

We (musicians) can uplift others - this is what inspires me. It is my deepest sense of fulfillment. As far as taking my music to the next level, I pursue all avenues available to me to reach the masses and to reach the people on an emotional level. The best way I know to do this, besides the precious live performances where I get to connect personally, is through the internet and it's "no barriers effect."

What is the inspiration behind the song "If You're Gonna Leave?" and "50 Reasons?" What are they about and what do they mean?

With "If You're Gonna Leave" (from my first CD "Of Life"), I looked around and realized just how many people were going "through the motions," merely existing and not living. Admittedly, I've been there myself and know how difficult it can be to feel a sense of resolution and clarity. How many people are stuck in a cycle they want to get out of but feel they can't, but a door is always there if they look for it, it's just not always easy to see. I wrote this song with the hope that it would inspire and uplift. It is my sincerest hope that many doors open for you where there were once only walls.

The song "50 Reasons" from my current release "Soul Ascension," is about overcoming stereotypes. Overcoming obstacles, and rising above the negative limiting beliefs imposed by others. It is a song about letting go of self imposed limitations, or the negativity that we may have been conditioned to "buy" into - what we can and cannot do; deserve or don't deserve. It is about allowing your true brilliance to shine; knowing that we all have "noble peace prize winners," "environmental activists," "musical geniuses, poets and authors" within us.

It was inspired by my own inner shadows and the struggles of friends around me and by my heartfelt belief that we are capable of AMAZING things! We are the next heroes and heroines of the future - may it help you to find your inner "Eagles" AND LET THEM SOAR!

IN FACT my new release (which is a double disk) "Soul Ascension" is a journey and it focuses on these sorts of topics. It is a journey of introspection, contemplation and inner dialog. It represents the aspects of the yin and the yang; the night and day, and the polar opposites which in fact are part of the same whole.

Disk 1 entitled HEALING, is a musical journey of all that I desire to heal within myself and that I hope will one day heal in the world - the segregation; the self doubt, the intolerance, the inhumanity. The feelings of not being enough...not having enough, the self in it's most fragmented state; as well as all that keeps us apart and from truly connecting with each other. These are songs