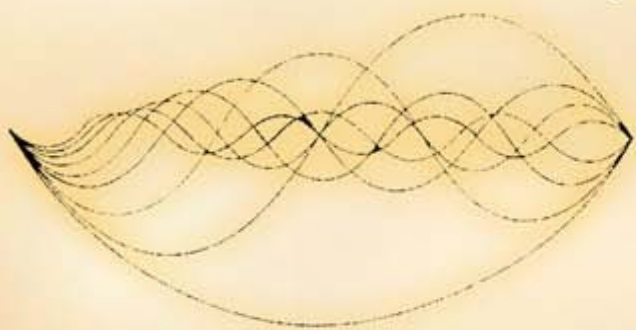


Conscious Creations Presents...

# harmonic sounds for inner stillness project





Prabhu Osoniqs

Mary Laslett

Heather Frahn

Stuart Rose

Photo by Samira Teague

## Harmonic Project, Sounds for Inner Stillness - Biography

Harmonic Project conducts the meeting point between the art of music creation and the energy of sound healing, in a live, ambient music experience that inspires a deep listening. The sea of floating harmonics and overtones produced by beautiful sacred sound instruments invites inner stillness, heightened awareness and immersed relaxation. Mindfully layering singing bowls, gongs, soulful vocals, flutes, percussion and more, Harmonic Project creates a sonic soundscape that seamlessly ebbs and flows.

Harmonic Project aspires to invite quietude.

**qui-e-tude** |'kwīət(y)oōd|

*noun*

a state of stillness, calmness, and quiet in a person or place.

The instruments featured in Harmonic Project are Tibetan and Crystal singing bowls, Chinese chao gong, Thai Lotus Flower gong, Cosmic Tone melodic steel drums, frame & dholak drums, cymbals and percussion, various bamboo and wooden flutes, low whistles, didgeridu, guitar, and vocal singing techniques, including haunting harmonic singing, mantra chanting and soulful improvised melodies.

Giving birth to Harmonic Project is multi award-winning performer, vocalist, songwriter and instrumentalist Heather Frahn, who is critically acclaimed in Australia and internationally for her superb vocals and inspirational music. Joining her are multi-instrumentalist Stuart Rose, Hang virtuoso Prabhu Osoniqs, and vocalist with the “voice of an angel” Mary Laslett. Each bring their own unique sonic elements to the Harmonic Project stage. These skillfully talented, world-class musicians create rich sonic experiences, beautiful melodic sounds, harmonies, rhythms and textures.

Harmonic Project’s debut album ‘Divine Resonance’, a majestic collection of stunningly entrancing and evocative music, released in 2012, now available on iTunes.

[www.harmonicproject.com](http://www.harmonicproject.com)

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# Harmonic Project – Members Biographies

## *Heather Frahn - Adelaide [www.heatherfrahn.com](http://www.heatherfrahn.com)*

Heather Frahn is an Australian, multi award-winning singer-songwriter, vocalist and instrumentalist. She promotes peace, unity and positive social change through her music and rich, dynamic voice.

Heather has successfully toured and performed within Australia, Europe and United Kingdom. She has also featured in festivals such as Womadelaide, Adelaide International Guitar Festival, and the National Folk Festival. Heather's music has been included on the Rhythm Divine CD, produced by ABC's Radio National and is a valued member of the Arts In Health team at Flinders Medical Centre facilitating the Sounds for Relaxation Program. She has received training and mentoring in sound therapy practices with various teachers from around the world in the United States, United Kingdom, Belgium, Germany, and Australia, focusing on gongs, singing bowls, harmonic singing, voice and mindfulness meditation.

Heather is treasured as one of South Australia's most outstanding female artists. With a career spanning over fifteen years she has won a number music awards including Most Outstanding Female Vocalist of South Australia in both 2000 and 2004, Most Outstanding Instrumentalist of South Australia in 2004 and Young Citizen of the Year in 2006. Heather has been acknowledged as one of the "Women of The 21st Century" in the Australian holistic spiritual magazine Innerself, and also has ongoing listing in the book "Who's Who of Australian Women for her multi-dimensional work in music, sound, performance and the community. Heather's intent is to promote peace and raise the human consciousness through music and sound.

## *Prabhu OSONIQS - Sydney [www.osoniqs.com](http://www.osoniqs.com)*

A musical genre nomad, Prabhu's music is a fusion of its own kind. It has the flavours of the East, West, New Age, Folk, Devotional, Jazz, Dance, Trance-Spiritual and World Music. And surprisingly, Prabhu creates all this music with a UFO-looking 21st century instrument, the HANG. His HANG music creates a sweet tranquil field of stillness and an atmosphere of spirited celebration, regardless of the venue, event, country or culture.

Prabhu offers HANG music with a unique combination of melodies, rhythms, overflowing overtones and ethereal vibrations, on a journey through the stillness of Zen mountains in Japan to the devotional, mystical landscape of India. Prabhu's evoking compositions and entrancing HANG have touched many, many hearts around the globe. Prabhu has offered HANG music concerts at festivals, schools, concert halls, cultural events, corporate events, temples, yoga centres, dance studios and soirees in Australia, Europe, Hong Kong, India and Japan.

## *Stuart Rose - Adelaide [www.themoorrose.com](http://www.themoorrose.com)*

Stuart is an accomplished multi-instrumentalist (guitar, bouzouki, flute, percussion), songwriter and vocalist. Being a self-taught musician ("unclassically untrained", he muses), his intuitive & improvisational style creates uniquely soulful music & powerful music for the soul. Whether performing as a solo artist, in the duo The Moor Rose, with The Harmonic Project, or as a session musician, he is acclaimed for the warmth and richness of his music.

As a journeyman through many different genres of music, including Folk, Roots, Jazz and World Music, Stuart now finds joy in blending musical styles & genres, developing fusions that cross between East & West; influenced by Celtic, Indian, Arabic, Spanish & African traditions. He brings a diverse & dynamic palate of sounds to his performances, including Adelaide Fringe Festival 2010 & 2012, Garden of Unearthly Delights 2011, and Tour Down Under 2010.

## *Mary Laslett - Adelaide [www.marylaslett.com](http://www.marylaslett.com)*

Mary Laslett has a powerful and beautiful voice which ranges over 4 octaves. With her voice, she brings in both shamanic and angelic sounds. As well as being an accomplished vocalist and singer-songwriter, Mary also facilitates singing groups and practices sound healing. To reach a wider cross section of society, Mary runs community singing groups in regional South Australia and believes we must reclaim our right to sing and dance as part of community and connection with others.

For more than 20 years Mary has inspired and delighted audiences with her creativity, songwriting and her beautiful voice. In her songs, Mary brings a message of love, responsibility and eagerness for humanity to find its highest path. Mary's solo album 'Into One' was released in 2012.

# Harmonic Project – Event History

2013: Sound, Mantra and Meditation Retreat  
w/ Harmonic Project and Swami Dayananda, Lokananda Retreat Centre S.A.

2013: Sound Healing Concert w/ Harmonic Project  
Winter Solstice Sacred Sound Festival, S.A.

2012: Sound Healing Concert  
12.12.12 Blessed Gaia Celebration, S.A.

2012: Harmonic Project - Divine Resonance - Album Launch & Release

2012: Sound Healing Concert  
Harmonic Project - Body Mind Spirit Festival, S.A.

2012: Sound Massage Therapy  
Practitioner Training for Heather Frahn with the Peter Hess Institute for  
Sound Massage Therapy, Germany.

2012: Sound Healing Concert – Support for Terry Oldfield (UK)  
Harmonic Project – The Church of the Trinity, S.A.

2012: Sound Healing Concert  
Harmonic Project – The Yoga Cycle, S.A.

2012: Sound Healing Concert  
Harmonic Project – The Healing Ground, Mylor S.A.

2012: Sound Healing Concert & Meditation  
By Prabhu Osoniqs & Heather Frahn – OSHO Meditation Centre, S.A.

2012: Sound Healing Concert  
Harmonic Project – “Instrumental Sounds of Bliss” McLaren Vale, S.A.

2012: Sound Healing, Meditation & Yoga  
Concert & Workshop by Heather Frahn & Tania Verlhurst – Back & White  
Healing Centre, Belgium Europe

2012: Gong Healing & Gong Therapy  
Training and mentoring for Heather Frahn by Patrik Thijs – Belgium Europe

2012: Sounds For Meditation – Workshop and Presentation by Heather  
Frahn – Community Re-Entry Program, Flinders University, S.A.

2012: A Prayer Without Words  
Published article by Heather Frahn – The Art of Healing Magazine, Australia

2012: Tibetan Bowl Healing School  
Training & mentoring for Heather Frahn by Diane Mandle – California, U.S.A.

2011: Sound Healing Concert  
With Heather Frahn & guests – Heartspace Festival, N.S.W.

2011: Sound Healing Concert  
Harmonic Project – The Yoga Cycle, S.A.

2011: Sound Healing Concert & Workshop  
By Heather Frahn – Feast Festival Wellbeing Retreat, S.A.

2011: Sound Healing Concert & Workshop  
By Heather Frahn – Southern Vales Wellbeing Group, S.A.

2011: The Power of Sound Healing  
Key note presentation by Heather Frahn – Pagan Society of S.A.

2011: Sound Healing Concert & Workshop  
By Heather Frahn – Spiritual Wellbeing Weekend, S.A.

2011: Sound Healing Concert  
Harmonic Project – The Whole Body Retreat, Aldinga, S.A.

2011: Sound Healing in Healthcare Interview  
With Heather Frahn – ABC Radio National, Life Matters Program

2010: Sound Healing Concert  
Harmonic Project – The Healers Market, McLaren Vale South Australia

2009: Sound Healing Concert & Workshop  
By Heather Frahn – Renmark, S.A.

2009: Sounds for Healing Interview  
With Heather Frahn – ABC Renmark, S.A.

2009: Sound Healing Concert & Workshop  
Harmonic Project – Castlemaine, VIC

2009: Sound Healing Concert  
Harmonic Project – The Healers Market, McLaren Vale S.A.

2009: Voice For Wellbeing  
Workshop by Heather Frahn - National Folk Festival, Canberra ACT

2009: Sound Healing Concert  
Harmonic Project – Live Music Festival on Radio Adelaide 101.5FM, S.A.

2009: Sounds For Relaxation  
Workshops and presentation by Heather Frahn - National Arts In Health  
Conference, Canberra ACT

2009 to Current: Sounds For Relaxation Program  
Facilitation Heather Frahn, Arts In Health at Flinders Medical Centre, S.A.

2008: Healing Power of The Voice  
Training and mentoring for Heather Frahn by Shirley Roden - U.K.

2008: Khöömii Harmonic Singing, Himalayan Singing Bowls & Gongs -  
Training and mentoring for Heather Frahn by Michael Ormiston - U.K.

2008: Harmonic Singing  
Training for Heather Frahn by Dean Frenkel – S.A.

# Harmonic Project - Testimonials

*Thank you to the people below who have expressed their feelings to us, and being part of Harmonic Project's special journey. For privacy purposes people's full names have been kept confidential.*

"The concert was great. I'm so glad I came. The best part was the sound bath at the end. It could have gone on all night and I would have been quite content. Thankyou." Jacquelyn, audience member

"Slept so well that night. Still hear your two ladies amazing voices vibrating through my head." Dean, audience member.

"Thank you for a very special evening. Its not often I take time out for me, so this was a very special night of healing and 'quiet' time flowing with the vibrations of the instruments." Jeanette, Centre of Infinity

"We thoroughly enjoyed our sound-healing experience today. Many thanks again for sharing your wonderful musical skills, friendliness, and peaceful presence." Don, audience member

"Thankyou special ones! your incredible sound meditation transported me to, swimming with dolphins and whales, to a galactic war zone of eons ago, to finally saying a final "sorry" to my Mother for sometimes not treating her in a loving way when in the nursing home prior to her death. Mum said that we do not need to mention this again! Thanks soooooo much for this healing" Annette, audience member

"Thank you for such a divine evening last night. The sounds were amazing and I'd never experienced such a unique music experience. It was beautiful to actually have you all play the instruments and sing to individual people in the audience. I think that part I particularly enjoyed as it personalised the moment and deepened the meditative experience. I found the event quite emotional and moving. I believe it was healing for me on a spiritual, mental and physical level and I was unable to participate in any discussions after as the stillness and tranquility that remained allowed me to reflect on certain issues in my life. What particularly resonated with me was your reference to Masaru Emoto. Earlier in the week I came across that book in the library and I have found it both beautiful and fascinating." Helen, audience member.

"Having known most of Heather's musical projects over the years, when she presented her new one, Harmonic Project on Out of This World as part of Radio Adelaide's Live Music Festival I knew I had witnessed and heard something very special indeed! The idea that this form of music, ambient music, can inspire a deep listening, mesmerising experience was born out in her performance. Using a variety of instruments including gongs, drums, bamboo and ocarina flutes as well as a variety of harmonic singing techniques Heather presented a musical soundscape and performance that I consider to be one of the highlights of this years Live Music Festival at Radio Adelaide" Out of This World Program, Radio Adelaide 101.5fm

"A blend of unique simple melodies and overflowing overtones which delivered on the promise to soothe our soul, and fill up our hearts with ethereal vibrations to recharge our energy field. It was amazing to be transported to another world where the mind could be still, the body relax and the soul soar. The crowd was so still and present to receive this glorious gift of sacred sound. It was just as profound to sit in the space of silence between each meditative tune, as it was to be carried away with the hypnotic beats of the hang." The Healing Ground



*Harmonic Project's album  
'divine resonance'  
available on iTunes*