

Judith Seelig

Born Oxford 10.5.1950

Educated Littlemore Grammar School, Oxford

1971 degree in English (with Drama) University of Hull

Journalism and Writing as Judith Carter

1971-73 Public relations for interior design company

1973-75 Staff writer for the British Tourist Authority, covering film, art exhibitions and opera for *This Month in London*

1975-79 Deputy editor of *In Britain*

1979-92 Freelance editor, features and award-winning travel writer for a wide range of publications, newspapers and radio including the *BBC*, *The Times*, *Personal Investor*, and *Woman's Journal*

1992 to 96 Occasional freelance travel writing

Colour, Sound and Healing

1987-91 Studied yoga with Pauline Wills

1990 Graduated from Hygeia School of Colour Therapy

1990-92 Practice in colour therapy and healing

1992 to present - Practice in vibrational medicine: sound and voice therapy, healing, personal development, teaching yoga with sound. Client base ranges from lawyers,medics and CEOs to artists and designers

Mysticism

1987 Spontaneous consciousness-altering experiences (kundalini)

1987-94 Integration of altered states of consciousness with ordinary life

1992 Vocal range unexpectedly develops

1996 First vision-led spiritual journey: travels to Egypt with 42 people and hires the Great Pyramid

1997 Following a vision, journeys alone to the remote Taklamakan Desert

1999 Struck by lightning

2001 Explores alone in India

2002 Led by another vision, travels alone to a sacred mountain in the Andes

Spiritual Journeys

1996-2007 led groups to wild or powerful places in Israel, Egypt, the Sinai, Pakistan, China, Peru, Bolivia, Hawaii and New Mexico

Music

Worked with sarod maestro Wajahat Khan, performed with contemporary band

The Phoenix Rose and with Indian composer and percussionist Kuljit Bhamra.

Albums include *Diggi Diggi Dang Dang* (Keda Records) with Kuljit and Tom E Morrison.

Soon to be released *Cosmic MindFunk*, *Here Comes the Shaman* with Tom E Morrison (Big Sky Song Ltd)

Personal

Lives in north-west London. Married to artistic director Joseph Seelig, with two grown-up sons