

## **Dian Booth B.A.(Hons) Psych. MAPS**

**PO Box 1609 Alice Springs NT 0871**

**Tel 0417 800 219 Fax 8952 2259**

**Provider No. 2901082B**

**ABN 77606062874**



**Dian** is an Australian psychologist, healer and concert violinist. After completing studies at the Sydney Conservatorium and Melbourne University she relocated to London in 1969. There, she was leader and soloist with the Royal Ballet Orchestra, Covent Garden, leader of the Adelphi String Quartet, and worked as a consultant psychologist in clinical and educational contexts. From 1980 to 1994 she trained to become a Meditation Master

with Roshi John Garrie, and developed her own Sound and Colour healing modality. Seriously ill for 12 years, Dian recovered fully from near death through cancer and chronic fatigue, her knowledge of Sound and Colour a contributing factor in recovery.

In 1989 Dian began facilitating workshops in Art Galleries to guide participants through a process of recreating, through sound, colour and movement, the essence of chosen paintings and sculptures. She very soon observed the relevance of this work to health, in the broadest context.

Her guiding philosophy is in line with that of Russian mystic Nicholas Roerich (d.1947) [www.roerich.org](http://www.roerich.org) He was passionate about the inter-relationship between art and music, and saw "Art as the most effective pathway to healing and to peace".

A feeling of deep connection with Indigenous Culture drew her back to Australia in 1994. Since then her work has been not only for the general population, but also specifically both with and for Indigenous Australians, Native Americans and Maoris,.

Since 1989 Dian has facilitated workshops in UK, USA, Russia, Italy, Portugal, Egypt and Australia. Some of the artists with whom Dian has worked include sculptors David Nash, Eric Gill, Andy Goldsworthy, Peter Randall-Page, Meical Watts and Jonah Jones, and painters Nicholas Roerich in Moscow and Daniela Monaci in Rome, among many others.

Dian Booth [www.soundhealing.com.au](http://www.soundhealing.com.au)



**Margaret Lange** currently works as a community health social worker in Tasmania where she has seen first hand the value of working with artists to assist people in overcoming anxiety and depression and managing cancer. After years of social work in 3 states and three levels of government, working with people individually, in groups and in community, she found herself turning to the arts as a way of being more fully engaged at a deeply human level. Playback theatre readily opened meaningful conversation between young people and the local council, engaging rather than alienating; a skilled craftsman absorbed cancer patients in their task to the exclusion of dis-ease; a community artist enabled marginalised people to contribute to the community - more readily than meetings and reports and to the benefit of us all.

Margaret has a strong connection to the land and its significance to our wellbeing. This, and her interest in the work of Rudolf Steiner culminated in a Graduate Diploma in Psychophonetics in 2007 where Steiner's understanding of our spiritual nature is utilised through sound, gesture, drama, painting, drawing and clay to evoke clear thinking, feeling and willing enriching life and health.

A 2006 Gathering on Bruny Island started annual retreats to the Central Deserts where indigenous elders demonstrated a way of life integrated with land and stars through the arts sciences maintained by oral tradition. Here Margaret also met Dian Booth and her sound healing, undertook her Sound and Colour course in Alice Springs and was honoured to travel and assist her in Moscow, Indiana and California last year where she had been invited to give workshops and concerts. A highlight was the Roerich Museum demonstrating the belief of Helena and Nicholas, that civilisations only progress through meaningful connection to their cultural heritage as expressed in the Arts.

*Abstract submitted to Arts and Health Australia for the Art of Good Health Conference at the National Gallery Canberra, 14-18<sup>th</sup> November, 2011.*