



KEITH RISHELL

Above Photograph Submitted By:
Kim Konikow

Jan Seiden

A decorative graphic consisting of several blue musical notes of varying sizes and positions, floating to the right of the name "Jan Seiden".

Jan Seiden played the silver flute as a child, but put it down at 17 years of age. While in rigorous graduate studies at Johns Hopkins University, Hawk Little John came to the campus to share a little about the world he lived in. Hearing how he spoke of nature on a very deep level, Jan felt called to learn. Soon a flute came to her; she began to reassess her ideas about the world and change her relationship with herself. Little-by-little the flute challenged the self-judgment often prevalent in the academic world.

Jan combined her background in medical research with experiences in the healing arts, presenting a bridge of communication to people who speak many different languages. She says, "Our survival depends on communication...to help bring people back to their core essence, remember who they are and why they're here. We need to embrace each other with compassion, love, and respect."

In addition to her concerts, she works with at-risk youth, post-traumatic stress cases, chronic patients, etc. She has also presented programs for the Johns Hopkins Hospital, George Washington University's Center for Integrative Medicine, U.S. Dept. of Treasury, U.S. Dept. of Justice, and the U.S. Environmental Protection Agency among others.

Jan feels to play the flute one must be courageous and selfless. It is exceptionally difficult for women in this arena – it took a great deal of energy to gain recognition and acceptance. The result? A phenomenal group of individuals. We call them, the Women of the Winds. *é*

Zion Canyon Art and Flute Festival: June 9-15, 2008

www.zioncanyonartandflutefestival.com

Native Flute School: June 9-12

Art and Flute Festival: June 13-15

JAN SEIDEN

WWW.JANSEIDEN.COM