

## Mp3 She Laughs - Elements Of Life, Love And Action



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Spoken word and song with traditional percussion from several cultures and instrumentals: from whispers to screams, about the power of women, spirit, nature, and positive change. 11 MP3 Songs SPOKEN WORD: With Music, WORLD: World Fusion Details: This CD features poetry and music by Carolyn Aguila, Mars Gamba-Adisa Caulton, Genine Coleman, Sache Garret, Liz Marino, Alicia Matthews, Shelley Miller, Nicole Mitchell, Kelly Norman-Ellis, Ugochi Nwaogwugwu, Cecile Savage, and Jamie Topper. Who We Are: She Laughs is an ensemble of women, spanning across art forms, who share a love of improvisation. We are drummers, poets, musicians, dancers, and visual artists. She Laughs women have skills, vision and concept; respect for spirit in whatever ways each of us defines it; a desire to put our creativity in the direct service of change; and a love of performing / sharing our art. What We Believe: "The personal is political. And the political is personal." The women's liberation movement She Laughs stands for positive change in all things, and She Laughs stands with those who fight for this. To actively seek justice in all things is as natural as air, fire, water, and ground. Change is the truest law in the universe. What We Do: She Laughs performances are spontaneous and unique. Purposeful and well-conceived. Site-specific. We perform something new at each performance by using loosely structured improvisation. How We Do It: The art of improvisation is the process of composing and performing, visualizing and creating, simultaneously. By embracing the unknown we honor our "women's intuition." We affirm our trust in the power of people. And we affirm our faith in spirit. Our improvisations are often based on a specific element : an object, a photo, a story or event, a visual art piece, a word, phrase or slogan. Background: She Laughs began in the summer of 2000 when 2 dozen women came together to create a CD together based on 4 original poems. The group worked in 4 sections and evolved constantly, redefining itself and the project. The CD, "Elements Of Life, Love, And Action," was released

in August 2002. We have also performed at a few venues, including a live session on WZRD in January 2001, the Stockyards Theater Women's Performance Art Fest, and The Candlestick Maker . Contact : She Laughs is promoted and represented by Renaissance Street, a small, woman-owned/minority-owned business that promotes artists whose work is conscious, powerful, and just. Contact Mars at Renaissance Street for more info. Renaissance Street P. O. Box 477003 Chicago IL 60647

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