Hello! You are listening to Curator on the Go Podcast! Today, I had the pleasure of speaking to Toronto-based mental and spiritual health advocate, sound therapist and musician Philip Jacobs.

His first real Love and Relationship is with Music, Sound, and Vibration. He later graduated from Toronto’s Institute of Traditional Medicine and had extended training and practical experience in China and Guatemala. Philip combines his love of music with his training in Herbal Medicine, Mindfulness, Relational Psycho-Somatic Therapy and experience with Sound Therapy to create and facilitate a unique client experience. He is deeply committed to helping create the necessary space and connectivity to allow clients to draw from their inner wisdom to facilitate self-healing.

Currently Philip is returning to his roots of Song Composition, Recording and Performing and is working on releasing an Album in support of his Mental and Spiritual Health Advocacy.

I’ve met Philip this year and was lucky to see him in action at the Jessgo Gallery that I manage. We hosted live painting and sound experience events that were magical and helped people to appreciate art while releasing all the tensions and listen to live music. I also was able to listen to Phil’s songs that he is currently composing.

Stay till the end of the episode as I have a surprise for you. Phil was kind enough to share a clip of his song in progress for us to enjoy. He is so gifted and multitalented! I am really excited to share Phil’s story and beautiful soul with you today!

***Curator on the Go:*** You identify yourself as a mental and spiritual health advocate. Let’s go back in time and talk about your background, how did you start and why did you decide to work as a health practitioner and a therapist.

***Philip:*** I initially transitioned into the healthcare profession based on my own journey, my own health and mental health issues. I was on Western medication and it is very toxic. I did some research into cannabis and natural remedies. I went to school to study traditional Chinese Medicine and acupuncture.

***Curator on the Go:*** We live in a high stress society and are forced to make decisions, search for opportunities and network with people, even if we don’t want to. How creatives like artists, musicians, photographers, etc. can reduce their level of stress and use their gifts without being burned out easily?

***Philip:*** I guess in my journey, there were times when I pushed myself to the edge in this creative space and being an artist. We have to be open, authentic, accessible and you feel that it’s going to happen. It happened to me a few times. When I got my diagnoses – I was a full-time musician and I shifted to something else. And now it’s coming back full circle where I am integrating everything that I’ve learned: music, healthcare, mental health – all integrated into one aspect.

***Curator on the Go:*** I know you are practicing sound bath meditation and acupuncture. Tell us more about the process and how one or both can help release creative blockages.

***Philip:*** In traditional medicine, they say that there is an imbalance or disharmony. Energy is not flowing the way it should be, so sound and acupuncture are very quick ways to re-harmonize the body

***Curator on the Go:*** I am personally interested to learn more about journaling and how it can help us as creatives?

***Philip:*** Yea, it’s good! I had such a mental blockage with journaling for a while, but I figured that having a social media as basic journal to write things down. If I write things down – I get them out of my head. The ultimate thing for me being an artist is to share what I’ve discovered and learned about myself. Writing songs is also like a journaling process as well as it gets the ideas and thoughts out of my head into something tangible that I can work with.

***Curator on the Go:*** Can you tell us more about the power of setting intentions in general and as part of a healing process?

***Philip:*** Yes I do, It’s so important. The power of intention sets what the vibration and the frequency is going to be.

***Curator on the Go:*** Let’s talk about your passion project and your creativity. I know that you are a songwriter and are working on making an album in the near future. How did you learn to sing, write and play?

***Philip:*** Playing came to me at a very early age – playing guitar. I was always messing with my dad’s guitar. I got my own guitar when I was 13. I started piecing things together the best way I could. And then singing came around my mid 20s. As a kid, I was clinically deaf. I couldn’t speak – it took doctors some time to figure out that I was deaf. I didn’t use my voice till my mid 20s. I went to a karaoke bar and when I sang – it clicked. I started learning how to sing and things like that. I started writing songs and singing. That was my adventure into becoming a singer and song writer. I started paying gigs – sometimes doing 3 or 4 per night. I used that experience to figure out what it is to be a singer, performer, musician and artist. That was before I went to study Traditional Chinese Medicine where I learnt about different frequencies and energetics of the body. Now, understanding that is giving me a new passion and drive to create songs with all that experience – to deliver a message, to help people feel, to help people get in touch with themselves.

***Curator on the Go:*** What is your creative process like?

***Philip:*** Typically, I’ll notice something and I need to clear my head. It starts with a threat of inner-narrative inside of me. My head on a normal day is like a tornado – million and one thought going at the same time. A melody line comes along and then the lyrics start to flow and it’s basically me talking to myself through the chaos. And then a song comes out of it. But it’s really being deep with core dark aspects of myself and come up with something relatable.

***Curator on the Go:*** What do you value more, creativity, or perfect execution?

***Philip:*** I think both. In the creative process, I am getting it to the point when it’s naturally happens. With practice – the perfect execution comes. If I want to write a song today – I know where to go inside myself, what to do, what conditions to set-up. It’s like in the meditation – every meditation I do is different, but I know the space I need to get into to provide space to create. There is mutual dynamic to both. With practice – the other one with flow.

***Curator on the Go:*** Who or what are you inspired by? Who are some of your favorite composers, musicians and bands from the past and present?

***Philip:*** Looking back when I was a kid, it was Abba, then it shifted into Eric Clapton, and then AC DC and Ozzy Osbourne. Throughout the years, it became sort of whatever I like at the moment. I have an eclectic taste – but I know what I like. I am my own inspiration.

***Curator on the Go:*** Which instruments do you play?

***Philip:*** I play guitar mostly, I play a little bit of piano, crystal singing balls – I really like those.

**Curator on the Go:** Have you ever dealt with performance anxiety? How do you handle mistakes during a performance?

***Philip:*** All the time. I feel that it’s a natural boost of energy. In a life performance – I used to be hard on myself when I’ve made a mistake and then I learnt how I handle the mistake. How I resolve it to make it sound musical.

***Curator on the Go:*** How do you balance your music with other obligations?

***Philip:*** So, I go through phases when I am really inspired and I need to spend all my time creating and song writing and then it shifts. I am trying to be true to myself and the art that is in me.

***Curator on the Go:*** In your opinion, what is the relationship between spirituality and artistic expression?

***Philip:*** The expression is the spirit. Being able to create something and express it – that is spirit. That is the form of spirited humanity.

***Curator on the Go:*** What are your self-care and self-love practices?

***Philip:*** What I say to myself first and foremost. I always catch myself in a negative loop. Knowing when to be inwards and outwards. Find the balance.

***Curator on the Go:*** If you could change anything about the music industry or creative industry in general, what would it be?

***Philip:*** More accessibility! Making it more accessible for people to discover themselves. I believe that everybody is an artist. It gets to the point where people don’t do it because somebody else is doing it.

***Curator on the Go:*** What advice would you have for artists and other creatives?

***Philip:*** Staying true to yourself! We all have something unique to share.

***Curator on the Go:*** Where my listeners can find you online?

***Philip:***

<http://torontosoundtherapy.com/>

<https://www.instagram.com/torontosoundtherapy/>