



# SKY NELSON

Music has taught me how to live. Music can instantly transport me to that place in myself where there is “*no problem*”. This is that presence inside me that ceases to find problems or complaints with the world, my situation, or with myself. Music shows me the value in “*being*”, so it can stand a chance against all the “*doing*” in my life. Through developing my musicianship, I have learned how to listen, how to dance, and how to relate to my whole life. In life, as in music, there are many threads being continuously woven in real-time. The music metaphor helps me to step back and orchestrate all of these varied forces that are beyond my control. I learn to influence and suggest, rather than to push or try to control. I enter into a dance with the events of my life. I feel more love and camaraderie from everyone that I jam with. Synchronicity in life happens just as it does in music, in those profound moments when all of the disparate threads merge into a pattern that no human could control or predict. This is where something bigger than ourselves enters, and we feel our fundamental connection to everything a little more deeply.



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**SINGER-SONGWRITER**