

Hello everyone!

### **CI Music Hour Recap 10/14/21**

Last week we had the pleasure of learning from Becca Laurito. Becca is trained as a Classical Musician and Sound Meditation Professional. She treated our group to a five minute "sound bath" or meditation during which we listened to the sounds of various instruments, such as quartz singing bowls, ocean drums, wind chimes, rainsticks, and hand drums.

The tones and rhythms typically included in a sound bath are simple and repetitive in order to encourage a meditative and calm mindstate in the listener. Becca explained to the group that oftentimes we will have preferences for one instrument or frequency over another based on how instrument vibrations align with our own brain waves and bodily emitted frequencies.

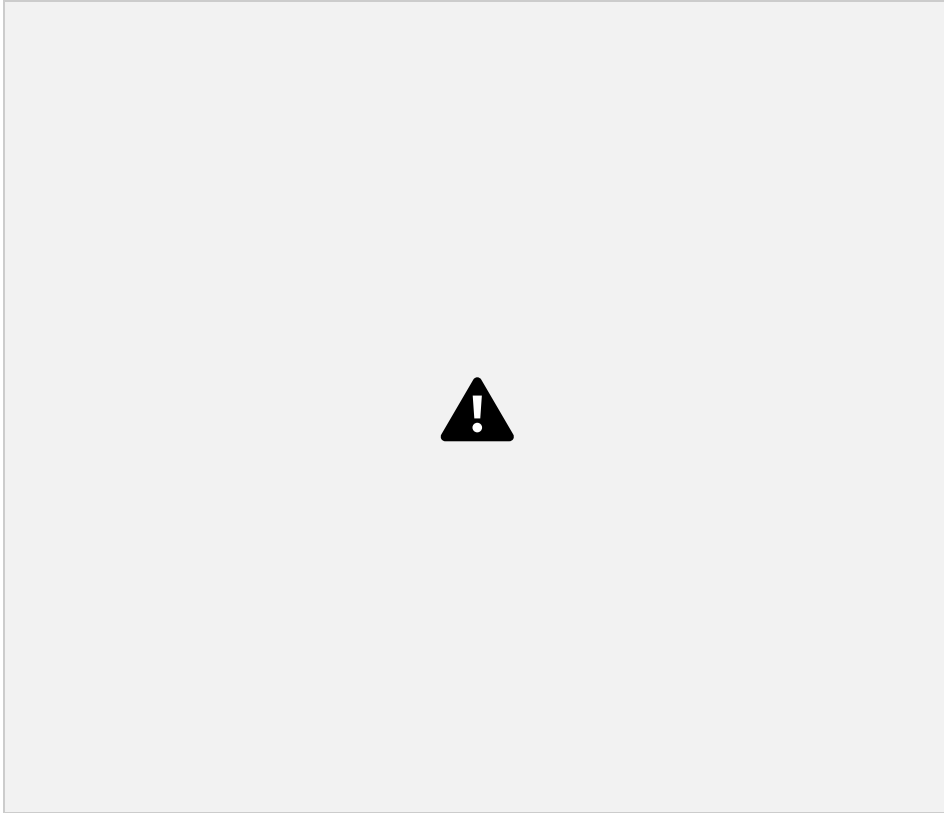
Participants shared a variety of responses to the sound bath and various instruments. Some participants expressed that they were very relaxed and mesmerized by the sound bath. Others expressed that they found it difficult to focus and reach a meditative state. Becca explained to the group that this is common when just beginning meditation and it often takes practice to train one's mind to reach a relaxed state.

If you would like to learn more about Becca's work or book a private sound bath session, you can do so at her website: <https://themetamusician.com/>.

### **This Week...**

Tomorrow we welcome composer Ashlin Hunter! Ashlin will be sharing a little bit about her personal musical composition process with the group along with a piece that she composed. Please see Ashlin's bio below:

Ashlin Hunter's music is found at the intersection of obsession and wonder. Kaleidoscopic textures, long developmental arcs, and blossoming harmonic progressions convey her captivating musical voice. Created through iterative and process-based compositional processes, Ashlin's music balances an organic unfolding of material with intricate contrapuntal structures. Many of her works explore memory and the relationship between identity and the creative process. Ashlin is currently pursuing her graduate studies in music composition at the University of Southern California.



Julianne & Chrysa