

Rhythms of Life

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Rhythms of Life is a percussion presentation for youth. It is empowering, energizing and designed to help youth find the strength to stand alone in the crowd and do the right thing. It is difficult in today's world to be your own person. It is hard to stand up against peer and media pressure and against bullies. As a successful professional musician, I found myself in that world of dreams with all the social pressures to conform. There were some things happening around me that I knew were wrong and it was difficult to resist. Later in life, as a counsellor in secondary schools, I used my skills and experiences to help others to be their own person and to stand up for what is right. Now I have since put these two life experiences (music and guidance) together into an exciting and empowering percussion show for youth.

"Rhythms of Life" is a metaphor which implies that each of us is like an instrument. We all have special "gifts and talents" that we need to bring out and use towards a more positive future. As a percussionist, I would view each drum as having its own set of sounds. And, if I could strike it in just the right way a special sound would come out. I needed to find that special sound to fit the music and draw it out at precisely the right moment. As a counsellor, I would view my students in exactly the same fashion. Each has his/her own unique qualities and it was up to me to facilitate and support that person to bring forth their best qualities to just the right situation(s).

How do some youth get so strong and others collapse under peer pressure? How do youth today stand up for what they believe? There are many more challenges to distract the youth of today particularly with the advent of technology (i-pods, Facebook, My Space, cell phones, TV, etc.) It is essential to support youth with communication techniques and values to make good decisions with their peers.

In Rhythms of Life, the presentation is begun with bins and pails so that youth can see that you start with nothing. Then it progresses through interactive percussion instruments from around the world to better understand our social responsibilities. The presentation finishes with modern electronic drums to demonstrate that we can live in today's world and still follow passionately a path with integrity towards a stronger future. Youth want to do the "right" thing. When given a chance and the right tools, it is amazing how students show leadership among their peers.





Rhythms of Life is a powerful and energizing assembly that is available to schools and youth groups. For a three minute video select www.peermentor.net. Locate the Education section, choose Rhythms of Life, and click on "Launch Player." Call now to energize and inspire youth with "Rhythms of Life."

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