

A Different Voice A Different Song Reclaiming Community Through The Natural Voice And World Song

Eventually, you will agreed discover a other experience and skill by spending more cash. yet when? reach you admit that you require to acquire those all needs afterward having significantly cash? Why dont you attempt to acquire something basic in the beginning? Thats something that will lead you to understand even more roughly speaking the globe, experience, some places, afterward history, amusement, and a lot more?

It is your extremely own get older to put-on reviewing habit. in the midst of guides you could enjoy now is **A Different Voice A Different Song Reclaiming Community Through The Natural Voice And World Song** below.

Sound Ideas Brenton Broadstock 1995 Centre for studies in Australian Music, U. of Melbourne, Parkville, VIC 3052, Australia. FAX: (03) 93494473. **Reclaiming Indigenous Voice and Vision** Marie Battiste 2011-11-01 The essays in Reclaiming Indigenous Voice and Vision spring from an International Summer Institute held in 1996 on the cultural restoration of oppressed Indigenous peoples. The contributors, primarily Indigenous, unravel the processes of colonization that enfolded modern society and resulted in the oppression of Indigenous peoples. *Dark Side of the Light Chasers* Debbie Ford 2011-11-10 In this enlightening guide, Debbie Ford explains that the dark side of our personality should not be hidden. By denying our dark side, we reject these aspects of our true natures rather than giving ourselves the freedom to live authentically. Here she shows that it is possible to acknowledge and accept our so-called weaknesses, proving that these qualities may be important, hidden strengths. For example, perhaps some 'selfishness' can save us from exhaustion and resentment. Full of illuminating stories and practical exercises, Debbie Ford shows us how to reconcile our darker impulses and find the gifts they offer. Your life will be transformed when you unconceal, own, and embrace your shadow. *Music as Heritage* Barley Norton 2018-07-20 As economic, technological and cultural change gathers pace across the world, issues of music heritage and sustainability have become ever more pressing. Discourse on intangible cultural heritage has developed in complex ways in recent years, and musical practices have been transformed by safeguarding agendas. Music as Heritage takes stock of these transformations, bringing new ethnographic and historical perspectives to bear on our encounters with music heritage. The volume evaluates the cultural politics, ethics and audiovisual representation of music heritage; the methods and consequences of music transmission across national borders; and the perennial issues of revival, change and innovation. UNESCO's 2003 Convention for the Safeguarding of the Intangible Cultural Heritage provides an essential reference point for studies of music heritage. However, this volume also pays attention to important spheres of musical activity that lie outside of UNESCO's reach and the reasons why some repertoires of music are chosen for safeguarding while others are not. Some practices of art music in Europe explored in this book, for example, have received little attention despite being susceptible to endangerment. Developing a comparative framework that cuts across genre distinctions and disciplinary boundaries, Music as Heritage explores how music cultures are being affected by heritage discourse and the impact of international and national policies on grass-roots music practices. *Boy Writers* Ralph J. Fletcher 2006-01-01 Suggests ways to create writing classrooms that are boy friendly and offers techniques to engage boys in the writing process.

Women Rising Meghan Tschanz 2021-05-11 Meghan Tschanz was radically changed after witnessing the violence and oppression experienced by women around the globe. She also became keenly aware of how her own Christian culture was often complicit in the problem. As you read Meghan's transformative story, you'll be inspired to amplify your voice, confront injustice, and discover a biblical standard for gender equality.

Reclaiming Calliope Fides Krucker 2022-08-02 The practice and politics of the unfettered female voice--reclaiming your power through voice, song, and opera-inspired exercises. For centuries, opera has used women's voices to convey male stories. Within an art form dominated by men, the female voice is a means to an end: controlled, denatured, and crafted to carry words and intentions that belie the true depth and complexity of the female experience. Here, author and opera singer Fides Krucker shows readers what it means to find--and use--our authentic voice, to sing wildly and uninhibited from the depths of our bodies and spirits. Part memoir, part radical vocal guide, and part feminist call to action, Reclaiming Calliope offers an intriguing look at the rarified world of opera, with fascinating behind-the-scenes details to which outsiders don't typically have access. Through incisive critique, personal stories, and intriguing exposé, Krucker razes the male gaze that packaged characters like Carmen, Tosca, and La Traviata's Violetta for viewer consumption--and radically envisions an empowered, new way of finding and fueling the authentic female voice. Through a series of breathing and vocal prompts that anyone--not just singers--can do, Krucker helps readers reconnect to their authentic primal voices: she takes the reader inside her vocal studio to learn new methods of breath, voicework, and embodiment to uncover and access personal and social truths. Each chapter includes a theme-related exercise--an act of expression, release, self-discovery, or resistance--that guides readers to develop voices unbound from anyone else's storytelling, boldly and without apology. **F*ck Like a Goddess** Alexandra Roxo 2020-07-21 "I felt as if I had had a cathartic emotional experience not by talking but by following Ms. Roxo's coaching to tune into my energy and desire." --New York Times What if your deepest fears and wounds were the KEY to living a turned on, passionate life, sharing your gifts with the world, and having mind-blowing orgasms along the way? And what if you could embrace all of you--all of your messy, wild, raw, sensual self--exactly as you are right now AND still feel good? This is what it means to F*ck like a goddess--literally and metaphorically. To let life make love to you and enjoy every bit, even the parts that hurt, and to find the magic in all of it. And this is your birthright. So why is it so damn hard for women to simply feel comfortable in their own skin, let alone feel strong and secure enough to freely share their gifts with the world? "Because each of us has been conditioned, programmed, and literally brainwashed into thinking we are not enough," writes Alexandra Roxo, "and it is up to us to rewrite that story." A prominent voice in transformational healing and the divine feminine, Roxo shares tried-and-true methods that have led to both her own healing and that of hundreds of her coaching clients over the years. "We are in need of an uprising of bold, wild women who have reclaimed their bodies and stand in their sacred sexuality for them," she writes. "As women, we need to liberate our voices, step into total security within ourselves, and fully own our raw, sensual power, finally letting go of the shame, guilt, denial, and repression that's been put upon us." The methods in this book will inspire you, challenge you, bring up your resistance, and unleash your gifts. It won't always be easy, but if you do the work, you'll discover what it really feels like to f*ck like a goddess.

Laughing with Medusa Vanda Zajko 2006-01-12 Laughing with Medusa explores a series of interlinking questions, including: Does history's self-positioning as the successor of myth result in the exclusion of alternative narratives of the past? How does feminism exclude itself from certain historical discourses? Why has psychoanalysis placed myth at the centre of its explorations of the modern subject? Why are the Muses feminine? Do the categories of myth and politics intersect or are they mutually exclusive? Does feminism's recourse to myth offer a script of resistance or commit it to an ineffective utopianism? Covering a wide range of subject areas including poetry, philosophy, science, history, and psychoanalysis as well as classics, this book engages with these questions from a truly interdisciplinary perspective. It includes a specially commissioned work of fiction, 'Iphigenia's Wedding', by the poet Elizabeth Cook.

Communities of Musical Practice Ailbhe Kenny 2016-04-28 Every day people come together to make music. Whether amateur or professional, young or old, jazz enthusiasts or rock stars, what is common to all of these musical groups is the potential to create communities of musical practice (CoMP). Such communities are created through practices: ways of engaging, rules, membership, roles, identities and learning that is both shared through collective musical endeavour and situated within certain sociocultural contexts. Ailbhe Kenny investigates CoMP as a rich model for community engagement, musical participation and transformation in music education. This book is the first to produce a valid and reliable in-depth study of music communities using a community of practice (CoP) framework - in this case focusing on the social process of musical learning. Employing case study research within Ireland, three illustrations from particular sociocultural, genre-specific, economic and geographical contexts are examined: an adult amateur jazz ensemble, a youth choir, and an online Irish traditional music web platform. Each case is analysed as a distinct community and phenomenon offering sharpened understandings of each sub-culture with specific findings presented for each community.

Singing the Rite to Belong Helen Phelan 2017 This book explores the way in which singing can foster experiences of belonging through ritual performance. Based on more than two decades of ethnographic, pedagogical and musical research, it is set against the backdrop of -the new Ireland- of the late 20th and early 21st centuries. Charting Ireland's growing multiculturalism, changing patterns of migration, the diminished influence of Catholicism, and synergies between indigenous and global forms of cultural expression, it explores rights and rites of belonging in contemporary Ireland. Helen Phelan examines a range of religious, educational, civic and community-based rituals including religious rituals of new migrant communities in borrowed- rituals spaces; baptismal rituals in the context of the Irish citizenship referendum; rituals that mythologize the core values of an educational institution; a ritual laboratory for students of singing; and community-based festivals and performances. Her investigation peels back the physiological, emotional and cultural layers of singing to illuminate how it functions as a potential agent of belonging. Each chapter engages theoretically with one of five core characteristic of singing (resonance, somatics, performance, temporality, and tacitness) in the context of particular performed rituals. Phelan offers a persuasive proposal for ritually-framed singing as a valuable and potent tool in the creation of inclusive, creative and integrated communities of belonging.

Reclaiming Banished Voices Lawrence J. Lincoln MD 2017-12-21 Lawrence J. Lincoln had no idea how a near-forgotten childhood event had impacted his adult relationships and busy medical career. His life changed dramatically as he gradually discovered that injured or neglected children often take revenge on the least dangerous person in their universe: themselves. As a result, we banish the most vulnerable, frightened, and tender parts of ourselves so that we are not hurt again. In Reclaiming Banished Voices, Larry fills the pages with stories and teachings that illustrate the consequences of this sabotage to our personal lives, our relationships, and society. With intellectual clarity and emotional poignancy, he also offers a technique to reclaim our full selves and live a connected and fulfilling life. Drawing on his years of leading workshops with Dr. Elisabeth Kübler-Ross, as well as his vast experience as an infectious disease and hospice clinician, Lincoln provides multiple examples of the transformative power of compassion and love. Part memoir, part treatise on the value of the externalization of emotions, and part roadmap for those searching for elusive contentment, this book will help you reclaim voices from the past, become a better parent, partner or friend, and live a fully engaged life.

Singing for Our Lives Campaign Choirs Writing Collective 2020-07-17 The Campaign Choirs Network is a loose affiliation of like-minded choirs across the UK sharing a belief in a better world for all and dedicated to taking action by singing about it; the Campaign Choirs Writing Collective is a part of that network. The book intends to inspire the reader to engage with this world: to find out more, to join a choir in their community, to enlist their local street choir to support campaigns for social change and, more generally, to mobilize artistic creativity in progressive social movements. It is an introduction to street choirs and their history, exploring origins in and connections with other social movements, for example the Workers Education Association, the Clarion movement, Big Flame and the Social Forum movement. The book identifies the political nodes where choir histories intersect, notably Greenham Common, the Miners' Strike, anti-apartheid and Palestinian struggles. The title of the book is taken from a song by the respected American musician and activist Holly Near, and is popular in the repertoire of many street choirs. Exploring the role of street choirs in political culture, *Singing For Our Lives* introduces this neglected world to a wider public, including activists and academics. Signing for Our Lives also elaborates the personal stories and experiences of people who participate in street choirs, and the unique social practices created within them. The book tells the important, if often overlooked story, of how making music can contribute to non-violent, just and sustainable social transitions. The Campaign Choirs Writing Collective are Kelvin Mason, Jenny Patient and Lotte Reimer. Kelvin Mason is a writer and researcher with a background in social movement activism and academia, particularly participatory action research (PAR). Jenny Patient is an environmental campaigner with Sheffield Climate Alliance, engaged in action research on the future of energy-intensive industries in Yorkshire and the Humber. Her background is in teaching, community development and project management, and she loves to sing in the streets and on actions and is currently working on a Ph.D. at the University of Sheffield, UK. Lotte Reimer is an activist, singer, engineer and an environmental management consultant with a keen interest in promoting song as a political tool. She is a prime mover in the Campaign Choirs Network, a Natural Voice Practitioner, choir leader and member of the Natural Voice Network. Gavin Brown is Professor of Political Geography & Sexualities at the University of Leicester and Campaign Choirs Writing Collective academic adviser and editor. He has researched a range of LGBTQ social movements and has recently written a book about young people's involvement in anti-apartheid solidarity activism in London in the 1980s. www.singing4ourlives.net/about.html

Then She Sang a Willow Song Gemma Benton 2016-04-24 Like most good books, this book starts with a story. But it is not only a story. It is a healing.It is an affirmation and reclaiming of life. This book is centered around my story of not belonging and never feeling as though I was good enough and finding hope, power and meaning in the healing traditions of my Native American and indigenous ancestors. Woven between story segments are "healing moments" with powerful quotes and personal insights that will gently lead you through a soul-stirring inquiry into reclaiming your life and your power. What Readers Are Saying: Extraordinary! This book is a treasure for women seeking to know their worth and power.Gemma graciously helps you re-weave and recover your sense of self from the inside out. Her writing is part personal memoir about learning her Native American traditions and part self-help for women. I thoroughly enjoyed this book and highly recommend it. Joy Balma, Bestselling Women's Empowerment Author, www.joybalma.com A gifted storyteller with incredible healing stories that will move you and stir up your inner power to heal yourself. The bonus to this book were the "healing moments" that folded you in so you can integrate the wisdom from her stories and have the tools to start your own personal healing. This is truly a beautiful book and gift to all readers! Renee Li, author of 'Peace of the Heart: Releasing Emotional Blocks and Living a Life You Love' Then She Sang A Willow Song is an inspirational book by Gemma Benton, detailing the connection between Indigenous peoples, their land and their ancestors. The Tree of Life is a powerful symbol, as it stands for the connection of the Elements as well as the connection to those who came before us. When we feel so low and lost that we want to choose Death over Life, we need to think of the struggles of our ancestors who, at the time, were not just fighting for themselves but were also fighting for us - future generations - so that we may thrive. Indigenous people celebrate with Nature. Fire, Air, Water, Earth and the Spirits give us life and we celebrate through dance and song within our tribes. As a proud Indigenous woman of Australia, I was able to fully relate to the words in this book and even shed a tear when the Willow baskets were treated with such disrespect. Then She Sang A Willow Song was aptly named for the ending of the book, when Gemma Benton felt sadness and mourning at the sight of the Willow baskets at the museum. Indigenous people belong to the Earth and our roles go back many thousands of years. The empowering words which were used throughout the book at regular intervals gave strength and encouragement for better days ahead, encouraging me to draw my strength and love from the ancestors who came before me, teaching me that each decision that I make in life is not only for my own benefit, but for the benefit of the future generations that are to come. I very much enjoyed reading this story from the viewpoint of an Indigenous American, and recommend Gemma Benton's beautifully written, insightful and educational book to all people who seek a better connection with Nature, and who wish to learn more about the world's Indigenous peoples and the reasons for our love of the land. Rosie Malezer, Author of Change Your Name and Disappear: A terrifyingly true tale of survival Reviewed for Readers Favorites

Finding Your Way In A Wild New World Martha Beck 2012-01-19 Many people wonder how they got where they are and what they should do now. They feel called to help others and change the world but they just don't know how. Too often, they end up stuck in careers and relationships that don't fit. Now, in *Finding Your Way In A Wild New World*, popular life coach Martha Beck shows readers how to find their true selves and extend healing to everyone and everything around them. She identifies this growing body of people as wayfinders. Drawing on her coaching expertise and her extraordinary experiences in the South African bush, Martha leads her readers through four magical and practical steps to awaken them to a new way of living in the 21st century.

One Woman Can Change the World Ronne Rock 2020-06-16 We live in a time of unprecedented change when it comes to women's lives. All around the world, women are demanding the safety, respect, and opportunities they have always deserved but seldom grasped. Have you ever stopped to wonder, "Where do I fit into this story?" Ronne Rock is a good person to ask. In this stirring book, she takes you on a global adventure to discover your divine design as a woman of influence and impact. Through powerful and personal stories of women in Africa, Asia, the Americas, and the Caribbean, you'll learn what it means to lead in a world where leadership isn't easy, how to serve with grace in cultures that aren't always graceful, and how to embrace your God-given physical, emotional, and spiritual DNA. As you discover the lives of real women who are influencing their communities with grace and gumption--even in countries where oppression weighs most heavily--you'll feel inspired to reclaim your God-designed influence and impact right where you are.

Studying Congregational Music Andrew Mall 2021-02-15 Studying the role of music within religious congregations has become an increasingly complex exercise. The significant variations in musical style and content between different congregations require an interdisciplinary methodology that enables an accurate analysis, while also allowing for nuance in interpretation. This book is the first to help scholars think through the complexities of interdisciplinary research on congregational music-making by critically examining the theories and methods used by leading scholars in the field. An international and interdisciplinary panel of contributors introduces readers to a variety of research methodologies within the emerging field of congregational music studies. Utilizing insights from fields such as communications studies, ethnomusicology, history, liturgical studies, popular music studies, religious studies, and theology, it examines and models methodologies and theoretical perspectives that are grounded in each of these disciplines. In addition, this volume presents several "key issues" to ground these interpretive frameworks in the context of congregational music studies. These include topics like diaspora,

ethics, gender, and migration. This book is a new milestone in the study of music amongst congregations, detailing the very latest in best academic practice. As such, it will be of great use to scholars of religious studies, music, and theology, as well as anyone engaging in ethnomusicological studies more generally.

So You Want to Sing World Music Matthew Hoch 2019-11-15 In recent decades, world music styles have been making increasing inroads into Western popular music, music theater, choral concerts, and even concert hall performances. So You Want to Sing World Music is an essential compendium of these genres and provides technical approaches to singing non-Western styles. Matthew Hoch gathers a cohort of expert performers and teachers to address singing styles from across the globe, including Tuvan throat singing, Celtic pop and traditional Irish singing, South African choral singing, Brazilian popular music genres, Hindustani classical singing, Native American vocal music, Mexican mariachi, Lithuanian sutartinės, Georgian polyphony, Egyptian vocal music, Persian āvaz, and Peking opera. Additional chapters offer resources for soloists and choral directors as well as primers on voice science, vocal health, and audio enhancement technology. The So You Want to Sing series is produced in partnership with the National Association of Teachers of Singing. Like all books in the series, So You Want to Sing World Music features online supplemental material on the NATS website. Please visit www.nats.org to access style-specific exercises, audio and video files, and additional resources.

An Audience of One Srinivas Rao 2018-08-07 The creator of the Unmistakable Creative podcast makes a counterintuitive argument: By focusing your creative work on pleasing yourself, you can increase your productivity, happiness, and (eventually, paradoxically) the size of your audience. Creating for your own pleasure--whether you're writing a novel, composing songs, or painting a landscape--can seem pointless. It's tempting to focus on pursuing money and fame, rather than the process itself. But as Srinj Rao warns, creating then turns into a chore that can harm your self-esteem and suck the pleasure out of life, rather than being a source of joy. Rao, host of the podcast The Unmistakable Creative, argues that we should counter this thinking by intentionally creating art for ourselves alone--an audience of one. In this book he shares the fascinating true stories of creatives who took this path, along with actionable tips and the research of creativity experts. You'll learn, for example: • How Oprah's intentional focus on her own work rather than the opinions of everyone else catapulted her into one of the most popular talk shows of all time. • How being process-driven can not only help you produce more work, but can make you happier outside of your creative time. • How to put together a creative "team of rivals" whose feedback can help you hone your craft and filter out useless feedback. By playing to an audience of one, we can find more happiness, increased productivity, and a greater sense of community.

A Different Voice, a Different Song Caroline Bithell 2014-08

The Oxford Handbook of Music and World Christianities Suzel Ana Reily 2016 The Oxford Handbook of Music and World Christianities investigates music's role in everyday practice and social history across the diversity of Christian religions and practices around the globe. The volume explores Christian communities in the Americas, Europe, Africa, Asia, and Australia as sites of transmission, transformation, and creation of deeply diverse musical traditions. The book's contributors, while mostly rooted in ethnomusicology, examine Christianities and their musics in methodologically diverse ways, engaging with musical sound and structure, musical and social history, and ethnography of music and musical performance. These broad materials explore five themes: music and missions, music and religious utopias (and other oppositional religious communities), music and conflict, music and transnational flows, and music and everyday life. The volume as a whole, then, approaches Christian groups and their musics as diverse and powerful windows into the way in which music, religious ideas, capital, and power circulate (and change) between places, now and historically. It also tries to take account of the religious self-understandings of these groups, presenting Christian musical practice and exchange as encompassing and negotiating deeply felt and deeply rooted moral and cultural values. Given that the centerpiece of the volume is Christian religious musical practice, the volume reveals the active role music plays in maintaining and changing religious, moral, and cultural values in a long history of intercultural and transnational encounters.

Forgotten Songs Ray Van Neste 2012-10-01 Christian scholars write to inspire renewed interest in actively praying, reciting, and singing the Psalms in personal and corporate times of worship, citing its biblical basis and historical emphasis.

The Oxford Handbook of Community Music Brydie-Leigh Bartleet 2018-02-01 Community music as a field of practice, pedagogy, and research has come of age. The past decade has witnessed an exponential growth in lectures, courses, programs, and research in communities and classrooms, and within the organizations dedicated to the subject. The Oxford Handbook of Community Music gives an authoritative and comprehensive review of what has been achieved in the field to date and what might be expected in the future. This Handbook addresses community music through five focused lenses: contexts, transformations, politics, intersections, and education. It not only captures the vibrant, dynamic, and divergent approaches that now characterize the field, but also charts the new and emerging contexts, practices, pedagogies, and research approaches that will define it in the coming decades. The contributors to this Handbook outline community music's common values that center on social justice, human rights, cultural democracy, participation, and hospitality from a range of different cultural contexts and perspectives. As such, The Oxford Handbook of Community Music provides a snapshot of what has become a truly global phenomenon.

Being Whole Cassandra LeClair 2019-11-27 Being Whole is Dr. Cassandra LeClair's gripping story of achieving healing and wholeness following years of abuse accented by heart-rending secrecy and shame. Exquisitely honest--and always breathtakingly authentic and highly relatable--Dr. LeClair's story is, ultimately, one of hope and redemption. Acknowledging that we all endure periods of stress, trauma, and crisis, Dr. LeClair urges readers to examine, acknowledge, and heal their own broken and fragmented pieces--using their voice in the way that best resonates with them. In a world that demands that our lives showcase perfection, Dr. LeClair encourages us to recognize and own all aspects of our stories--especially the messy and painful parts-- so that we can integrate all of our experiences more fully and achieve a life filled with peace and purpose.

Cathy Berberian: Pioneer of Contemporary Vocality Dr Francesca Piacanica 2014-10-28 Cathy Berberian (1925-1983) was a vocal performance artist, singer and composer who pioneered a way of composing with the voice in the musical worlds of Europe, North America and beyond. As a modernist muse for many avant-garde composers, Cathy Berberian went on to embody the principles of postmodern thinking in her work, through vocality. She re-defined the limits of composition and challenged theories of the authorship of the musical score. This volume celebrates her unorthodox path through musical landscapes, including her approach to performance practice, gender performativity, vocal pedagogy and the culturally-determined borders of art music, the concert stage, the popular LP and the opera industry of her times. The collection features primary documentation-some published in English for the first time-of Berberian's engagement with the philosophy of voice, new music, early music, pop, jazz, vocal experimentation and technology that has come to influence the next generation of singers such as Theo Bleckmann, Susan Botti, Joan La Barbara, Rinde Eckert Meredith Monk, Carol Plantamura, Candace Smith and Pamela Z. Hence, this timely anthology marks an end to the long period of silence about Cathy Berberian's championing of a radical rethinking of the musical past through a reclaiming of the voice as a multifaceted phenomenon. With a Foreword by Susan McClary. *Voice of Justice* Margaret Tarkington 2018-09-06 This book shows that securing attorney First Amendment rights protects the justice system by safeguarding client interests and checking government power.

The Oxford Handbook of Music Making and Leisure Roger Mantie 2017-01-02 Music has been a vital part of leisure activity across time and cultures. Contemporary commodification, commercialization, and consumerism, however, have created a chasm between conceptualizations of music making and numerous realities in our world. From a broad range of perspectives and approaches, this handbook explores avocational involvement with music as an integral part of the human condition. The chapters in The Oxford Handbook of Music Making and Leisure present myriad ways for reconsidering and refocusing attention back on the rich, exciting, and emotionally charged ways in which people of all ages make time for making music. The contexts discussed are broadly Western, including an eclectic variety of voices from scholars across fields and disciplines, framing complex and multifaceted phenomena that may be helpfully, enlighteningly, and perhaps provocatively framed as music making and leisure. This volume may be viewed as an attempt to reclaim music making and leisure as a serious concern for, amongst others, policy makers, scholars, and educators who perhaps risk eliding some or even most of the ways in which music - a vital part of human existence - is integrated into the everyday lives of people. As such, this handbook looks beyond the obvious, asking readers to consider anew, "What might we see when we think of music making as leisure?"

Reclaiming Yewande Biala 2022-07-14 Reclaiming is a brilliantly written and thought-provoking book. Through amazing story telling, Yewande highlights the richness in her culture that so many other black women can relate to. It was extremely gripping right from beginning. -- Oloni This book highlights the topics and issues we still face in our society daily, including some that I've struggled with myself. I think it's hugely important we keep having these conversations and this book certainly helps do just that.' -- Olivia Bowen 'Reclaiming is comforting, yet inspiring. Yewande has admirably opened up about her experiences growing up and facing difficulties such as colourism and mental health problems, how she's so bravely over come them and found her voice. I whole heartedly recommend this book to anyone mixed up in this complex generation looking for a relatable, authentic and aspirational read.' -- Demi Jones 'I absolutely loved it. I think it's clear to anyone who's read Yewande's earlier essay that she's a phenomenal writer and talent, and this is an incredible debut. Empowering, instructive, loving & honest...the kind of text that makes me excited to be a reader' -- Beth McCall 'I'm so proud of the strong, intelligent woman Yewande is. She is using her platform and own experiences to educate, inspire, empower and to help others!' -- Amy Hart 'A beautiful book - very relatable... a beautiful form of art.' -- Murad Merali 'Reclaiming is more than just a book title. It's a statement. It's power. It's an announcement. It's a force I feel Yewande is making on behalf of all men and women of colour. Thank you Yewande.' - Rachel Finni

I am more than enough, and I am perfect with all my imperfections. In 2021, Yewande Biala wrote a searing viral essay on the debilitating effects of having your name constantly mispronounced or changed. From the incredible response to the essay, it was clear that there are still so many conversations to be had around the way that we as a society respond to each other, and the direct effect it is having on our sense of self. Reclaiming consists of interlinked essays covering a wide breadth of topics from struggling with your body image and mental health to navigating social media and dating apps without damaging your self-esteem. Each essay covers a different topic, affirming that maintaining your sense of self in a world that is not supportive of you is difficult, but not impossible. Nuanced, distinctly sharp, and full of wit, Reclaiming holds a mirror up to us all, and encourages us to like what we see.

Singing Out Heather MacLachlan 2020-12-01 Can you change the world through song? This appealing idea has long been the professed aim of singers who are part of choruses affiliated with the Gay and Lesbian Association of Choruses (GALA). These choruses first emerged in the 1970s, and grew out of a very American tradition of (often gender-segregated) choral singing that explicitly presents itself as a community-based activity. By taking a close look at these choruses and their mission, Heather MacLachlan unpacks the fascinating historical and cultural dynamics behind groups that seek to change society for the better by encouraging acceptance of LGBT-identified people and promoting diversity more generally. She characterizes their mission as "integrationist rather than liberationist" and zeroes in on the inherent tension between GALA's progressive social goals and the fact that the music most often performed by GALA groups is deeply rooted in a fairly narrowly conceived tradition of art music that identifies as white, Euro-centric, and middle class--and that much of the membership identifies as white and middle class as well. Pundits often wax eloquent about the power of music, asserting that it can, in some positive way, change the world. Such statements often rest on an unexamined claim that music can and does foster social justice. Singing Out: GALA Choruses and Social Change tackles the premise underlying such claims, analyzing groups of amateur singers who are explicitly committed to an agenda of social justice.

A Different Voice, a Different Song Caroline Bithell 2014 Caroline Bithell explores the history and significance of the natural voice movement and its culture of open-access community choirs, weekend workshops, and summer camps. Founded on the premise that 'everyone can sing', the movement is distinguished from other choral movements by its emphasis on oral transmission and its eclectic repertoire of songs from across the globe. *The Routledge Companion to Interdisciplinary Studies in Singing, Volume III: Wellbeing* Rachel Heydon 2020-05-19 The Routledge Companion to Interdisciplinary Studies in Singing, Volume III: Wellbeing explores the connections between singing and health, promoting the power of singing—in public policy and in practice—in confronting health challenges across the lifespan. These chapters shape an interdisciplinary research agenda that advances singing's theoretical, empirical, and applied contributions, providing methodologies that reflect individual and cultural diversities. Contributors assess the current state of knowledge and present opportunities for discovery in three parts: Singing and Health Singing and Cultural Understanding Singing and Intergenerational Understanding In 2009, the Social Sciences and Humanities Research Council of Canada funded a seven-year major collaborative research initiative known as Advancing Interdisciplinary Research in Singing (AIRS). Together, global researchers from a broad range of disciplines addressed three challenging questions: How does singing develop in every human being? How should singing be taught and used to teach? How does singing impact wellbeing? Across three volumes, The Routledge Companion to Interdisciplinary Studies in Singing consolidates the findings of each of these three questions, defining the current state of theory and research in the field. Volume III: Wellbeing focuses on this third question and the health benefits of singing, singing praises for its effects on wellbeing.

Recovering Language, Reclaiming Music Christine Keller Lemay 2006

Reclaiming Late-Romantic Music Peter Franklin 2014-02-15 Why are some of the most beloved and frequently performed works of the late-romantic period—Mahler, Delius, Debussy, Sibelius, Puccini—regarded by many critics as perhaps not quite of the first rank? Why has modernist discourse continued to brand these works as overly sentimental and emotionally self-indulgent? Peter Franklin takes a close and even-handed look at how and why late-romantic symphonies and operas steered a complex course between modernism and mass culture in the period leading up to the Second World War. The style's continuing popularity and its domination of the film music idiom (via work by composers such as Max Steiner, Erich Wolfgang Korngold, and their successors) bring late-romantic music to thousands of listeners who have never set foot in a concert hall. Reclaiming Late-Romantic Music sheds new light on these often unfairly disparaged works and explores the historical dimension of their continuing role in the contemporary sound world. *The Routledge Companion to the Study of Local Musicking* Suzel A. Reily 2018-03-14 The Routledge Companion to the Study of Local Musicking provides a reference to how, cross-culturally, musicking constructs locality and how locality is constructed by the musicking that takes place within it, that is, how people engage with ideas of community and place through music. The term "musicking" has gained currency in music studies, and refers to the diverse ways in which people engage with music, regardless of the nature of this engagement. By linking musicking to the local, this book highlights the ways in which musical practices and discourses interact with people's everyday experiences and understandings of their immediate environment, their connections and commitment to that locality, and the people who exist within it. It explores what makes local musicking "local." By viewing musicking from the perspective of where it takes place, the contributions in this collection engage with debates on the processes of musicking, identity construction, community-building and network formation, competitions and rivalries, place and space making, and local-global dynamics.

Musical Pathways in Recovery Gary Ansdell 2016-09-17 "Music triggered a healing process from within me. I started singing for the joy of singing myself and it helped me carry my recovery beyond the state I was in before I fell ill nine years ago to a level of well-being that I haven't had perhaps for thirty years." This book explores the experiences of people who took part in a vibrant musical community for people experiencing mental health difficulties, SMART (St Mary Abbots Rehabilitation and Training). Ansdell (a music therapist/researcher) and DeNora (a music sociologist) describe their long-term ethnographic work with this group, charting the creation and development of a unique music project that won the 2008 Royal Society for Public Health Arts and Health Award. Ansdell and DeNora track the "musical pathways" of a series of key people within SMART, focusing on changes in health and social status over time in relation to their musical activity. The book includes the voices and perspectives of project members and develops with them a new understanding of how music promotes their health and wellbeing. A contemporary ecological understanding of 'music and change' is outlined, drawing on and further developing theory from music sociology and Community Music Therapy. This innovative book will be of interest to anyone working in the mental health field, but also music therapists, sociologists, musicologists, music educators and ethnomusicologists. This volume completes a three part 'trilogy', alongside the other volumes, Music Asylums: Wellbeing Through Music in Everyday Life, and How Music Helps: In Music Therapy and Everyday Life. **Community Music at the Boundaries** Lee Willingham 2021-04-06 Music lives where people live. Historically, music study has centred on the conservatory, which privileges the study of the Western European canon and Western European practice . The Eurocentric way music has been studied has excluded communities that are considered to be marginalized in one or more ways despite that the majority of human experiences with music is found outside of that realm. Community music has emerged as a counter-narrative to the hegemonic music canon: it seeks to increase the participation of those living on the boundaries. Community Music at the Boundaries explores music and music-making on those edges. "The real power of community music,"

writes Roger Mantie in the foreword, “lies not in the fiction of trying to eliminate boundaries (or pretending they don’t exist), but in embracing the challenge of ‘walking’ them.” Contributions from scholars and researchers, music practitioners, and administrators examine the intersection of music and communities in a variety of music-making forms: ensembles, university and police choirs, bands, prison performing groups, youth music groups, instrument classes, symphonies, drum circles, and musical direction and performance. Some of the topics explored in the volume include education and change, music and Indigenous communities, health and wellness, music by incarcerated persons, and cultural identity. By shining a light on boundaries, this volume provides a wealth of international perspectives and knowledge about the ways that music enhances lives.

The Audacity of Hope Barack Obama 2007-10-05 Barack Obama's success in becoming President of the United States meant that he dramatically changed the face that his country presented to the world. In this bestselling book, Barack Obama discusses the importance of empathy in politics, his hopes for a different America with different policies, and how the ideals of its democracy can be renewed. With intimacy and self-deprecating humour, Obama describes his experiences as a politician and balancing his family life with his public vocation. His search for consensus and his respect for the democratic process inform every sentence. A senator and a lawyer, a professor and a father, a Christian and a sceptic, Barack Obama has written a book of transforming power that will inspire people the world over.

The Oxford Handbook of Musical Repatriation Frank Gunderson 2019 The Oxford Handbook of Musical Repatriation is a significant edited volume that critically explores issues surrounding musical repatriation, chiefly of recordings from audiovisual archives. The Handbook provides a dynamic and richly layered collection of stories and critical questions for anyone engaged or interested in repatriation or archival work. Repatriation often is overtly guided by an ethical mandate to “return” something to where it belongs, by such means as working to provide reconnection and Indigenous control and access to cultural materials. Essential as these mandates can be, this remarkable volume reveals dimensions to repatriation beyond those which can be understood as simple acts of “giving back” or returning an archive to its “homeland.” Musical repatriation can entail subjective negotiations involving living subjects, intangible elements of cultural heritage, and complex histories, situated in intersecting webs of power relations and manifold other contexts. The forty-eight expert authors of this book’s thirty-eight chapters engage with multifaceted aspects of musical repatriation, situating it as a concept encompassing widely ranging modes of cultural work that can be both profoundly interdisciplinary and embedded at the core of ethnographic and historical scholarship. These authors explore a rich variety of these processes’ many streams, making the volume a compelling space for critical analysis of musical repatriation and its

wider significance. The Handbook presents these chapters in a way that offers numerous emergent perspectives, depending on one’s chosen trajectory through the volume. From retracing the paths of archived collections to exploring memory, performance, research goals, institutional power, curation, preservation, pedagogy and method, media and transmission, digital rights and access, policy and privilege, intellectual property, ideology, and the evolving institutional norms that have marked the preservation and ownership of musical archives-The Oxford Handbook of Musical Repatriation addresses these key topics and more in a deep, richly detailed, and diverse exploration.

Acting and Singing with Archetypes Janet B. Rodgers 2009 The Mother, the Lover, the Trickster, the Spiritual and Temporal Leader, the Devil-these are just some of the universal essences, known as archetypes, that lie deep within the human spirit; these are forces that we all recognize and embody in some capacity. Acting and Singing with Archetypes is a groundbreaking, experiential book that uses archetypes as the basis of an unprecedented method of study for actors and singers. By using fifteen archetype explorations that employ vocal exercises, mask making, monologue and scene work, breathing exercises, role playing, storytelling, singing, meditation, self-reflection, and more, this book empowers actors to interpret character and voice in exciting, untraditional ways. The explorations ultimately leave performing artists with the tools they need to develop their theatrical roles to the fullest, utilize their singing and speech abilities with the widest range of emotion, and unlock their overall creative potential. The book also reinforces the importance of breathing, relaxing, stretching, and other physical techniques that enable healthy practice of the craft. Geared toward theatre teachers, directors, and theatre workshop leaders, this is an incredible teaching tool, accompanied by a CD of demonstrative recordings of vocal exercises and other guiding content sung and spoken by authors Janet B. Rodgers and Frankie Armstrong. Book jacket.

The Confident Choir Michael Bonshor 2017-12-06 The Confident Choir is an exploration of conditions affecting the confidence levels in singers of all levels to create an accessible synthesis of the psychological models and offer practical confidence-building strategies for conductors, teachers, community musicians, and workshop leaders. Michael Bonshor combines his experience as a singing teacher and choral director with a series of in-depth interviews that give an intimate depiction of the challenges faced by the contemporary choral singer. These insights provide the basis for a range of suggested techniques to bolster confidence and reduce anxiety in the group-singing context. This book is primarily designed as a guide for leaders of amateur group singing activities and is relevant to choirs of all sizes and genres. The content will appeal to singers, teachers, and choir leaders; students and scholars in the fields of choral research, community music, music psychology, and adult education; and educators training the musical leaders of the future.