



## DONATELLA MOLTISANTI

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FOR IMMEDIATE RELEASE

**In Honor of Valentine's Day, Stanford University Psychologist Collaborates with Globally-Renown Sound Healer, for Series of Local Events on the Healing Powers of Forgiveness**

From Feb 6-Feb 12, Stanford University's [Fred Luskin PhD](#) and globally-renown sound healer [Donatella Moltisanti](#) offer scientific discussions and experiential journeys through the healing powers of music.

**Menlo Park, CA** – Fred Luskin, PhD, director of the Stanford Forgiveness Project and author of [Forgive for Good](#), joins Donatella Moltisanti for the program, "Experience Forgiveness: Sound Healing for the Broken Heart." Luskin will open the event with a discussion of the principles and applications of forgiveness, then go on to share both scientific research and clinical anecdotes that reveal how the mind-body-spirit connection makes forgiveness a key part of overall wellness. Following this presentation, Moltisanti will share how music can open the portal to and activate feelings of forgiveness – not only through guiding the listener into a profound state of relaxation and meditation, but also through inviting the listener back to the state of wholeness that existed prior to insult or injury. Moltisanti then will begin the experiential part of the event, guiding participants through a healing journey designed to open the channels of forgiveness – combining a specially-customized meditation with operatic vocalization and crystal singing bowls. Experience Forgiveness events take place on Feb 8 from 7:30-9:00 pm (free event) and on Feb 9 from 1:00-3:00 pm (tickets \$25 in advance; \$35 day of) at East West Bookshop, located at 324 Castro St, Mountain View, CA 94041 and on Feb 12 from 5:30-7:00 pm at Stanford Health Improvement Program, located at 3300 Hillview Ave, Suite B, Palo Alto, CA 94304 (tickets \$60).

Moltisanti additionally will offer a solo event, Moltisanti Soul Singing: The Healing Power of the Human Voice – an innovative method combining operatic vocalization, crystal singing bowls, and guided meditation. This musical journey transports

participants to a peaceful and deeply nourishing state, as Moltisanti's pure, heart-centered voice swirls around and through participants, like a cleansing mist that permeates one's very being, [releasing energetic debris](#) and awakening one's core. Far beyond a mere performance, [Moltisanti Soul Singing](#) is a transformational event, invoking the power of music to facilitate a shift in consciousness – through which participants effortlessly glide through a portal into wellbeing. Moltisanti Soul Singing will take place at Peninsula Center for Spiritual Living, on Feb 7 from 7:00-9:00 pm, at [611 Veterans Blvd. Suite #106 - Redwood City, CA 94063](#) (\$25 "love offering").

### **Sample Endorsements**

"Moltisanti Soul Singing brings you on a deep and timeless journey, to your truest essence." – Christa Santangelo PhD, author, *A New Theory of Teenagers*, and Clinical Psychologist and Assistant Clinical Professor at the University of California at San Francisco (UCSF).

"Donatella Moltisanti is an extraordinary artist. Her work combines her exquisite and skilled operatic voice with a profound understanding of healing bowls, to produce a unique experience that is moving and uplifting. Indeed, in today's frenetically paced world, Donatella offers us some essential medicine for the soul." - Michael Finkelstein MD, author, *Slow Medicine: Hope and Healing for Chronic Illness*, and Executive Director at The Slow Medicine Foundation.

Click here [for additional endorsements](#).

### **About Dr. Luskin**

Fred Luskin, PhD is a Senior Consultant in Health Promotion at Stanford University, is a Professor at the Institute of Transpersonal Psychology, and is the Director of the Stanford Forgiveness Project – an ongoing series of workshops and research projects that investigate the effectiveness of his forgiveness methods on a variety of populations. Dr. Luskin presents lectures, workshops, seminars, and trainings on the importance and health benefits of forgiveness, stress management, and emotional competence. His work has helped those who suffered from the violence in Northern Ireland, Sierra Leone, and the World Trade Center on 9/11, and additionally has been effective in corporate, medical, legal, and religious settings. Dr. Luskin is the author of several books, including [Forgive for Good](#), and he has been featured in top national media including *Oprah*, *Health*, and *Cosmopolitan*, and in top local media including *The San Francisco Chronicle*, ABC 7 News, and KQED. Dr. Luskin can be found at [www.learningtoforgive.com](http://www.learningtoforgive.com).

### **About Donatella Moltisanti**

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, VitalitySoul, Donatella teaches these methods and additionally offers group programs, international retreats, and private sessions. Donatella has been featured in top media including ABC, CBS, and PBS, and 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. Donatella can be found at [www.donatellamoltisanti.com](http://www.donatellamoltisanti.com).

For more information, please contact Ligeia Moltisanti, at 347-881-7003 or [support@donatellamoltisanti.com](mailto:support@donatellamoltisanti.com).