

THE MUSICIAN HEALER

TRANSFORMING ART INTO MEDICINE

BY ISLENE RUNNINGDEER



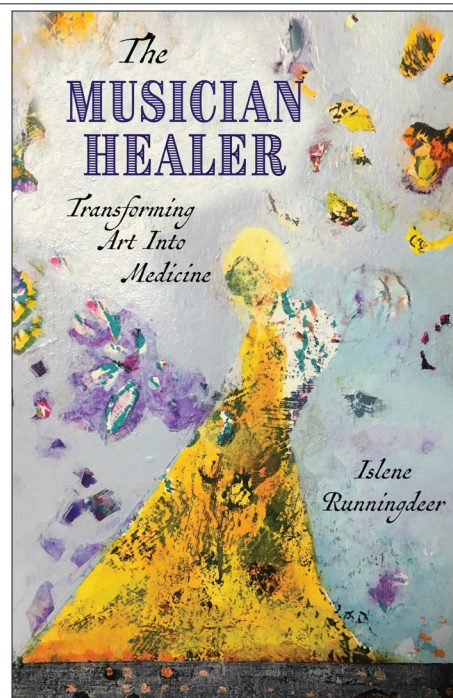
The Musician Healer resurrects a long-forgotten role for musicians and provides clear guidance for preparation and self-development as a musician healer in order to reactivate this role for the modern world. It begins with the author's personal musical story that draws upon her Mi'kmaq/Abenaki First Nation and French roots, followed by a section on the history of musician healers from ancient Egypt and India. Runningdeer then explores the energetic aspects of music healing, especially the quality of personal energies that a musician channels through her music, and how to elevate and emanate those vibrations for positive healing outcomes.

ABOUT THE AUTHOR

Islene Runningdeer is a musician, therapist, educator, and writer who lives and works in central Vermont. She draws upon her French and Mi'kmaq/Abenaki First Nation roots to make music a joy. For more than forty years she has used music as a medicine to teach students about creative freedom and health, to aid and comfort patients and families during the dying process, to draw people with severe dementia out of their isolation and confusion, and to uplift and calm anyone within hearing, whether in church, the concert hall, the hospital, or the living room. Her work blends her lifelong interest in music of all kinds, psychology, physical health and spirituality. She is also the author of *Musical Encounters with Dying: Stories and Lessons*.



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“There are a few very particular aspects of healing for myself that I’ve enjoyed these past twenty plus years, while developing my work as Musician Healer. Yours will be different, perhaps, depending upon what your own inner challenges to growth have been. Our stories are different, after all ... I now know who I am, and why I’m here. I love and accept all my strengths, peculiarities and tender places. And feel great confidence in what I have to offer the world.”

— Islene Runningdeer, 2022

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