

## Music and the Spiritual – The Work of Katie Rose

**The purpose of art is not the release of a momentary ejection of adrenaline but is, rather, the gradual, lifelong construction of a state of wonder and serenity. - Glenn Gould**



*Katie with Crystal Palace Transition Town choir*

The visionary message from Glenn Gould was quoted in a recent e-newsletter from Katie Rose. Katie describes the starting point of her work as an inspirational singer and community choir leader – *“singing from an early age in churches gave me a profound experience of the power of voice. At the age of 15, I experienced a strong calling to develop and use my voice as a tool of transformation.”*

Committed to making uplifting experiences of singing accessible and inclusive, Katie has run singing groups for 15 years and is passionate about creating music that contributes to our collective awareness and wellbeing. Her music interweaves original material with music from global traditions. She composed a special piece to accompany [Road to Peace](#) a film about the Dalai Lama, which demonstrates how any one of us can create change within our own lives and transform the world in which we live.

Convinced of the power of song to make a difference in the world, Katie has been a keen fundraiser and conductor for [Sing for Water](#) since 2011. This nation-wide choral movement has raised £1 million for [WaterAid](#) projects since it's inauguration by composer Helen Chadwick at the Thames Festival in 2002.

A keen advocate of the power of song to boost individual and community wellbeing, Katie has lead singing sessions for hospitals, carers, transition town

members and young people in challenging circumstances. She recently conducted a cross-community choral performance of *Adiemus* with [London Mozart Players \(LMP\)](#) and is now partnering with them to launch Croydon's first [Festival of Peace](#) for 16<sup>th</sup> -23<sup>rd</sup> June 2018. The centrepiece of the Festival will be vibrant cross-community performances of the LMP's latest commission [The Anthem For Peace - an inclusive, accessible modern-day anthem which anyone can sing, play, rap or speak.](#)

### **Creative Health: Impact of the arts on health and wellbeing**

Katie has highlighted the recent **All Party Parliamentary Report on Creative Health: The Arts for Health and Wellbeing** which celebrates the demonstrable and wonderful benefits of the arts at all ages. From various case studies of arts activities in healthcare settings, a cost-benefit analysis showed a 37% drop in GP consultation rates and a 27% reduction in hospital admissions. That represents an NHS saving of £216 per patient. Click here for details of the report <http://www.artshealthandwellbeing.org.uk/appg-inquiry/>

Katie points to the reason people return to artistic activities time and time again, in order to experience the cumulative effects. "Yes there is a great endorphin rush after singing, just the same as any sporting activity. But just like sports, we know we build inner and outer strength and ability when we do our reps - whether that's showing up at choir every week, committing to our community garden or turning up and tuning in for daily meditation. The result - we get a regular release that builds lasting peace"

See Katie's website for details of her albums, choirs and individual sessions: <https://www.therosewindow.org/>

To find singing leaders across the country who work with voice and song and who believe that singing is everyone's birthright, regardless of musical experience or ability, visit the Natural Voice Network: <https://naturalvoice.net/>