



Donatella Moltisanti

Soul Healer

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Full Bio:

Raised on the island of Sicily, Donatella Moltisanti grew up surrounded by ancient healing wisdom, which fed her gift as a natural healer. She discovered this gift as a young child, when she was able to eliminate pain in her family members, simply by putting her hands on the places that hurt. It was only after enrolling in a music conservatory and receiving her degree as an opera performer and teacher, however, that Donatella discovered the extent of her healing power: When she sang, she felt transported to an altered state of consciousness and higher state of awareness, while those around her reported spontaneous emotional breakthroughs and metaphysical experiences. Over the course of their vocal and breath work with Donatella, some opera students even experienced physical healings, from ailments as pronounced as scoliosis.

As Donatella continued to sing internationally, at venues ranging from local churches to Carnegie Hall, she embarked on a quest to understand and amplify her natural healing abilities. To this end, she became a certified nutritionist and holistic health counselor, through the Institute of Integrative Nutrition, and she studied with numerous spiritual teachers from diverse modalities of healing. Ultimately, Donatella developed the Moltisanti Soul Healing method, a six-step process that helps individuals access their core being, let go of residue from trauma, and express themselves authentically. At the core of this work are the Moltisanti Soul Singing method, a music-based healing that fuses classical opera, sacred Eastern music, and improvised vocalization, and the Moltisanti Conscious Breathing method, a tool for awakening the body and becoming both spiritually aligned and emotionally grounded, by mastering the breath.

Through her wellness company, Vitality Soul, Donatella teaches these methods and additionally offers group programs, international retreats, and private sessions. To this end, she has worked with A-list celebrities, Fortune 50 executives, elite athletes, and everyday people – bringing her innovative work to those in need worldwide, on a mission to help heal humanity, one soul at a time. *Moltisanti Soul Singing* is Donatella's debut CD and reflects the culmination of 30 years of her work. For more information, please visit DonatellaMoltisanti.com.



Short Bio:

A naturally-gifted healer with a music conservatory degree in opera performance and teaching, Donatella Moltisanti is the founder of Moltisanti Soul Healing method, a six-step process that helps individuals access their core being, let go of residue from trauma, and express themselves authentically. At the core of this work are the Moltisanti Soul Singing method, a music-based healing that fuses classical opera, sacred Eastern music, and improvised vocalization, and the Moltisanti Conscious Breathing method, a tool for awakening the body and becoming both spiritually aligned and emotionally grounded, by mastering the breath. Through her wellness company, Vitality Soul, Donatella teaches these methods and additionally offers group programs, international retreats, and private sessions. To this end, she has worked with A-list celebrities, Fortune 50 executives, elite athletes, and everyday people – bringing her innovative work to those in need worldwide, on a mission to help heal humanity, one soul at a time. *Moltisanti Soul Singing* is Donatella's debut CD and reflects the culmination of 30 years of her work. For more information, please visit DonatellaMoltisanti.com.









Moltisanti Soul Singing CD:

With her debut CD, *Moltisanti Soul Singing*, soul healer Donatella Moltisanti invites you into a profound state of meditation and relaxation, while immersing you in the healing and transformative power of the human voice. This double CD includes 17 elegant music tracks featuring a cappella vocals and crystal singing bowls, in some cases with the accompaniment of violin and guitar. An additional 17 introductory tracks offer meditation guidance for each music track. Following the path on which Donatella has taken her clients for the past 30 years, the first CD is devoted to healing brokenness, and the second CD is devoted to manifesting greatness. Throughout it all, Donatella's voice is rich, soulful, and resonant – soothing your nerves and comforting your heart like a mother's lullaby, while commanding your attention and transporting you into a whole-being journey of awakening.





Areas of Expertise:

-  Sound healing
-  Alchemy of beauty
-  Transformative retreats
-  Healing trauma
-  Spiritual parenting
-  Discovering the sacred feminine
-  Energy clearing
-  New moon meditation





Sample Interview Topics:

Get into the Driver's Seat of Your Life

We cannot undo hurtful events from the past, but we can free ourselves from the energetic hold of those events in the present. Through healing the part of the soul that felt broken and got stuck, we can release it from a traumatic experience – reclaiming and reintegrating it into the vast expansiveness of who we truly are. And so we can free ourselves from patterns of shame, blame, fear, and constriction; we can begin to remember the past from a place of neutrality and non-attachment; and we can step into a future that is brimming with new possibilities. Living proactively instead of reactively, we finally can take hold of the steering wheel and get into the driver's seat of our lives.

Tap into the Power of Motherhood

Society is a reflection of what goes on in families, making it critically important to ensure that family dynamics are healthy and wholesome. In particular, it is essential to recognize mothers as powerful beings – educators who shape the next generation, by teaching children respect, kindness, generosity, truth, and love. Recognizing the primacy of this role, it is equally important to honor mothers as individual women – needing to set limits with our children and spouses, carve out time for self-care and personal enjoyment, and celebrate the ever-present maiden within. By tapping into the power of motherhood, we transform unhealthy family dynamics – spiritually nourishing and uplifting not only the mothers but also the fathers and children, in an inter-connected web.





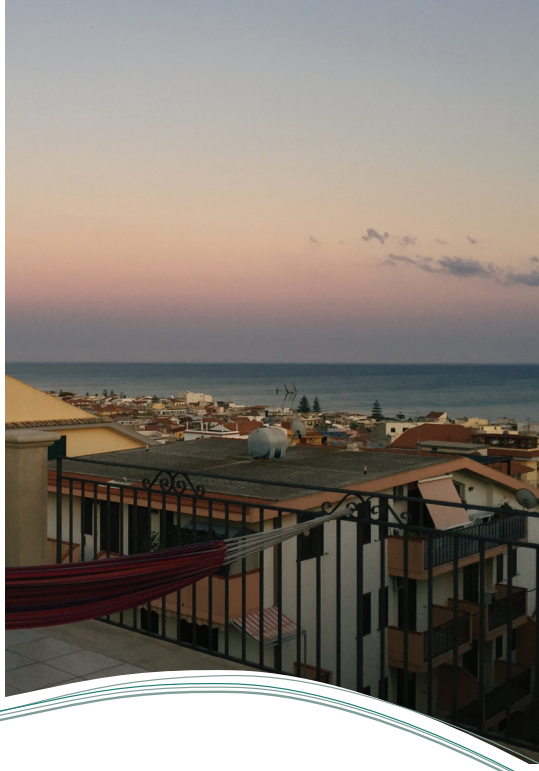
Activate Beauty

We have been taught that beauty is physical, external, and time-bound – a specific look that requires the approval of others and that fades as we age. Ironically, this notion of beauty is so distorted that it is ugly, promoting a sense of dis-ease in who we are, how we feel, and how we perceive the world around us. True beauty is the pure and radiant light, a positive and uplifting energy, that emanates from its source, whether a person, natural entity, object, or surrounding environment. True beauty is sacred, connecting us to the divine within and making us feel beautiful ourselves. To activate our own beauty, and to create and attract beauty around us, we need not wear the latest fashions, hide under layers of cosmetics, or buy trendy objects for our homes. Instead, we need to practice self-love and self-care, clean out the cobwebs in our mind and psyche, and walk through the world with integrity and compassion. Once we have these spiritual foundations in place, we find that all the rest – clothing, makeup, decorating – fall into place, accentuating and celebrating the beauty that already exists within us, instead of masking a sense of hollowness or inadequacy.

The Healing Power of the Human Voice

Whether singing lullabies or sacred chants, mothers and religious leaders have known for millennia what scientists are only beginning to understand: Singing has the extraordinary power to uplift, transport, and heal us, as well as to connect us to the Divine. This shift in consciousness is why, after hearing a particular song, our mood may change abruptly, or we suddenly may feel transported back in time. Singing bypasses our mental process, both awakening and soothing us at the core, without effort. Among other benefits, we are able to access, release, and heal from the experience of trauma, without having to recount and risk getting triggered by painful memories. Singing otherwise is a powerful vehicle for connecting deeply with each other, with the Divine, and with our essential Being.
















New Moon Meditation

From ancient traditions across the world, we learn there are natural cycles for beginning new adventures, mending old relationships, taking time out for contemplation, and so on, as well as for not engaging in certain behaviors. In essence, these traditions teach that we are interconnected with each other, as well as with the greater rhythm and energy of the Universe. In particular, numerous traditions practice a new moon ritual, honoring and tapping into the power of the monthly lunar rebirth. Incorporating diverse astrological sources and drawing from her own intuitive meditation on the new moon each month, Donatella's New Moon Meditation offers the opportunity to connect to the moon, learn about the unique constellation of stars, understand the energies at play, and meditate on how to engage those energies optimally in our life and work up ahead.





Sample Interview Questions:

-  In what ways are people commonly passive or reactive in their own lives? Why is it important for them to get proactive instead, and how do you help them do that?
-  How do you work with people who have undergone trauma? How is your approach to healing trauma different from conventional methods like psychotherapy?
-  What are some ways we typically perceive and treat mothers? What needs to change, and why?
-  How can women retain their individuality, while successfully fulfilling their roles of mother and wife?
-  You say that our ideas about beauty are ugly. What do you mean by that?
-  What are some steps that someone can take, to feel beautiful?
-  Since time immemorial, mothers instinctively have sung lullabies to their children. What does that say about the human voice?
-  How did you transition from a professional opera singer to a healer?
-  What is Moltisanti Soul Healing?
-  What is Moltisanti Soul Singing?
-  What is Moltisanti Conscious Breathing?





Sample Article:

Opera-Singer-Turned-Healer Releases Debut CD

Against the backdrop of a cultural shift over the past 15 years – where shows like “American Idol,” “Glee,” and “The Voice” have topped the charts, and where community choir participation has increased by 33% – the scientific community has made ground-breaking inroads into understanding the biomechanics of song and documenting its transformational healing powers.

With technological advances in imaging, scientists have verified significant changes in heart rate, blood pressure, antibodies, stress levels, breathing, hormone production, memory, cognition, speech, neural activity, and even brain anatomy, through singing and/or listening to music. Patients with the gamut of chronic health conditions – ranging from cancer to stroke to Parkinson’s – have benefitted from the very real applications of these scientific discoveries, and their case studies have been documented in peer-reviewed medical journals worldwide.

Now armed with a wealth of indisputable data, doctors and scientists at leading institutes are working to persuade health insurance companies to recognize the validity of music as medicine, the same way those companies currently recognize the validity of pharmaceutical drugs. As Emmy award-winning journalist Elena Mannes notes in her book, *The Power of Music: Pioneering Discoveries in the New Science of Song*, “Today, science is transforming the idea of music as medicine from myth and guesswork to treatments with proven effect.”

Meanwhile, for millenia, mothers instantaneously have soothed their children’s pain or distress, by singing lullabies; religious leaders profoundly have altered people’s consciousness, by singing spiritual chants; opera singers have shattered glass, by singing at a specific pitch; and everyday





people have uplifted their moods and felt transported back in time, by singing or playing a certain song. None of these hundreds of generations of people needed science to validate what they already knew to be true.

Similarly, three decades ago, Donatella Moltisanti – an opera-singer-turned-healer – trusted her own experience, instead of waiting around for science to catch up with her. Newly-graduated from an Italian music conservatory, where she had studied opera performance and teaching, Moltisanti discovered that her voice catalyzed profound transformations in herself, her students, and her audience members: When she sang, she felt transported to an altered state of consciousness and higher state of awareness, while those around her reported spontaneous emotional breakthroughs and metaphysical experiences. Over the course of their vocal and breath work with Moltisanti, some opera students even experienced physical healings, from ailments as pronounced as scoliosis.

Since then, Moltisanti embarked on a quest to understand and amplify the power of music as a channel for healing. To this end, she studied with numerous spiritual teachers from diverse modalities of healing, and ultimately, she developed the **Moltisanti Soul Healing** method – a six-step process that helps individuals access their core being, let go of residue from trauma, and express themselves authentically. At the core of this work are the **Moltisanti Soul Singing** method, a music-based healing that fuses classical opera, sacred Eastern music, and improvised vocalization, and the **Moltisanti Conscious Breathing** method, a tool for awakening the body and becoming both spiritually aligned and emotionally grounded, by mastering the breath.

On March 1, Moltisanti releases her debut CD, *Moltisanti Soul Singing*, through which she invites listeners into a profound state of meditation and relaxation, while immersed in the healing and transformative power of the human voice. This double CD includes 17 elegant music tracks





featuring a cappella vocals and crystal singing bowls, in some cases with the accompaniment of violin and guitar. An additional 17 introductory tracks offering meditation guidance for each music track. Following the path on which Moltisanti has taken her clients for the past 30 years, the first CD is devoted to healing brokenness, and the second CD is devoted to manifesting greatness. Throughout it all, Moltisanti's voice is rich, soulful, and resonant – soothing the nerves and comforting the heart as would a mother's lullaby, while commanding attention and transporting the listener into a whole-being journey of awakening.

For more information about the CD release and Moltisanti's work, visit DonatellaMoltisanti.com.

