



## DONATELLAMOLTISANTI

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FOR IMMEDIATE RELEASE

### **Top Bay Area Doctors Collaborate with Globally-Renown Sound Healer for Series of Local Events on Music as Medicine**

From Feb 6-Feb 12, Stanford University's Dr. Fred Luskin, UCSF's Dr. Kenneth R. Pelletier, and globally-renown sound healer Donatella Moltisanti offer scientific discussions and experiential journeys through the healing powers of music.

**San Leandro, CA** – integrative medicine pioneer Kenneth R. Pelletier PhD MD and sound healer Donatella Moltisanti kick off a week of programs on music as medicine, with the opening event, “Can Music Change Your Genes?” followed by “Experience Forgiveness” and “Moltisanti Soul Singing,” at venues throughout the Bay Area.

➤ **Can Music Change Your Genes?**<sup>[SEP]</sup>

According to leading scientific studies, only 5% of our genetic expression – such as the color of our eyes and skin – is predetermined and set in stone, whereas the rest of our genetic traits are entirely malleable, dependent on our environment and lifestyle habits. The implication is that even those who come from families with high rates of heart disease, diabetes, and other illnesses can prevent and reverse those illnesses. Sound healing – which combines meditation, relaxation, and soul-soothing music – is one of numerous practices that both switch off the expression of disease genes and switch on the expression of healthy genes. Pelletier, author of *Change Your Genes, Change Your Life*, will open this event with a discussion about the burgeoning field of epigenetics, the implications for our ability to self-heal from chronic illness, and the specific application of music as medicine. Moltisanti will then guide participants through a profoundly healing journey combining operatic vocalization, crystal singing bowls, and guided meditation. The event will take place on February 6, from 7:00-9:00 pm, at Unity Church of San Leandro, located at 13909 E.14th Street, San Leandro, CA 94578, \$40 donation.

➤ **Experience Forgiveness**<sup>[SEP]</sup>

Fred Luskin, PhD, director of the Stanford Forgiveness Project and author of *Forgive for Good*, joins 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 (registration \$60).

➤ **Moltisanti Soul Singing**<sup>[1]</sup><sub>SEP</sub>

Moltisanti Soul Singing: The Healing Power of the Human Voice is 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 events will take place at Peninsula Center for Spiritual Living, on Feb 7 from 7:00-9:00 pm (\$25 Love Offering), at 611 Veterans Blvd. Suite #106 - Redwood City, CA 94063, and on Feb 11, from 7:00-9:00 pm Unity Church in San Francisco, at 2222 Bush Street, San Francisco, CA 94115, tickets \$37.

### 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. Pelletier

Kenneth R. Pelletier PhD MD is an integrative medicine pioneer and an international best-selling author. He serves as a clinical professor at UCSF School of Medicine and as a medical consultant to the US Department of Health and Human Services, the World Health Organization, the Federation of State Medical Boards, and Fortune 500 corporations, such as Ford, Oracle, and Pepsico. He has appeared in top

media including Dr. Oz, Good Morning America, and Today. His newest book, *Change Your Genes, Change Your Life*, was released in October and features a foreword by Andrew Weil MD, as well as endorsements by leading medical experts including Mehmet Oz, MD, Deepak Chopra, MD, and Mark Hyman MD. Dr. Pelletier can be found at <https://drpelletier.com>.

#### **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).