

HOW TO WRITE A MEDICINE SONG

Follow These 5 Simple Steps to Create Your Own Healing Song



Music is Medicine.

By Carly DeMento

Music has the power to shift our experience and provide a meditative space during challenging times. Learn how to write your own medicine song in a few quick steps. You don't need to be a musician to reap the benefits of playing music!

1. **Free write.** What medicine do you need right now? Let images, colors, phrases and/or moods come through you onto the page.
2. **Choose an instrument.** Pick something accessible like a piano, drum, or guitar!
3. **Select a few notes,** chords, or even just a simple rhythm that resonates with you. Repeat the notes/rhythm until you feel comfortable playing them. Add or change notes to create a second part if you like. But keep it simple!
4. **Pick a few phrases** to sing over your music or rhythm. Notice how the words make you feel.
5. **Sing and play** your song over and over to feel its medicine!

IF YOU HAVE QUESTIONS OR WANT TO BOUNCE IDEAS AROUND, SAY HELLO AT CARLY.DEMENTO@GMAIL.COM

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