

CLARE HEDIN - RESUME

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PROFESSIONAL, CREATIVE AND BUSINESS EXPERIENCE

TEACHING:

- *Creativity & Innovation*; adjunct faculty @ San Francisco State University (8.08 – present). (senior year Business Majors 42+ students/ class). Academic & Experiential Class; graded.
- *Voice Presence & Living In Your Center* (90 - present); Private Coaching Individuals & Groups - preparing people to perform, present or lead. Building confidence, technique and skills.
- California Institute of Psychoacoustics, S.F., CA, USA. (6.02-6.07).
 - *Sound, Nature & Consciousness*
 - *Ways of Knowing*
 - *Voice & Transformation* (including drama & dreamwork)
 - *Music Theory*
- *Dissolving Boundaries: an exploration of Sound, Voice & Self for Transformation*; JFK University, Berkeley, CA, Transformative Arts Dept., guest teacher: (11.05.06)
- *Music and Piano Instructor*; Bay Area, CA, USA. (90 - present). Private students in experiential musical development, personal development and the metaphysics of music, imagination and creativity. Also, basic intro to piano for young children and beginning adults.

MUSIC:

Singer/Composer/Performer (94–present):-

- *Recording*. 8 CD's recorded @ self owned Sound Music Studios; *Feathers of the Heart, Glass Treehouses, Imaginings, Africa Returns, Moonmist, Folk Fayre I & II, Sacred Water*. (01-present)
- *Professional International Performer*. Focus on sacred spaces (natural & man-made). (94-present)
- *Creative Group Process Facilitator*; using music & dialogue for self-development and as a community building tool. Berkeley, CA, USA. & Glastonbury, Somerset, UK. (94-present).
- *Sound meditation group leader*. Berkeley, CA, USA. (94-present).
- *Taize Co-Leader & Vocal Soloist*. Grace North Church, Berkeley, CA, USA. Music for spiritual development & community building. Also contributed regular improvised and pre-written original music & songs in church services. (7.05-present)
- *Music Leader*; National Spiritualist Association of Churches, S.F, C.A. & San Francisco Spiritual Enrichment Center, S.F., CA, USA; performing and leading music for spiritual practice services, bereavements & celebrations. (8.07-12.08)

HEALING:

- *Intuitive Life Coach*. Helping people realize their potential (09- present).
- *Energy Worker & Healer*. UK and USA. Reiki I & II, Light Body Graduate, Emotional Energy Balancing, Sound Healing. (87- present)
- *Music Healing @ Oakland Children's Hospital*. Visiting Artist in Residence; playing original healing music to children, their families and staff to explore music's interactive healing possibilities & potential and for stress management and reduction. (01-06)

WORKSHOPS & FACILITATION: *Exploring Consciousness, Sound & Self-Awareness training*

- *A call to Social Healers, Peacemakers*; Collaborating w/ James O'Dea using sound to go deeper. Dharma Retreat Center, Crestone, CO, USA. (5.13-15.11)
- *Feel the Sound of your Heart*; Joy Of Yoga Studio, Moss Beach, CA, USA. (7.17.11)

- *Soundly Conscious... authenticity through Sound*; Festival Of Life, London, UK.(9.24.11)
- *Dynamic Emergence - a call to Social Healers, Peacemakers and Planet Lovers* - powerful weekend retreat co-hosted with James O'Dea @ Newbold House, Forres, Scotland, (postponed - begin rescheduled)(8.19-21.11)
- *Sound Journeys; group sound explorations for altering consciousness* - Out Of The Ordinary Festival, Hastings, UK. (9.17-19.10)
- *Sound as a Spiritual Practice*; collective sound & singing explorations - Superspirit Camp, Gloucester, UK (8.27-30.10)
- *Music Meditation Journey*; Psycho-spiritual focus on sharing (spoken) in circle and translating that into a multi-harmonic piece of music, sung together by the group.
 - *Let's Sing*; Group singing/fun musical games and singing. Improvisation and song learning.
 - *Interfaith Taize*; Group singing of interfaith chants - Sunrise Off-Grid camp, Shepton Mallett, UK. (8.20-21.09 & 8.22.10)
- *Interfaith Taize*; weekly community singing @ St. Mary's Chapel, Glastonbury, UK. Co-hosted w/Natalie Fee (10.09 - 7.10).
- *Creativity as a Way of Life!* Retreat in Kent, UK. Co-hosted w/Janice Ward. (6.28-29.08)
- *Music for Healing; Silence A Go-Go*, Horne Farm. Retreat, Chaxhill, Sussex, UK (6.5-6.08)
- *Facilitated* two Grace North Church, single day retreats to examine and explore 'meaning, identity and function' in the church community, Berkeley, CA, USA. (4.10.06 & 5.8.06)
- *Sound for Self-Discovery*; Guest Art/Personal Presence workshop facilitator at 'Giving Space Uplift Academy Design Workshop', Ben Lomond, CA, USA. Workshop focused on building bridges between citizens of Iraq and USA. (5.6-8.03)
- *Animal Magic*, incorporating dance, movement and sound for connection and personal expression at Harvest Ffair Gynhaeaf, Wales, UK. (9.94)

TALKS & PRESENTATIONS: *Exploring Consciousness, Nature, Sound, Lifestyle & Creativity*

- *Living In Your Center - creativity as a guiding life impulse*, Festival Of Life, London, UK. (9.24.11)
- *Exploring Consciousness in the realms of the Creative Collective - dynamics of creative community development*. 'Big Ideas: Sunrise Off-Grid Festival', Somerset, UK. (7.21.11)
- *In The Realms Of The Creative Collective: Exploring Consciousness*; Green Economics Conference; Oxford, UK. (7.28-30.11)
- *Sound into Spirit - Listening as a Teleological Journey* @ Camino Health and Well-Being Center, Glastonbury, UK. (4.24.11)
- *Sound, Nature & Consciousness*; Stars & Stones Conference, Bury St. Edmunds, Suffolk, UK. (11.14.10)
- *Creativity 101; Living a Mad Life With Sound!*; Positive Living Group, Glastonbury, Somerset, UK. (11.10.10)
- *Sound Spirit-Deep Listening; what is creativity and why does it matter?*; Positive Living Group; Bath, Somerset, UK. (10.25.10)
- *Living in your Center - how is it we make the right choices for our souls joy and deeper purpose?* Festival of Life, Red Lion Sq., London, UK. (09.25.10)
- Sunrise Off-Grid; Shepton Mallett, Somerset, UK. (8.19.10-8.22.10)
- *You Are Everything*; Desa Arts, Oakland, CA, USA. Energy & Creative Integrative Arts co-presentation. (6.08)
- *Music And Words For Transition*. Conference; Palm Springs Art Museum, CA, USA. (9.30.07)
- *Healing Music & Natural Sound Healing*. World Sound Healing Conference, Cathedral Hill Hotel, SF, CA, USA. Presenting & moderating (5.11-14.07)

PERFORMANCES: *Voice, Piano, Guitar, Shruti, Tibetan Bowls, Sacred Space & Silence*

- *HeartSong* Red Lion Square; Festival Of Life, Red Lion Square, London, UK. (9.24.11)
- *Listen for the Music...* Wells Cathedral, Wells, Somerset, UK. (8.26.11)
- *Water is Life...*; Goddess Conference, Glastonbury, UK. (*sound exhibit*) (7.26-31.11)
- *... Spirit is Sound*; Goddess Conference, Glastonbury, UK. (7.31.11)
- *Sound of the Heart*; Goddess Temple of Ashland, Ashland, Oregon, USA. (7.13.11.)
- *Sound of the Heart*; Joy Of Yoga Studio, Moss Beach, CA, USA. (7.2.11)
- *Sound of the Heart*; Crystal Chalice, Fairfax, CA, USA. (7.1.11)
- *Life as Sound*; Nexus/Friendly Favors, Richmond, CA, USA. (6.2.11)
- Superspirit Festival; Chaxhill, Gloucester, UK. (8.29.10)
- Sunrise Off-Grid Festival; Shepton Mallett, Somerset, UK. (8.22.10)
- *Water Sound Healing Journey*; concert w/Jan Cercone & Claire Victor, Unity Church of Marin, CA, USA. (2.28.10)
- *Music & Sound Healing*, Crystal Chalice, Fairfax, CA, USA. (1.21.09)
- *Spiral Dance Chorus*: Starhawk - Kezar Pavilion, SF, CA, USA. (10.31.09 & 10.27.07)
- *Concert of Hope*: Grace North Church, Berkeley, CA, USA. (12.08.08)
- *Healing Music, Natural Sound Healing*. World Sound Healing Conference, Cathedral Hill Hotel, SF, CA, USA. (5.11-14.07)

BUSINESS & COMMUNITY INNOVATIONS

Founder - Organizer - Host:

- *Sound into Spirit*, group sound explorations into connection with self, spirit and community. Glastonbury, Somerset, UK (2.7.11-5.31.11)
- *The Presidio Dialogues*. Executive Director Bohmian Dialogue forum. Managed and hosted monthly meetings at Saybrook Institute, S.F., USA. Dialogues focused on Conscious Business. (Three months training 10.11.12.06 and directed 1-3.07) – an average of 30 attendees/month w/ mailing list of over 300 members. (1.07-3.07)
- *Offerings*. Monthly music series @ Grace North Church, Berkeley, CA. Focus on music that heals and creates community. (10.04-12.05)

Management:

- *Gracelight Music & Sound Music Studios*; Run privately owned recording & production studio. Albany, CA, USA; 24 track studio & Pro Tools, Class A equipment. (95-present)
- *Events Booking Manager & Contract Negotiator*. Grace North Church, 2138 Cedar Street, Berkeley, C.A., USA. (8.05-3.08)
- *Artist Liaison Manager*. Yoshi's Jazz Club, Oakland, C.A., USA. Managed team of 40 volunteers, coordinated with (and organized) artists/management/labels. (9.97-9.99)
- *Music Video Co-ordinator* @ Island Records (10.90-10.91)

Administration:

- *Personal Assistant* to MD's @ Baring Brothers Investment Management, Eaton's Entertainment Lawyers & BMG Music Publishing, & PA to Editors @ Riva Magazine & Carlton Magazines, London, UK. (9.84-4.90)

CERTIFICATION & TRAINING

Be The Change Training Course:

- Three day Facilitator training for information sharing on environmental sustainability, social justice and spiritual fulfillment. Pachamama Alliance. (3.13.10-3.16.10)

Mosaic Training:

- One day training direct method with Jo Thorpe, London (9.26.09)
- Three day training, London w/Emma Biggs. Table top indirect method. (9.18.09-9.20.09)

Non Violent Communication & Mediation Training

- One Week residential training w/ Vicky Pierce (Trainer) @ The Barn, UK. (9.9.09-9.13.09)
- *BayNVC*, Oakland, CA, USA. 8 week foundation training & 11 week intermediate training & Weekend training Consciousness & Spirituality in NVC. (1.16.08-3.19.08)

Sustainability Training @ Embercombe:

- The Journey: Assisting in leadership training. (3.21.20-3.26.10)
- The Journey: One week intensive leadership training with an emphasis on sustainability and personal growth. (7.19.09-7.24.09)

Certificate of Authorization for Service:

- Instructor. Certificate # COAFS -07-388497. 'Sound, Nature & Consciousness', 'Music Therapy', 'Voice and Transformation' and 'Music Theory'. (valid 3.20.07-3.20.10)

'Expanding Creativity' Training Course:

- Creativity Facilitation and Professional Development. Training agent; Margaret Blackwell @ Expanding Creativity (www.expandingcreativity.com) (9.06-3.07)

The Coaches Training Institute:

- Life Coaching levels 1 & 2. San Rafael, CA, USA. (2005)

Basic Improvisation: Pan Theater, Oakland, CA, USA. (www.pantheater.com) (2.08-3.08)

- Develop presentation & speaking skills, improve listening skills, explore & develop creativity, understanding group dynamics and subtext, reducing criticism, increasing acceptance of oneself and others.

Exploring Mysticism in Sound and Music: Sylvia Nakkach, CIIS, S.F., CA, USA. (11.17-18.07)

- Experiential and academic exploration of multi-cultural uses of music for transition, healing and education.

REIKI, EBB & Light Body: Symmetry Consulting, Judy Reis, CA, USA (1.1.93-6.1.93)

- Degrees 1 & 2, Energy Body Balancing (EBB), Light Body Graduate (D. Packer/S. Roman)

EDUCATION

- **M.A. Consciousness Studies & Transformative Arts;** John F. Kennedy University, Orinda, C.A., USA (9.00-9.04)
- **B.A. Integral Studies,** California Institute of Integral Studies (10.97-8.98). (Academy of Art College 1.95-8.96 and SF State University 9.96-9.97)
- **Felsted School,** Essex, U.K. (81-83). 'A' & 'S' Level English.
- **Queenswood School,** Hertfordshire, U.K. (76-81). 10 'O' Levels.

PUBLISHED

- **Writing:** Article Published in 'Voices of the New Earth': "Sound of Nature and the Nature of Sound" (4.04)
- **Music:** Picture Perfect Music LLC dba All About Music (9.02-9.03)

CURRENT RESEARCH ACTIVITIES

- Exploring psycho-spiritual dynamics of relationship & communication for creative and transformation potential. Focus on energy, self-awareness, sound, music, silence and dialogue; how they contribute to clarity, self-awareness and creation of sustainable community.

MEMBERSHIPS

- **MU** - Musicians Union (since 2010)
- **ASCAP** - American Society of Composers, Authors and Publishers - (since 2002)
- **Awakening The Dreamer** - Environmental sustainability, spiritual fulfillment & social justice. (since 3.10)
- **Trustee & Member of Creative Visioning Committee;** Grace North Church, Berkeley, CA USA. (4.05-4.08)

Addendum:-

ADDITIONAL ARTS, MUSIC & HEALING TRAINING

MUSIC TRAINING:

Vox Mundi Studios; Sylvia Nakkach, Marin, CA, USA (2004)

Indian singing and chant

Laney College, Oakland, CA, USA. (9.99-5.00)

Music Theory classes.

Stanford Jazz Camp, Stanford, C.A., USA (8.2.97-8.9.97)

Singing instruction, Madeline Eastman

Piano/music teacher, Peter Apfelbaum, Berkeley, C.A., USA (7.97-8.98)

Berkeley Jazz School, C.A., USA (4.22.97-5.27.97)

Advanced Jazz Theory - Mark Levine

Jazz Camp West, La Honda, C.A., USA (6.21.97-6.2.97)

Advanced vocal instruction - Kellye Gray

Rhiannon, San Rafael, C.A., USA (1.5.97-1.22.97)

'All The Way In' - Vocal improvisation intensive (3 weeks)

Jeff Massanari, Oakland, C.A., USA (97-98)

Guitar Playing & Theory

San Francisco State University, S.F., C.A., USA (9.96-10.97)

[**Jazz Combo/Vocal Jazz, Pop & Jazz Harmonies, Guitar 1, Ear Training & Musicianship**]

Brenda Boykin, Oakland, C.A. (93)

Vocal training weekend intensive, Jazz and Blue Funshop.

IMW, London, U.K. (92).

Music Recording Introductory Course.

Various: group and individual instruction, London, U.K. (89-92) **Drumming, Singing,**

Saxophone (group), Saxophone (individual) - Tommy Barlow, Joe Hatherill

Piano grade 5, The Royal Schools of Music. (80)

FILM/VIDEO WORK EXPERIENCE:

"C-George": Film. (09)

Actor & Co-Director;

A 15 minute film focused on the beautiful relationship of an aged couple - George and Mimi - as George becomes acquainted, after years of searching, with his 'higher self/spirit' and eventually dies.

Role: I played Mimi (wife of lead). Plus, I also helped Direct with ideas and Camera. This was a collaborative piece between four of us who played the characters/parts in it.

Commotion Pictures - Production Co., S.F., C.A., USA (9.92-9.93)

Production/Art Assistant in Music and Corporate Video Production.

Island Records, London, U.K. (10.90-10.91)

Music Video Coordinator and Researcher.

Duties included finding suitable directors and production companies, selecting treatments, attending creative meetings, shoots, monitoring off-line and on-line editing and budgeting.

In addition, worked on researching for TV pilot for comedian/ musician John Shuttleworth at Island Music.

Popata Productions, London, U.K. (9.90)

Runner/Production Assistant/Craft Service. Art department, photography, set up, artist liaison etc.

PHOTOGRAPHY/ART CLASSES/TRAINING:

San Francisco State University, S.F., C.A., USA (9.96-10.97) Ceramics 1,

Figure Drawing & Painting 2.

Academy of Art College, S.F., C.A., USA (1.95-8.96)

Design & Materials, Sculpture 1, Still Life Painting 1, Drawing Principles, Electronic Editing 1

Introduction to Computer Arts, Desktop Design 1

The San Francisco School of Art, S.F., C.A., USA (6.96-8.96)

Figure Drawing - mixed media.

Fantasy Finishes, Gloucestershire, U.K., (91 & 94)

Specialized paint finishes (faux) - trained by Tim Duddfield

City Lit College, London, U.K. (91-92)

Figure Drawing

Polytechnic of Central London, London, U.K. (7.91-12.91)

'Starting Photography' - Geoffrey Attridge

'Still Life Photography' - Mark Tyrrell/Lorrise Carse - Wilen

HEALING TRAINING:

Body & Soul Conference, C.O., USA (7.11-13.97)

Undergraduate registration, raising awareness of conscious living.

Naropa Institute, Boulder, C.O., USA (7.7-11.97) (two 1 week classes)

Cellular & Human Consciousness - Susan Aposhyan. **Dying to be Born** - Christine Caldwell

City Lit. College, London, U.K. (9.12.94-12.14.94)

'Spiritual Psychology' - Jamie Moran (3 months)

Infinity Bookstore, C.A., USA (93)

'Psychic Empathy' course - Judi Simone (8 weeks)

Sesame College, London, U.K. (91)

Drama and Movement Therapy - Mary Smaile (1 week)

Symmetry Consulting, Judy Reis, C.A., USA (1.1.93-6.1.93)

REIKI - Degrees 1 & 2, **Energy Body Balancing (EBB)**, **Light Body Graduate** (Orin/Daben - 6 month+ training)

College of Psychic Studies, London, U.K. (89)

Healing and Psychic Surgery - Geoff Boltwood (8 weeks)

Spiritual and Psychic Development - Julie Soskin (8 weeks)

Psychosynthesis Counseling Education Trust (6.86) 1 week.

Introductory experiential Psychosynthesis study: creative visualization and hypnosis.