

Sing Your Life Newsletter - April, 2005

Easter has just passed for most of us, although in the Eastern Orthodox tradition, Easter will not occur until May 1. I know that because as a Greek-American, my family always celebrated Easter twice, once as Americans, and the other as Greeks. I mention Easter because in both traditions, it represents renewal, rebirth and resurrection.

These principles should be viewed in my opinion as second chances to reach the goals we set for ourselves on New Year's Eve. So, how are YOUR resolutions coming?

- Did you stick to that diet?
- Have you saved more money so far this year?
- And what about that commitment you made to yourself to do the things you love?
- Have you carved out the time for those from your busy schedule?

Well, Easter time gives us a sort of "second wind" with its vibrations of renewal in the air, as Spring helps the foliage that slept all winter open its arms to new life once again. So instead of beating yourself up for breaking all your New Year resolutions, you can start again right now to try again.

I am finding out as I get older that we never truly run out of chances to fulfill ourselves if we can begin each day with a clear intention to do it. And I find that most of us who try and fail tend to stop trying sooner than we should, and that's due to the mental impact failure has on us humans.

We hate to make mistakes, to fail at anything, and when we have even a small set back, we tend to give up rather than view it as a challenge to continue our attempt. Well, it's old hat by now, but I'm sure you know the story of Thomas Edison who failed 2001 times with the light bulb before he succeeded. I'm sure someone would've come along to invent it if he had given up after the 10th failure, or the 100th, or the 1000th, but HE did it! He kept plugging at it until it became HIS victory and no one else's.

What's a mistake anyway? Well here in Hollywood, a "Mis"- "Take" simply means, "Take Two". No big deal! And besides, how would we know how to do something right if we never made mistakes? Why do we run from them so fast? I can tell you from experience that growth comes in quantum leaps from mistakes, especially public ones! If you let it! For example, forgetting the words to a song during a performance can break you in two, or lift you out of your insecurities forever, depending on how you handle it.

Let's use this Spring season to renew our commitment to our singing goals. Even if you sing for the love of it...and you know, I almost wrote, "JUST for the love

of it", but there is no "just" in that. We must never make apologies for our love of singing. For it is in this activity that we find our hearts and our humanity, and our confidence! Over and over again, it is proven by scientific study that engaging in the arts, whether in school or wherever, increases one's confidence and enhances all aspects of one's life.

So sing and keep singing. It's GOOD for you!