



## *The SoulSongs Project at Ronald McDonald House*

The SoulSongs Project is a joint effort on the part of the Ronald McDonald House of New York and The Great Octave Foundation.

Recognizing the trauma, emotional distress, uncertainty and pain experienced by parents of children with cancer, the project has begun with a focus on the family members of the children with cancer who are staying at the Ronald McDonald House of New York.

Shulamit Elson (the originator of SoulSongs Meditation) is working personally with the parents, siblings and extended family members of children with cancer staying at the Ronald McDonald House of New York, located in Manhattan at 405 East 73rd Street.

These family members are first line care givers who can benefit significantly from SoulSongs Meditation. Shulamit is conducting group meetings with these family members at the House. Family members who choose to work with Shulamit have an opportunity to be personally guided in SoulSongs meditation, utilizing their own voice to create the specific sounds and vibrations that help relieve stress and bring clarity of judgment, inner peace, focus and understanding. Since the meditation practice often leads people to want to share their experience of the sounds, each session leaves time for group discussion.