous music healing and spirituality has led her to work with legendary mystics, collaborating with master teachers of the Indian and South American shamanic traditions.

During her workshop at the Conference: **Who is Singing? Exploring the Role of Sound in Consciousness and Spiritual Awakening**, you can engage in a highly experiential journey into the healing power of sound. Silvia introduces us to the foundations of an effective cross-cultural model for working with sound and the voice in contemporary therapies and music composition with an increased emphasis on integration and spiritual renewal. Merging music therapy with a sacred-based "software of sounds" - sustained tones, ancient scales and movements, and invocatory chants, we learn ways to impact and "charge" specific areas of the brain and the body, in order to transform energy patterns and emotional states resulting in a liberating sense of openness, clarity, and vitality.

Silvia's vocal philosophy is to elicit the music of the singing voice to open and free one's heart, and to cultivate an intimate relationship with one's singing voice as a healing modality. "The voice has no ownership, it is a musical instrument to aesthetically release deep feelings. We entrain the heart, engaging fully with the music, each other, and the world of sounds. Here there is no singer, only breath, tone, body, feeling, and vibration. This is not performance. This is medicine."

"Like no other sound, the voice connects us with our true energetic and emotional nature. It becomes a link with our spiritual life by revealing deeper aspect of the self and the spirit world."

Like the shaman, the yogi, the artist, and the mystic, who have always used sound as a gateway to transcendence and the exploration of consciousness, the sound practitioner today must navigate the realms of the personal, the visible, and the invisible to find metaphors for healing that honor the entire spectrum of human experience.

Silvia Nakkach's keynote presentation, **Song of the Spirit**, integrates interdisciplinary and neuroscience research with the use of sound in secular and sacred musical ecstasy from indigenous cultures. Nakkach shares insights from the ways of knowing of the scientist, the mystic, the shaman, the artist, and the therapist, to gain knowledge of how scientific based sound practices and sacred chant relate and complete one another, each capable of expressing and affecting distinct emotional, physical, and consciousness states with important implications for musicology, music cognition, music therapy, and the study of consciousness. This keynote address will be enhanced by the mesmerizing quality of Silvia's chanting that transports the listeners into the heart of devotion.

Other esteemed presenters at this conference include Joshua Leeds, John Diamond,
Jill Purce, Jonathan Goldman, Don Campbell, James D'Angelo, John Reid, Susan Hale, Sharry Edwards, Dorinne Davis, Master Charles Cannon, Wilbert Alix, Cynthia Snodgrass, Pat Moffitt Cook, Christine Stevens, John Beaulieu, Ellen Franklin and Donna Carey and many, many more.

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