

# Mp3 Caroline Waters - Being Totally Alive



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A lush bouquet of tender love songs and tantalizing interludes, ranging from sensual jazz to chamber pop. Adds delicious flavor to evenings of smooth elegance and joyous celebration. 12 MP3 Songs in this album (41:17) ! Related styles: EASY LISTENING: Love Songs, JAZZ: Jazz Vocals People who are interested in Tori Amos Norah Jones Sarah McLachlan should consider this download. Details: My most recent solo album, Being Totally Alive, was created to inspire our hearts to sing with reckless abandon, to empower the child within and to embrace the magic and beauty of relationship, in love with the love that connects us all. The making of this CD has allowed me to get deeply in touch with the tenderness of my heart and voice as well as explore the possibility of combining the musical genres that I love the most. Of course, the passion, beauty and outstanding musicianship that cellist Carter Dewberry, bassist Abe Laboriel and flute/saxophonist Katisse Buckingham contributed to this labor of love is simply beyond words. As an artist, I wish to empower us all to express our souls powerfully, joyously and in total freedom from judgment (from self and others). I believe that when we sing the song that is our hearts desire, the whole world changes for the better in an instant. Here's my story in a nutshell... From Child Stardom to Vocal Freedom: They say I was born singing and with a pair of cross-country skis on my feet. I also enjoyed playing soccer, fighting with the boys, being a sleuth and solving math riddles. My dad played the piano like Nat King Cole and sang like Frank Sinatra. My mom took fencing lessons and made us belly laugh until we cried. Together we co-created more than two decades of extraordinarily dramatic and emotionally thrilling adventures. I did my first live performance at age two, starred in my first movie at age three and soon became Norways youngest musical ambassador for international events. I toured with the National Theater at seven and at nine a whole musical was written for me to star in. This musical toured Europe and the US and finally became a TV mini-series hosted by yours truly. Dad and I were stage

partners as jazz entertainers, film stars, television hosts and musical comedians until I left home for LA at twenty-two. After nearly dying in a bicycle accident that eradicated my academic dreams of becoming a medical doctor, I ventured on a journey that took me full circle to my authentic artistic expression. During this journey, my best friend and soul sister, Stefanie Stroh, vanished without a trace in the Nevada desert. My relentless search for her shifted my focus powerfully to include a fierce social engagement. Fighting for women and childrens rights and vocal freedom became my number one priority. CD Recordings and Wild Waters Parties: Compassion was my first studio recorded solo album. I recorded it on an eight-track half inch reel in my kitchen, with fabulous Abe Laboriel on bass, Kurt Wortman on drums and Katisse Buckingham on saxophone. The cover was created in the wee hours at Kinkos, using scissors and copy machines to shrink and enlarge the typed passages to the appropriate layout before handing it to the printer. This CD is dedicated to Stefanie Stroh, whose disappearance remains a mystery to this day. After being successfully headhunted by MTG Productions and Sony Music Norway, I decided to record my second solo album, Talk With Eve, live at Cosmopolite in Oslo. This passionate rendition of some of my favorite original tunes is flanked by a tight little band of groovy angels including Deb Girnius on guitar, flute and vocals. We encountered a scary moment at sound check when I discovered that I had lost my voice completely. But thanks to a lifetime of vocal exercises, pure willpower, a shot of B12 and one of the most amazing audiences I have had the pleasure of singing to, we pulled it off with more soul and gusto than I had ever known possible. Talk With Eve served as a truly liberating turning point for my artist self, as it allowed for a more sexy and unpolished expression than my formative years had pointed to. This inspired the birth of my very first alter ego stage persona, Me Jane. With Me Jane leading the way, flanked by the drag duo, Bang Bang Shock Proof, we decided to use her as the warm-up act for the Caroline Waters Band for the annual Wild Waters Party at Cosmopolite. This became a huge success, and many had no idea Me Jane and I were the one and the same. Becoming Venus: After being awarded a Green card as an Alien of Extraordinary Ability in the Arts, I recorded my third solo album. Venus Envy was created as a spell of sexy songs to attract a new lover into my life. Little did I know that the lover I would find at the end of that spell was my own Goddess self. By focusing on who I wanted to be as a lover rather than trying to orchestrate and manipulate my surroundings, I fell in love with life in its purest form. And from that point of joyous connection, the magic and beauty that exists in everything and everyone simply became more visible to me. Venus Envy was nominated for Best Female Artist in the All

American Awards, and the title song, "I Am Venus," was licensed to a compilation album featuring Diana Krall, Norah Jones, Natalie Cole and me. After Venus Envy, my hunger for the theater compelled me to write and produce a musical comedy entitled Queen of Clubs. This production, which received hysterical rave reviews and a six-week run at the Masquers Cabaret in West Hollywood, was created and performed in collaboration with jazz diva Kasandra Vanel. Queen of Clubs gave birth to my second alter ego stage persona, Queen Caroline. A role that gave me the opportunity to mix my love for musical comedy, disco dancing, kick boxing, royal British humor and fiddle playing, all in one fell swoop. Being Totally Alive: Somewhere in between the making and performing of Venus Envy and Queen of Clubs, I began to focus my attention on the healing arts. Since massage therapy, quantum physics and energy healing had played important roles in my recovery from the bicycle accident, and since my hands naturally heated up whenever someone around me was in pain, it seemed logical to explore my potential in those realms. I also had a real need to find a place in my life where I didn't have to perform or be the center of attention. By allowing myself to become a conduit for healing transformation in others, I made it possible for my artist self to deepen and expand exponentially. I also discovered that my intuitive healing work enabled me to remove both physical and emotional blocks when I applied it to my Vocal Freedom seminars. My newest CD, Being Totally Alive, was created as a result of this amazing process. Today, I see my work as facilitating powerful spaces of transformation, whether it be through songwriting, performing, writing stories, composing music for film, doing voice overs, making us belly laugh until we cry, being an intuitive healer, motivational speaker or vocal freedom coach. What makes your heart sing?

Musically Yours, Caroline Waters

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