

A thought to share - please sing.

It is ironic, to say the least, that a virus that attacks the respiratory system is making the world aware of the universal and unmeasured benefits of singing.

Throughout my life I have walked hand in hand with the comfort and power of the singing voice and I rejoice in it now more than ever - that it is medicine, solace, release, memory, friendship, bonding, love, poetry, dance, shape, form and expression of both regret and celebration. It makes us sigh and cry, help and heal, give and share, think and nurture. It has no limit. It elevates. It releases the soul. It energizes and lifts more than almost anything in this wide, wide world.

Singing is for the tuneful, the tuneless, the hearing and the deaf, the willing and the unwilling. For strong breathers and weak ones. For groups large and small, for twos, threes and fours. For those alone.

For those on the phone. For those who are frightened and make noise to block out the fear.

Singing is my heart, my soul, your heart, your soul.

The whole planet can do this. We all sing. Everyday, inside ourselves or out. For singing actually means being a person because it uses every part of being a person.

So what if you are indoors - sing now. Sing for me, for you, for yourself, for all of us. Because every person on the planet wants joy and wellness. We all want it for ourselves, our loved ones and all the future friends we have yet to meet.

We are all in this together, we are all on this planet together and we are all singers. So sing. I dare you.

I can't wait to hear it.

The beauty and infinite nuance of the human voice will bring you to tears when it sings its truest song.

Please sing.

It will heal everything.

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