



**Q: Tell us a little bit about what you do.**

I help busy people find stillness – so they can get back to their lives with more open-hearted presence. I work with crystal alchemy bowls, which are a really powerful way to do that, in a format often referred to as a sound bath. There’s plenty of science that’s starting to explain why it works so well to bring our minds and bodies back into harmony, but on a most basic level, you can think of it as deeply relaxing.

**Q: Why and how does it work?**

You just lie back and take in the sounds. At the end of the day, we’re all vibrating matter. As we deal with regular life stresses, we just get out of whack—sound work helps us recalibrate. (Read more at <https://www.wearegoodvibrations.co>)

**Q: Who can benefit?**

Literally anyone. I’ve worked with Facebook execs, to high-profile people, to individual families, at big events, and low-key private settings. But what I’m really passionate about is making it accessible and inclusive for everyone – people who haven’t had exposure because of where they live or who may think it sounds too “out there.”

**Q: How are you making sound work available to the mainstream?**

First, through online content for people without access to live classes and events. Second, more generally, by softening the experience and reframing it with an approachability, so it is seen as something that works in anyone’s daily life. When I was first drawn to sound baths as a participant, I was intimidated by a lot of the people I saw facilitating them. If I didn’t have such a fearless, I-do-what-I-want kind of attitude, I don’t know if I would have stepped into those spaces the first time. It made me wonder how many people were missing out on this because they couldn’t relate to any of the teachers out there.

**Q: How did you get here?**

Over the last 12 years living a busy life in major cities (ATL/LA/NYC), where meditation and sound baths are much more common, I’d also been on this inner journey, seeking

a deeper connection to self and just a richer life experience. It was in this space I discovered sound work, eventually getting pulled deeper and deeper. It shifted how I was showing up in my own life so much that I felt like I had to share it. Intertwined with all of that, my career over those years took me from grassroots community development to the fast-paced life of a lawyer. I’ve evolved through a unique mix of experiences and perspectives that allow me to connect, not only with people on similar journeys (who I call recovering doers/strivers/achievers), but with people from all walks of life.

“ I want to bring this to the masses - to reach people who have not yet experienced the benefits of sound baths. ”

**Q: What’s are your next big projects?**

I’m NYC-based, but I don’t think there’s a geographical limit here. Big dreaming-wise, think big sold out events in public spaces, and global streaming platforms (the energy of a crowd gives me life!). Project-wise, in addition to more virtual content, I’ve also got a major airport installation to help ease traveler anxiety post-pandemic, and a NYC studio for busy go-getters in the works.