

ARCATA

HEALING SOUNDS

Donatella Moltisanti shares methods using the power of music



SHAUN WALKER — THE TIMES-STANDARD

Performer, teacher and healer Donatella Moltisanti plays a singing bowl in a Humboldt State University music classroom on Tuesday. She says she does not play music but “is music” and combines operatic vocalization, crystal singing bowls and guided meditation. It is meant to invoke the power of music to help shift consciousness and participants’ well-being. Raised on the island of Sicily, she now resides in New York City and teaches 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.”