

The Secret to Magical Gigs.

Desiree Irwin



Let me introduce myself:

I grew up on a farm in Canada. At the age of 12 I had a voracious appetite for the child psychology books my aunt had on her bookshelf. I had read the Bible twice, was fascinated by Jung and Freud and had mastered the art of handwriting analysis and palmistry. I have always been overly enthusiastic about change and approach it with blind optimism. This has led to many lessons and is why I always get "The Fool" card in tarot. At the age of 14 I never lived with my parents or brother again. My parents got divorced, I was sent to a school for girls and my brother was sent to family members. I was in my own apartment at 17. I went joyfully but was critically told I was naive. I never worried about what would happen because every time a challenge presented itself I found I had the ability to transcend it. I also found worrying to be a waste of time and no fun.

I was BRAVE not naive.

As you can imagine, I found trouble and trouble found me. I had so much freedom and no one to tell me "no". I was working in a nightclub underage, did singing telegrams on the side and had a live in boyfriend who dabbled in all things criminal.

I was arrested at 17 for not paying a cab driver...I thought my boyfriend had money. This is where I started to learn that where and who you put your time into is important. I got deeper into studying metaphysics. I broke up with the boyfriend, moved in with my best friend, got a job at a daycare and really worked hard. I enrolled in a jazz program at a local college at 19 and took a night job at a club that my friends parents owned.

During this time, I rounded up my girlfriends for a road trip to another city 4 hours away. This was the first time I had understood this kind of freedom. I had always been lead by my intuition and this is what it was telling me to do. When we got there, we dressed up for an "adult" dinner. After dinner we were driving around and I saw this club on a corner. I was drawn to it. I forced my girlfriends to go with me. They didn't want to because it was a strip club during the day and a blues bar at night. I however, was super intrigued. We walked up to the door and the place was sold out. We turn to walk out and a guy comes around the corner and he has 3 tickets. He gives them

to us and my friends begrudgingly enter the establishment. All the while I am in the background saying "see, its meant to be. ...this is amazing...how fun!!!". There were no chairs, so I happily sat on the floor in front of the stage..my girlfriends at this point are "over it" as they sit on the dirty floor in their beautiful outfits.

Then the band comes out. I feel like I know them. They start to play. I am mesmerized.

My friends leave me and go to a dance club. The band takes a break and the bass player says to me" Buddy would like to meet you" and motions upstairs. I am annoyed and say " If he wants to meet me, why isn't he here?" But having nothing better to do, I go upstairs.... cause " It will Be Fun!!!" I get up there and Buddy smiles at me and says " What do you do?".

Me: " I'm a musician too".

Buddy:"oh yeah? If I am in this key what would you play?...'

I told him brazenly " Thats a 12 bar blues, 1,4,5 progression.... Don't judge me because of how I look, I'm sure you don't like it when people do that to you!"

"Do you want to sit in?" I say "sure" and I do.. and its great ...and I get a standing ovation because of my moxie not my chops.

After the gig he says "I'll drop you at your hotel" and I get in the cab and he tells me he is friends with Eric Clapton and The Rolling Stones. I think he is lying.

I sneak into the hotel room where my friends are sleeping and crawl into bed. The next morning the newspaper is shoved under our door and there is my new friend on the cover. I almost die when I replay the night before. Buddy Guy was all he said he was and more. Two weeks later I walk into the convenience store and there he is on the cover of Rolling Stone magazine.

After a spiritual retreat about a year later, I find myself in his band, touring the world and living in Chicago.

I am telling you this story because this is where I started to connect that when I was in alignment very magical things would happen to me and when I was out of alignment I would have no magic. I was always in extremes because I didn't know how to harness my power and energy. I have been on a quest for knowledge for 30 years. This manual is a compilation of my knowledge and references to some of the resources I have accumulated.

My music career has been amazing. I have played on international stages with the best Blues artists in the world, toured with Frankie Avalon who I met when I was musical director for the off Broadway sensation: Tony and Tina's Wedding. My original project Twinray has a publishing deal with Universal for songs that I wrote and recorded with my husband. We have over 350 placements. We were included on a Relix Magazine Compilation CD with Edward Sharpe and The Magnetic Zeros, Alabama Shakes and The Mickey Hart Band. Twinray's album "The Train You're On" was produced by Sean O'Keefe of Fall Out Boy and "Hey There Delilah" fame. I have travelled internationally as a solo piano bar/dueling pianos artist and am now the National Entertainment Director for Howl at Sea onboard Norwegian Cruise Lines. This allows me the opportunity to provide work for musicians locally and internationally. My spiritual journey has been even more amazing. All of these opportunities surfaced when I followed my intuition by using the tools and tips below.

Hopefully there is something in here that resonates for you.

May you find the greatest of joy and spread it to everyone you meet!

Luv,

Dezi

You are Energy Waves.

What?!!!! According to stem cell biologist Bruce Lipton (BruceLipton.com) our bodies are made up of 50 trillion cells and each cell is its own little independent self. When the cells get together, they create a community of vibrating cells, not a person. If you put your hand under a super powered microscope all you will see are vibrating cells. Each cell is a battery that has minus voltage on the inside and positive voltage on the outside. That cell has about 1.4 volts of electricity which means there are 700 trillion volts of electricity in your body. And to top it off....Our energy actually sits on top of the body, not in the body. MIND BLOWN!

"While you see yourself as a physical entity, according to the new physics you are energy waves interacting with each other right now." Today, Physics is studying the vibration not the physical. In quantum physics they don't study the particle, they study the waves and the wave's interference. All of the waves together are "the quantum field." In short, you are made out of atoms but you are also the field and you are connected to everything because you can't separate waves. This explains the whole "we are one" thing.

All animals and all plants communicate with vibration.

A bunny will not go up to a coyote and say "are you my friend?" The bunny will not go there because of bad vibes. We also communicate with vibration through our heart center. In the first 3 minutes of meeting someone you know if you want to be in their energy or not. It's really listening to your intuition aka what you feel in your heart or gut feeling and not what people say to you. "Language was designed to hide feelings". This is your beacon of light when it is foggy. These cues are subtle at times, that's why it's very important to get in tune with them. This keeps you out of negative places and away from negativity in your inner circle. "All organisms communicate by vibration and know if they are in a good place or a bad place by reading vibrations. When we see people in an audience we see them as physical particles and machines, but that is an illusion because we are all interacting waves."

In our business we call this “reading the room”. Intuiting how to evaluate the energy by involving the people in the room. That is why 1 person can affect another person by just being in their field. And because we are energy, we can mold our experiences by knowing how to harness that energy.

Law of Attraction

The **law of attraction** in a nutshell is “like attracts like” but this is really just the tip of the iceberg. You have heard terms like: “What you think about , you bring about” or “If you believe it, you can achieve it”

Maybe some of you have seen the movie “The Secret”. The Secret really brought this concept to the forefront of collective consciousness and made the term “manifest” a household name. It’s a good place to start if you are unfamiliar with this concept. The Secret really touts positive thinking. That is great, cause it feels good. If you are a human who can be present 100% of the time..this will work for you. Unfortunately most of our thoughts are subconscious and we are unaware of our limiting beliefs.

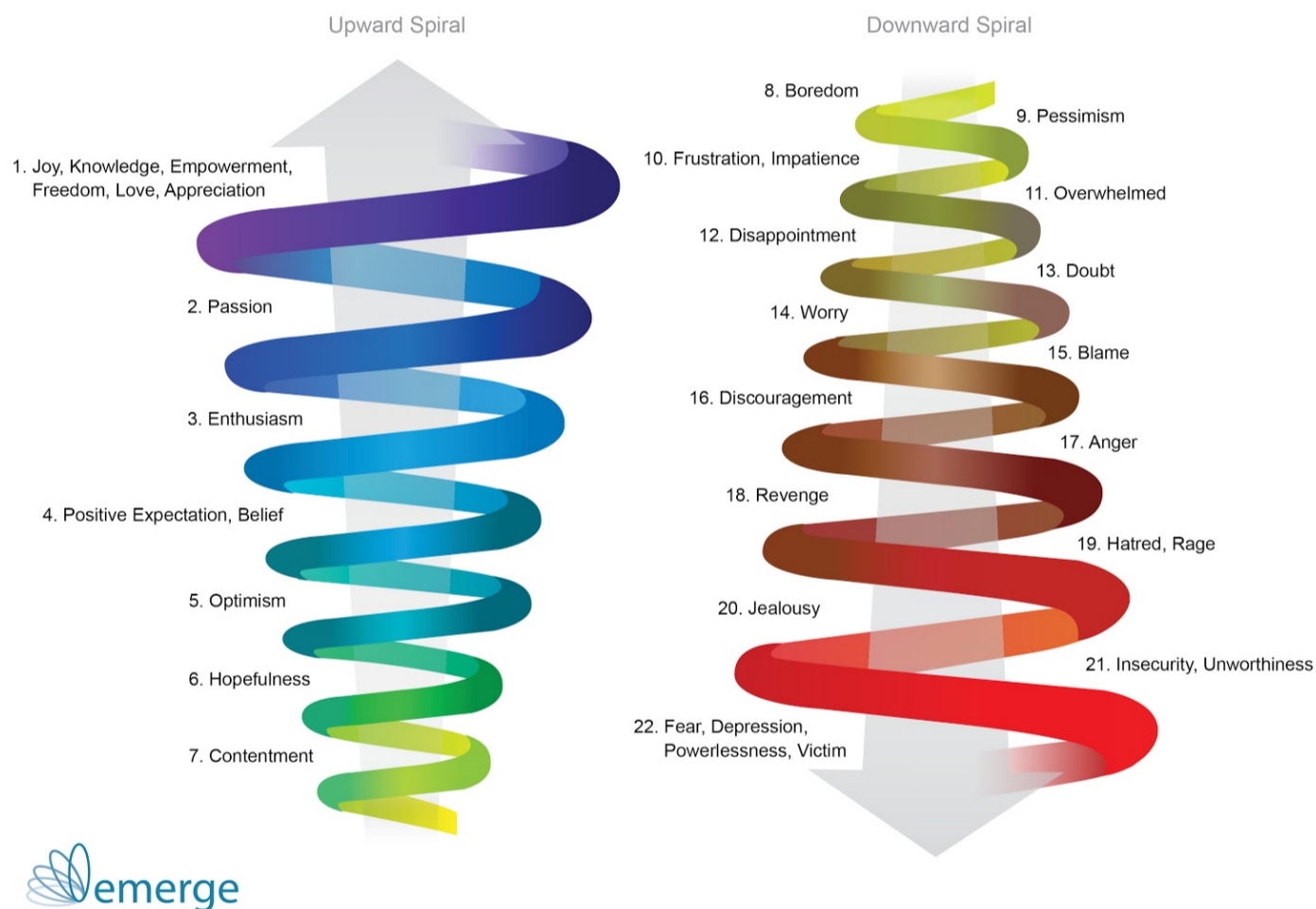


Esther Hicks wrote a book called “Ask and It Is Given”. She is the pioneer in the Law of Attraction community. In this book they go more in depth and explain how The Law of Attraction can be mastered. Your feelings and beliefs are brought about by your thoughts. Therefore you can choose how to feel. Beliefs are just thoughts that are repeated over and over again. Most of our painful experiences happen in seconds and then occupy years of our

headspace as we think about them over and over again. We work so hard to prevent these painful experiences from happening again. If you stop worrying and look around you will realize that nothing painful is actually happening to you in that moment.

When you are telling your friends, or thinking about the “bad” things that happened to you, you are giving your energy (or attention) to that experience. This just creates more of what you don’t want. Instead focus and speak about what you want instead. To get a gauge on what frequency you are vibing at, check in and see how you are feeling. Esther Hicks/Abraham have created the emotional scale diagram to help people reach for a better feeling and change their frequency to align with what it is

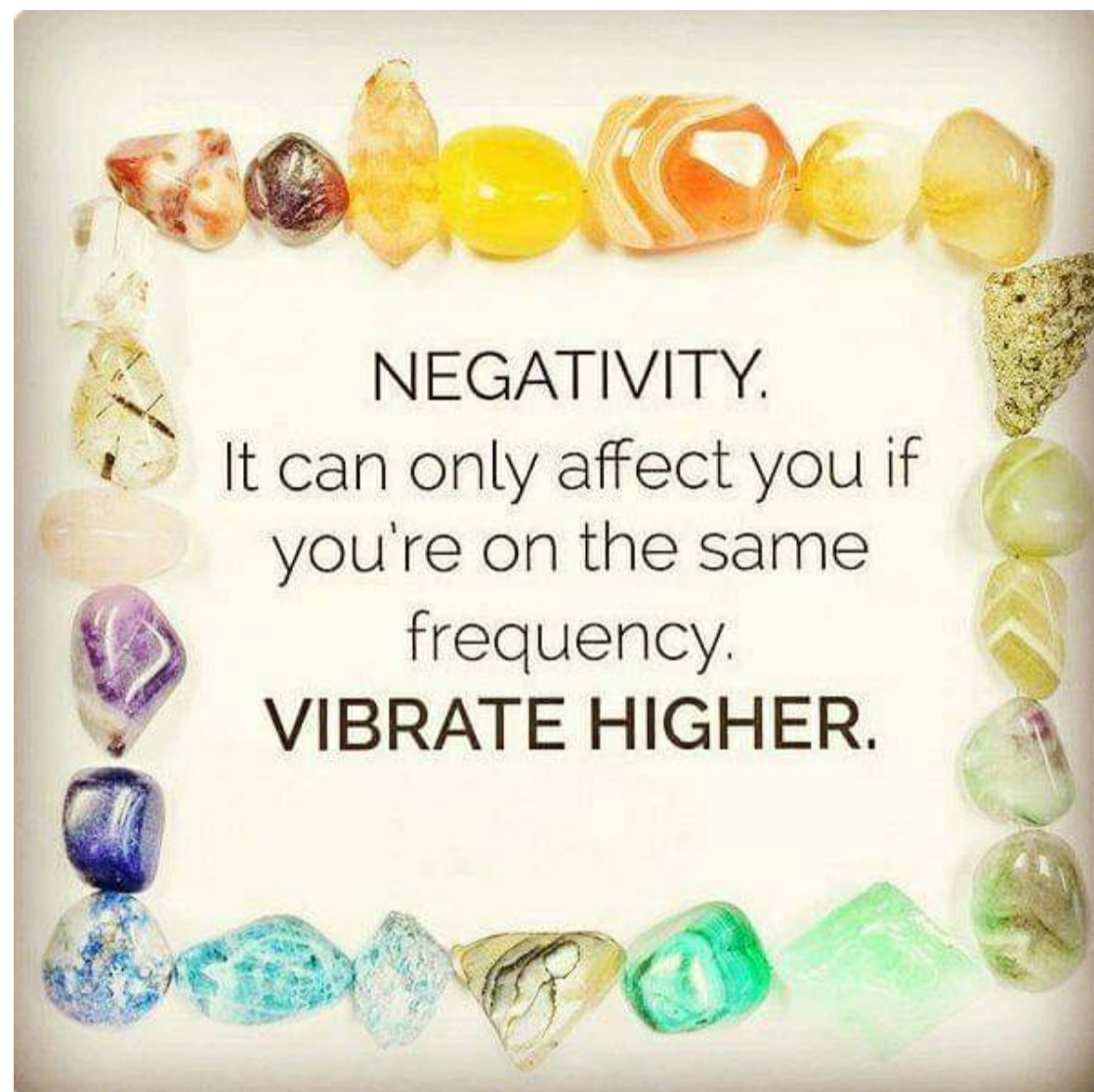
Emotional Guidance Scale:



they are desiring. When you acknowledge how you are feeling and allow yourself to feel it fully you transmute the energy and move up the scale to a better feeling place. You cannot jump from Fear to Joy. There is a process that needs to take place in order to get there. You can go up the scale from fear to unworthiness and then to revenge and make your way up to Joy. Feelings are just energy that needs to move

through you. Honor them. They are there to let you know when boundaries have been crossed or when you are on the right track. Do not stuff them or ignore them.

That is like trying to keep a beachball from floating to the top of the pool. Blaming others for how you feel is a waste of time. Your thoughts and feelings are 100% your



responsibility. The goal is to not be triggered by outside sources. Triggers are judgements of right or wrong, good or bad. When you are judging you give away your power therefore draining you of energy. Take your power back and create the life you want.

You are responsible for the energy you bring to the world. If you find that you aren't getting what you want, raise your vibration.

SO NOW WHAT????

The great news is that getting what you DON'T want creates momentum to get what you DO want. (YU*CK!!! Who wants that???)

YOU do!!! Getting what you DON'T want opens the keys to the kingdom!

I have spent my whole life as a seeker of wisdom. For years I operated in survival mode. I came across the Secret in 2004. I was making lists, believing, squishing negative feelings down out of fear. God forbid my negativity made me jobless, homeless or anything else I didn't want. Then I realized that there will never be a time in my life that I would have everything I want. This is a good thing. It's the stuff that you don't want that creates the void, which in turn creates desire for something new. As humans we will always want more. It's how we expand and grow.

Uncovering Limiting Beliefs

I started out working with the emotional scale. As I got deeper into it I realized I couldn't always shift to a better feeling. I attribute this to my subconscious beliefs. We all have what is called the Shadow Self. This is your saboteur ...the stuff you don't know about yourself. The stuff that others around you mirror back to you. The parts you don't love and have disowned. The qualities you admire in others but can't see in yourself. I have unearthed limiting beliefs and I will always be in the process. It is fun for me. I have gone from not believing I could even pay my bills with music to a strong knowing that the universe provides. My subconscious belief in lack and unworthiness created the reality of a low income, debt, loneliness and boredom for years. The journey of self love is never ending. I have committed to do the work with grace and stay tuned in. For this, I have been rewarded with magic.

Be Conscious of What you Speak

Maya Angelou was the first person who I remember mentioning that words matter. How you say things matters. How you speak to yourself matters. I am a work in progress. Here is an example of a few changes I have made.

"Problems" are now "opportunities for growth and expansion". Negative self talk gets shifted into a more positive light. Eg: "I am so stupid" gets changed into "This is an opportunity for me to learn something new."

"I can't wait" is now "I look forward to." I used to use the terminology "unbelievable, crazy and weird" to describe synchronicities. A friend pointed it out (Thank you Cora) and gave me "amazingly normal" as a substitute. It just feels better and that's all we need to do, is reach for something that feels a little better.

Current Life Experience Sucking? Check Your Vibe

I have learned that what is going on inside of me shows up on the outside of me in the form of experiences and interactions. First place to go if you are having an unpleasant experience/interaction is inside yourself.

FOR EXAMPLE:

People on your gig are giving you a hard time about not knowing their song or taking their requests.

Do you believe you should know their song or worry about not knowing enough songs? Are you hard on yourself or lack confidence in your skills?

They are mirroring what you believe about yourself. You can change that by shifting your vibration and loving yourself and telling yourself that you are always where you are meant to be.

DISCLAIMER: This really applies to people who have at least 500 songs in their repertoire and have devoted years to their craft. Put the same work into your energy as you have into the craft.

How Do I Contribute? Good Question.

Do you dread some gigs? Most of the time the reason you are at a gig is not about you. It is a co-creation of the people who are there and you. If you are 100% your authentic self, consciously speaking your truth with love, you are doing what you came here to do. Music is just the vehicle.

Be Bold and Brave

Ask and you shall receive is my motto. Speak your dreams out loud and tell everyone you know. Be specific. Set deadlines or dollar amounts. Make these intentions believable to you as you say them out loud. Get excited! It has been proven to me over and over again that it works. The picture (on the LOA page above) is a painting I have in my house to remind me to jump off the cliff cause the universe will catch me..it is law. The Law of Attraction. It is fun to see how far I can push the envelope. People call this Faith. It is faith and trust in yourself and a deep knowing that you can achieve anything you want.

Now that we have a brief lesson in LOA we can move on to the next chapter.

Energetically Setting Up A Room Before A Gig



Take the time to set an intention the day of your gig. Setting intentions help create more of what you want. Here are several tips and tricks I use to make my gigs easy and fun. Free meditation at <https://twinraymusic.com/free-meditations>.

1) I ground myself by visualizing roots coming out of my feet and into the ground. This creates a strong foundation. I see myself grounded on stage.

2) I set the intention that the night will be easy and fun. I tell myself that I am always where I am supposed to be. If I feel resistance or worry, I journal my intentions to create more energy. I set a tip amount that is believable to me. I visualize the room dripping in gold. (Thank you Cameron Giles) I put in support columns (think Roman pillars). They are gold as well. The gold represents your original essence energy. It puts your highest self in the room before you get there. This makes me feel calm and safe. I also visualize my energy field being strong and full on all sides of me like I am

in an egg and then I put mirrors on the shell. This helps me maintain my life force energy and blocks me from any energetic leaks. Since we are all waves (and waves can't be separated) I send love and joy to the people who will be there.

3) Self care is very important the day of your gigs. If you don't take care of yourself, you cannot take care of the people who come to see you. Be gentle and loving with yourself. Lastly I set the intention that I will arrive in plenty of time and I will be relaxed and present. I am able to handle anything that shows up because I wouldn't be there if I wasn't meant to be.

4) If a song keeps popping in your head, learn it and play it. Someone needs to hear it that night and will request it.



Grounding:

What is Grounding? Grounding definition in Physics: One of the most important reasons for grounding electrical currents is that it protects your appliances, your home and everyone in it from surges in electricity. If lightning was to strike or the power was to surge at your place for whatever reason, this produces dangerously high voltages of electricity in your system.

Grounding your energy works the same way. **Spiritual grounding** (aka earthing) is a practice that connects you energetically with the earth's core. It allows you to remain present and connected with your physical 3-dimensional self on earth. **Spiritual grounding** essentially uses your physical body as a conductor of the earth's energy.

When I am on the road I find a forest preserve, national park or large body of water where I can submerge myself. Grounding keeps you calm and centered. It provides a deep sense and understanding of your personal power. As artists we often work in the higher energy centers or chakras in our body. We use our head and third eye chakra to channel energy through the music and use our intuition and heart chakra to feel the crowd and our partners. This can lead to us being out of our bodies. When we are out of our bodies our energy is frenetic, we can feel scattered and we have stronger urges to drink and use drugs to alter our uncomfortable state of mind. Grounding also cures jet lag. Find some grass or sand and put your bare feet in it for at least 1/2 hour when you get off a plane. This really helps.



This picture is from one of my nature walks.

In Japan they have another name for grounding. This is forest bathing or Shinrin-yoku. The Japanese have done scientific research and have proven the health benefits of grounding. This is an excerpt from the website <http://www.shinrin-yoku.org/shinrin-yoku.html>.

“The idea is simple: if a person simply visits a natural area and walks in a relaxed way there are calming, rejuvenating and restorative benefits to be achieved.

We have always known this intuitively. But in the past several decades there have been many scientific studies that are demonstrating the mechanisms behind the healing effects of simply being in wild and natural areas. (some of this research is available [here](#)). For example, many trees give off organic compounds that support our “NK” (natural killer) cells that are part of our immune system's way of fighting cancer.

The scientifically-proven benefits of Shinrin-yoku include:

- Boosted immune system functioning, with an increase in the count of the body's Natural Killer (NK) cells.
- Reduced blood pressure
- Reduced stress
- Improved mood
- Increased ability to focus, even in children with ADHD
- Accelerated recovery from surgery or illness
- Increased energy level
- Improved sleep

Just as impressive are the results that we are experiencing as we make this part of our regular practice:

- Deeper and clearer intuition
- Increased flow of energy
- Increased capacity to communicate with the land and its species
- Increased flow of eros/life force
- Deepening of friendships
- Overall increase in sense of happiness

We recognize that forest therapy approaches such as Shinrin-yoku have roots in many cultures throughout history. John Muir wrote, “Thousands of tired, nerve-shaken, over-civilized people are beginning to find out that going to the mountains is going home. Wilderness is a necessity.” He is one of many people who we include when we think about the origins of the practice.”



Opening our senses to nature also develops our intuition. We learn to contact in new ways the world around us.

Visualization

Your body and mind do not know the difference if you are imagining an action or actually doing the action. Visualization has been scientifically proven to work. Russian scientists conducted a study comparing the training schedules of four groups of Olympic athletes.

Each group used a different combination of physical and mental training:

Group one: 100% physical training

Group two: 75% physical training, 25% mental training

Group three: 50% physical training, 50% mental training

Group four: 25% physical training, 75% mental training



The scientists found that the fourth group performed the best during the Olympics. "The Soviets had discovered that mental images can act as a prelude to muscular impulses." This information was sourced from Robert Scaglione, William Cummins, *Karate of Okinawa: Building Warrior Spirit*, Tuttle Publishing, 1993, ISBN 096264840X.

Visualization (also known as as imagery or mental rehearsal) in sports is now used in many Olympic disciplines.

I use visualization to practice songs when I don't have a piano. I use it to see myself having a great time on gigs, traveling to places I haven't been and all things LOA. I usually do this on planes, before bed, in waiting rooms, anywhere I have a few minutes.

Meditation



Oh the dreaded meditation. What is it? Why do people do it? Am I doing it wrong? Why don't I see things? Why is there nothing going on in here except the chatter of my own annoying self talk?

In a nutshell: There is no wrong or right way to meditate. This is way for your mind, soul and body to connect to the quantum field. If you can lovingly push your thoughts (ego) to the side, focus

on your breath and feel good for 10 mins....you've done it. Its a way to re-boot and raise your vibration. The more you do it, the more you will get great info from your higher self. If the information feels bad it is usually your ego talking.

Cora Poage told me "The Ego is like a 2 yr old child. Would you let a toddler be in charge of your life? When you take responsibility for your life, the ego doesn't have a job anymore. It needs a purpose. It wants to protect you from all the bad things that can happen. So it interjects with negative dialogue hoping you'll hire it back. Keep the gremlin's at bay by telling the ego "thank you for your protection but I am driving the car. Get in the backseat and enjoy the ride...its going to be fabulous!"

Ways to get a deeper and colorful meditation:

Gongs and sound healing

Group meditation and breath work classes

Crystal placement on chakras

Guided imagery

I have been meditating for years and then not meditating at all for months. I enjoy the balance of my life when I include meditation in it. I try to before bed. It calms my racing mind. If I meditate in the morning I always journal what I see. I just observe and then write it down. It always shows up later and I see it as a clue. These clues light up the pathway of my life and have lead me to my greatest desires and fun adventures.

TIP: Sitting makes it easier to stay awake. If you stay in that lucid state you will remember more.

BEST TIP EVER: To quiet thoughts focus on the the spot on the back of your head where a girl would wear a high ponytail and draw a line from there to your third eye. It is impossible to think when doing this... also have been told its the same if you touch your tongue to the roof of your mouth.

Tools

-Journals- get stuff out of your head. Journalling is like de cluttering. Once you clear out the clutter you have room to allow in more of the stuff you like. I also use gratitude journalling to change my vibration. It's hard to be angry when you focus on your blessings. Love and hate cannot co-exist.

-Crystals- I could write about crystals all day. I use them to ground, absorb negativity, clear my mind of thoughts, heal my voice, bring ideas into action, see my truths, connect with spirit, abundance, remember my dreams, connect with my body....the list goes on. I use grids to set intentions and help with manifestation. They are conductors of energy and help amplify intention.

-Oracle decks- My favorite is the Sacred Rebels Deck. It was written for artists. So much wisdom and always positive and fitting. I have the app on my phone. I love the apps because of all the travel I do. They allow me to bring my decks with me.

If you aren't frightened of the shadow side or "upside down" and see that energy as an opportunity to clear any beliefs that don't serve you, I strongly recommend the El Goliath Tarot deck. All of the cards were hand drawn by the creator. It is respectful of the Rider-Waite tradition with a modern twist. It is a work of art. This isn't a beginner deck or for the faint of heart.

-Music- I use spa music around my house to create an atmosphere of peace. I have a tendency to dissect songs into chord progressions and lyrical content. The spa music gives my mind a break.

-Pendulum- I use this when I have a hard time making decisions. You can ask it basic yes or no questions.

-Singing bowls- Clear out any negative energy, cleanse your crystals and your energy field. Sound breaks up matter and rearranges cellular structure.

-Sage, Incense and Palo Santo Wood - Shift energy and make your space smell good. Fire represents change through transmutation. Something solid can turn to smoke.

-Essential oils- I use these to shift my mood, heal my body and clear my voice of mucous. I have a travel diffuser from Young Living. I bring it everywhere. Here are a few of my favorites:

1)A drop of Rosemary oil in a Nettie pot or sniffing Eucalyptus or peppermint oil in steam can clear your sinuses. 2)Orange, Geranium or Bergamot immediately lift your spirits 3)Lime brings in money 4) Lavender for sleeping 5) Frankincense for meditation

-Energy healing sessions with Cameron Giles <https://cameron-giles.com>

Sometimes you need a reliable, neutral outside source that doesn't know you but can read your energy. Cameron has been instrumental in my personal growth. I strongly recommend.

-The Secret Money App. If you are worried about money I recommend this app. It will shift your money vibe and it is so much fun :)

Exercise and Healthy Eating-

This is basic. Only you know what is good for your body. FUCK diets. Do what feels good for you. Pay attention. I listened to everyone else tell me what to do with my body my whole life. What to feed it, how to move it....It lead me to dark places. I have so many limiting beliefs around my body. I am just now scraping the surface and excavating them one by one. It is liberating. Stay Tuned.....

The Spiritual Cause of Physical Ailments

Louise Hays, Donna Eden, Dr. Christiane Northrup, Gregg Braden, Dr. Joe Dispenza, Dr. Bruce Lipton and Dr. Mona Lisa Shultz are a few people who talk about how our emotions can create dis-ease. There is a great PDF (OurSpiritualNutrition.com) that I

use as a reference anytime I lose my voice, have tennis elbow, neck pain or back pain. Once I even acknowledge the metaphysical cause I start to heal...sometimes the pain goes away immediately.

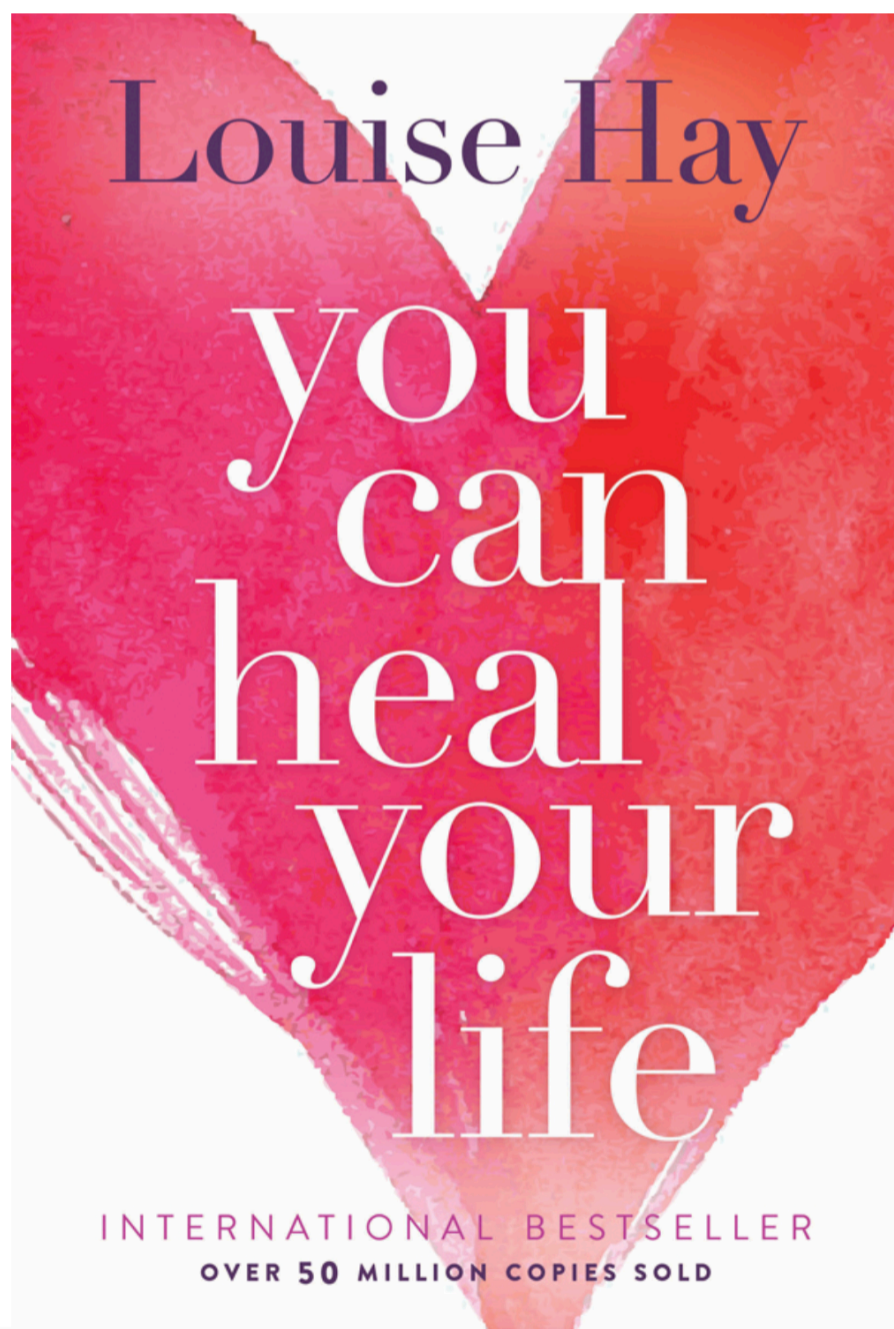
Hands and fingers (see also Nails)

Represent how we feel about our work. If **numb** or **tingling**, can be our guide letting us know that we're being guided, for example, if we're doing some shopping and our hand starts tingling over a certain object - either BUY it or BYE it - that is to say, it's time to ask whether to buy it or not. If problems with the hands or the fingers:

Back of the hand - Wanting to slap someone or fearing retribution

Palm - Unable or unwilling to give and take

Thumb - Always fearing opposition or always feeling opposed



Index finger - Constant judgment, criticism and condemnation, whether directed toward self or another, whether voiced aloud or not **Middle finger** - Easily offended, impatient

Ring finger - Unrecognized or unresolved issues with a partner or associate

Baby finger - Living in a dream world and feeling it's being threatened. If **crooked**, can indicate that there will be childish, whiny behaviour when one does not get what one wants or when one feels threatened

Feet - Walking one's path with unresolved spiritual issues

Hands - Working too hard for the wrong reasons

Head - Wanting to avoid someone or something

Hips - Trying to bring something into the future that might be better left in the past.

Fear of leaving someone or something behind **Knees** - Hating what one is doing. Too much pressure to perform. Tired of always doing the same old thing

Legs - Not living up to one's potential

Neck - Is someone or something a "pain in the neck"? Trying to avoid looking at a painful truth

Shoulders - "Chip on the shoulder". Trying to be in control of everything. Feeling put-upon. Feeling that one is indispensable **Frozen shoulder** - Wishing that someone

would come along and share the chores, except they would probably do it all wrong

Torn rotator cuff - Always wanting more but having no control over getting it

Stomach - Distress

Speech Represents our ability and/or desire to express ourselves.

Hoarse - Reining in one's voice (can lead to more serious conditions like Strep throat, bronchitis, etc.). Withholding communication about something important. The human voice is intimately connected to the inner self; its state can reveal the tides of emotion that surge through you. When a person feels fear, anxiety, or tension—even unconsciously—the speaking voice suffers. Paying attention to the quality of your voice will teach you more about your true identity.

Laryngitis: So mad you can't speak. Fear of speaking up. Resentment of authority.

"I am free to ask for what I want. It is safe to express myself. I am at peace." Excerpt From: Louise Hay. "You Can Heal Your Life." Apple Books.

Cleansing Negative or Toxic Energy on Stage During A Show

First ground again. Visualize roots coming out of your body and into the ground. Get solid and stable in your energy. Create your egg again and fill it with light and gold. If there are people who are being obnoxious ask the universe (LOA) to remove them. Do not give them your psychic energy (POWER) and focus on what you want, not what you don't want. Find the person in the room that you vibe with and connect with them. Something will happen and those people will disappear without you having to do anything. Giving them your power or attention will only keep them around.

If you don't have requests, ask the universe for songs you know and visualize people running up to the stage with money and their requests.

If there is a lull in the show ask the universe for an opportunity to play with a fun audience member. Check your vibe and your thoughts and make sure you are bringing good energy with you.



Standing Strong in your Power

There are times when people will criticize or belittle you on this job. You can either believe them or let it roll off your back. The people who do this have forgotten who they are and are usually in pain. They may also be depleted of energy from source and will try and get energy from those around them. Standing strong in your power and coming from a place of love will conquer all. You do this with faith and trust that everything is working out for your best interest always and from a place of compassion. This is not easy but if someone was on the ground bleeding out you would have compassion. When people are bleeding out energetically our Ego will want to tell them to go fuck themselves. This visual really helps me remain calm and communicate my truth with love in these situations. Your heart knows they are having a moment of weakness and have pinched themselves off from love.

Remember Who You Are

We are all light and energy waves. We are love. We are everything and everything is us. That is it. Yes we have a personality, yes the personality separates us from one another in a beautiful way. Yes we all have dreams and desires uniquely ours but energetically we are one with everything. It's modern physics and it's in ancient teachings.

You are bright shining lights that goes into darkness at times to shine and show the way. It is divine and it is perfect. You are worthy of all you desire because you were born. The hardest part is believing that. Open up to receive that. Speak your truth and



contribute with love always and watch how abundant and joy filled your life will be. The truth WILL set you free. No more wasting time on things that don't make your heart flutter.

We are fireflies. We cannot be trapped or caught or our light will go out. Surround yourself with other fireflies, they get it!

Testimonials:

Jen Porter Testimonial

I had a very bad fall 6 weeks before writing this testimonial. I was playing grueling, 5 hour gigs, 6 nights per week, 8 months of the year. I barely had enough energy to recover daily from the night before and then get ready to do it all again. I realized I was resting but not recharging. But that is a different angle of energy work, though equally important, I'm finding. What I want to talk about (testify) is setting intentions and visualizing your room before you perform.

I started working with Desi on energy and different practices that can help me have a better gig. This simple process has brought me amazing results.

First, I sit at home long before the gig, eyes closed, and do some deep, conscious breathing. I then picture the room I'm going to play filling with golden, supportive light. I picture that light coming in and filling the room. In my mind's eye it looks like golden lava. Slow-moving, thick and heavy, filling the room to all the corners. The golden lava coats all the walls, the ceiling, every surface.

I then state my intentions for the night:

"I will have wonderful people in my audience who support me and my music."

"I will receive song requests for songs that I know and also songs that I enjoy playing."

"I will have some generous tippers who will keep my moral high for the entire night."

These are the intentions I set - yours could be different.

I haven't had too many gigs since my accident - been taking it slow - but for the 20 years I've been playing gigs I've never felt as good and comfortable with my rooms as I do now. I TOLD the universe what I needed and it delivered!

I will admit, I did have a request or two for songs I don't care for (It's inevitable when you've been playing piano bars as long as I have) but I had all the other components of my happy place (tips, happy patrons, songs I do enjoy performing, singing along) which then makes me much happier to play songs that I no longer enjoy without crowd interaction.

The point is that sending the golden light and setting my intentions beforehand makes me feel like I'm molding and controlling the room before I even get there! I left these gigs feeling EXTREMELY satisfied and thrilled that my new practices are making me feel good/better/happy! I could go back to just showing up....but why? Just like vocal warm-ups before a show, this is another way I prepare for my job now. I can't imagine going back to just being there when I can make the experience better for me and therefore better for guests.

~Jen Porter~

Rosie Hays Testimonial

I have started consciously incorporating energy work into my musical and gigging life, and it has changed everything in the best way. I always wanted to play music but I wasn't necessarily comfortable with the idea of "entertaining" or "performing" as I labeled them in my brain. I tried things that were inauthentic, leading to forced, and therefore subpar moments during gigs and interactions on and off stage that I wasn't proud of. After a bad car accident a couple of years ago, I had some extra anxiety and sensitivity that I didn't know how to work with and that went unresolved for a long time. I found myself taking on energy and negativity that wasn't mine from stage partners and members of the audience. I not only allowed this to happen, I sought and created it. I constantly sought feedback and approval that I didn't need. I have learned that this is what being totally in ego looks and feels like to me. Constant approval seeking. I wasn't in touch with my intuition, my music, and most importantly my authentic self as a musician and energy conduit. This shows up at gigs no matter how hard one tries. There's no hiding in the music!

I have learned so many things from Desi and the important work she mentions in this guide, but when it comes to having magical gigs, the big "aha" moment for me was realizing that as performers interacting with people the way that we do, we are CONDUITS (what?!) and that sensitivity is really a superpower. So in performing/entertaining, what we are really doing is channeling and moving energy. How freaking cool! This makes it extra important to be in tune with ourselves and how we are affected and triggered because our thoughts are seeds of creation, and we are powerful creators and co-creators.

When I realized this wonderful responsibility that we all have, I started to get deeper into spiritual work. I have learned to sit with my ego, embrace it, and move through it to create authenticity, recognize the higher self, and celebrate the idea that this magic is in others as well. Moreover, I learned that since I am super sensitive to other people's energy, I really need to set up the spaces and myself before I get to a gig. This way, darkness that I feel from some can be swallowed and/or deflected by light and love from myself and others. This has and will continue to bring me to new spaces of awareness that I know I can carry forward to be a more effective energy conduit, thus creating magical gigs.

Some of the things that I have used and continue to use are:

1) Imagery (setting up the room to be covered in gold before I get there and then envisioning gold all over me and moving through me and the room). I got goose bumps when this was suggested to me by Cameron Giles. It was right before a gig. I sent the gold, and boom! –The gig was magical. I do it every time now. :) I see it as representing authentic energy and protection. Its like a selectively permeable membrane-allowing other colors in to enhance, embrace, or brighten it and blocking out anything negative or unnecessary. I have also found its strength is increased when we also send it to and receive it from others.

2) Improvisation before gigs or if I want clarity about a current or future gig or space. I do this by setting a focus, such as "clarity" or "alignment" or by coupling it with imagery- "sending the gold" or "meeting my third eye." Closing my eyes and touching the piano keys has always been a sacred space for me, and I'm now learning how to enter it more fully to vibrate higher.

3) Meditative vocal warm-ups- When I have felt anxious or was energetically unprepared in the past, it has primarily showed up in my voice, whether its actual singing at a gig or interacting with others off stage. These things are on the same continuum. I realized that I can't just go through the motions of lip trilling and singing scales. I need to go inward. I have found that the most important part of this is deep breathing. This is where I can meet my ego, check in on any fear or trepidation, feel it, hold it in, and breath it out. I will also sometimes use "ohm" to do this. Then I can do my vocal warm ups, whatever they may be that day, in a more conscious way. This has helped me enormously both on and offstage.

I'm in such a place of excitement with energy work, and I have a feeling that I always will be. There is so much to learn and experiment with, and I'm so stoked to be where I am- in the moment, surrounded by gold. I have always loved and been grateful for gigs, but now they truly do feel magical and it keeps getting better.

-Rosie Hays

Books and References

Some of my favorite books and authors are:

Christiane Northrup : Women's Bodies Women's Wisdom, Goddesses Never Age

Louise Hays: You Can Heal Your Life

Esther Hicks; Ask and It Is Given, The Vortex,

Erin Stutland- Mantra's In Motion

Donna Eden- Energy Medicine

Julia Cameron- The Artist's Way

Jill Bolte Taylor PHD - Stroke of Insight

Pam Grout- E2

Gregg Braden- Prayer, Prophecy and the Promise of a New World, Human By Design

Shonda Rhymes- Year of Yes

Carolyn Myss- Sacred Contracts

Glennon Doyle-Love Warrior

Rebecca Campbell- Light is the New Black and Rise Sister Rise

Michael Singer- The Untethered Soul and The Surrender Experiment

Robert Simmons, Naisha Ahsian, Hazel Ravel- The Book Of Stones

Dr. Joe Dispenza- The Placebo Effect and Supernatural

Cora Poage- <https://corapoage.com>

Cameron Giles- <https://cameron-giles.com/contact> and

<https://energeticsofcolor.com/about>

Movies

Secret of Water

The Location Of Paradise

Heal

E-Motion

Cool Videos

https://www.youtube.com/watch?v=P_FlYwg2oU4&t=1369s



