



**Welcome to the Virtual Healing Music Choir project!**  
**What is a Virtual Healing Music Choir?**

It is a mindful music meditation made up of singers from all over the world who have come together to share their voice for stress-reduction, health and well-being in a new and unique way.

How does it work? Singers video-record themselves singing/humming their own part of the wordless Cosmic Melody, upload the recording to YouTube, and then we take these recordings and we synchronize them to make one enormous, amazing, empowering, uplifting, healing virtual music meditation—an ensemble of thousands of voices from around the world, united through their love of healing music.

*Whatever your religion. whatever your nationality. Your age, race, creed or color, we hope you will participate in this exciting project with us!*

Your voice makes a difference!

Eliana Gilad, Founder  
[Voicesofedenlive.com/vhmc](http://Voicesofedenlive.com/vhmc)

Proud member of:



**Amongst our satisfied clients**



# Voices of Eden Virtual Healing Music Choir Instructions

To see a video version of these instructions or to practice with the demo simply navigate to your desired virtual choir video part below:

<https://voicesofedenlive.com/instructions>

## What you need to participate

1. A computer (with a web camera)
2. A pair of headphones or earbuds.
3. A desire to sing!

## Song preparation

The Cosmic Melody is the perfect piece to use for this first Virtual Healing Music Choir as:

1. It is wordless. There is no language barrier. Anyone, any age, around the globe can sing it.
2. The piece was composed in 1999 for a public health and well-being project at the turn of the century – 2000. The YK2 and Mid-East crisis prevent the event from happening.
3. The wordless melody led to a pioneering Live Healing Music project in a 50/50% Israeli-Palestinian neonatal intensive care unit which was [medically researched](#) and found to lower blood pressure, heart rate, increase focus and quality of sleep.
4. COVID-19 pandemic is the perfect catalyst for our project, as it provides a healthy activity for people of all ages who find themselves in social isolation.
5. This healing music modality has the power to help us remain calm and connected in the midst of uncertain change.

Watch the video and practice singing along with it a few times before you make your recording.

To sound your best vocally, it is preferable to stand (not sit) when you sing and make your recording. You might have to prop your computer up to achieve this and also get a good angle on the camera.

## Set up for the recording

What you need:

A computer with a web camera.

A computer application for recording: There are many programs you can get to record with your web camera on both Mac and PC. See the next section for some suggestions.

Make sure your face is well lit.

Try to face a lamp or window so the light is falling on your face.



Wear black solid color clothing and no logos, pictures or



text! Minimize background noise.

Turn off air conditioners, heaters, fans and other noisy appliances. Close windows to eliminate outside noise. We just want to hear your voice.

## Recording

Navigate to the following Demo Videos to record your part. You can choose to record the Cosmic Note or the Cosmic Melody or both. If you choose to record both parts, we ask that you record and upload a separate video for each part.

<https://voicesofedenlive.com/instructions>

For recording software we recommend the following, as they are built into a PC and Mac.

Mac: On a mac we recommend Photo Booth or @uickTime. as both come with the computer and can record from the web camera.

A basic tutorial for Photo Booth can be found here:

Tutorial 1: <http://osxdaily.com/2016/12/04/record-video-mac/>

Tutorial 2: <https://www.youtube.com/watch?v=ksTDPPjE@4>

PC: On a PC we recommend Windows Movie Maker as it comes with the windows operating system. A basic tutorial for Windows Movie Maker can be found here:

<https://www.wikihow.com/Record-from-a-Webcam>

One important note: Make sure your headphones are unplugged when you hear the "beep" in the demo video above. We need to hear that beep in your recording to sync it up to everyone else's recording. But then, be sure to plug your headphones back in when you are about to sing so that your recording does not pick up the rest of our demo video.

## Submission

1. Once your recording is finished, label your video file like this example:

Melody=-Ellen Jones—USA—AZ—Phoenix

(Choir part - Full Name —Country —State - City)

2. Then upload it to YouTube.

3. To upload to YouTube you will need to have or sign up for a YouTube account. If you already have a g-mail e-mail address or Google account, you already have a YouTube account as YouTube is owned by Google. For more instructions on how to upload to YouTube please see:

<https://support.google.com/youtube/answer/57407?co-GENIE.Platform-Desktop&hl-en>

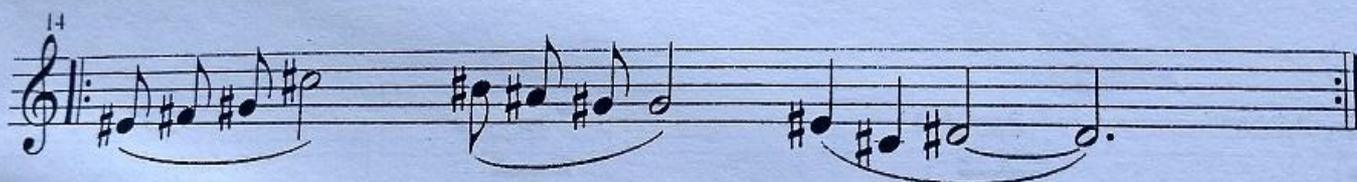
3. Next, navigate to our virtual choir website at: <https://voicesofedenlive.com/vhmc> and click the "submission" tab. Fill out the form and press, "submit".

And that's it! We look forward to reviewing your submission!



# Cosmic Melody

Free Rhythm



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