*Work with* *music in an intentional way to name and catalyze core qualities in your evolution*

*Create your personal CD track list that embodies the best of who*

*you are when you are inspired and uplifted*



Barbara Nussbaum has pioneered a unique and innovative process for using music to help you learn to listen with a deepened sense of self-awareness. Discover your unique wellspring of inspiration, courage, hope and creativity.

**Enable your inner joy to be expressed magnificently**

Individual and Group Sessions, Workshops, Speaking

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