

of healing; shedding light on these topics so they can be looked at for what they truly are - dramas that don't need to be there and that we all share to some degree.

Disk 2 is called ASCENDING. It represents the JOY, the bliss and the perfection that we are. All that is TRULY beautiful in the world is within us. I wanted this second disk to celebrate "US" and the world around us! - That although there are many issues deep within ourselves and the world at large, there is still so much to celebrate, to acknowledge and rejoice in.

Ascending to me represents rising above our limits...self imposed or not. This place "above" which I believe we are "rising to," is where we truly belong and what I believe we truly are. A human race is limitless and far more powerful than we were ever taught to believe.

All of us are here for a purpose and all of us are a part of this beautiful planet; leaving our mark in deeply significant ways, even if we don't always know it. We matter. These songs represent that belief and my greatest hope is that they inspire and bring a sense of peace.

Could you briefly describe your music-making process?

Part chocolate flavored something...part bold rich coffee with cream and sugar in the raw; part melancholy and fear and equal parts of altruism, humanitarianism and a desire to make a positive difference in the world. Add a pinch of determination and anger and a WHOLE lot of passion and reasons to be grateful... and there unfolds my words, my musings and melodies.

What has been your biggest challenge as an artist? Were you able to overcome that challenge? If so, how?

My biggest challenge at times is myself. My desire to share my music is so strong that anything that falls short of what I believe success is, or where I wanted to go, is often overlooked. I am someone who generally does appreciate the simple things and I can honestly say there is value in just ONE person connecting with you on a deep level. However, I have inner struggles, as I believe many musicians do, because we are part of an artistic "energy" that needs to be heard and respected.

Often times in this industry, the walls and barriers seem insurmountable and it's as if this energy or "voice" gets stifled. Then in one magical soothing moment, someone says "I relate to your song." Someone says "thank you for putting words to my story" - you receive an amazing press review;