

*In my life I happen to know about vocal technique, playing jazz, & living life. This book contains my observations...about how these areas are connected & similar. And how, through each, I found myself "coming into my own", AKA "becoming".*

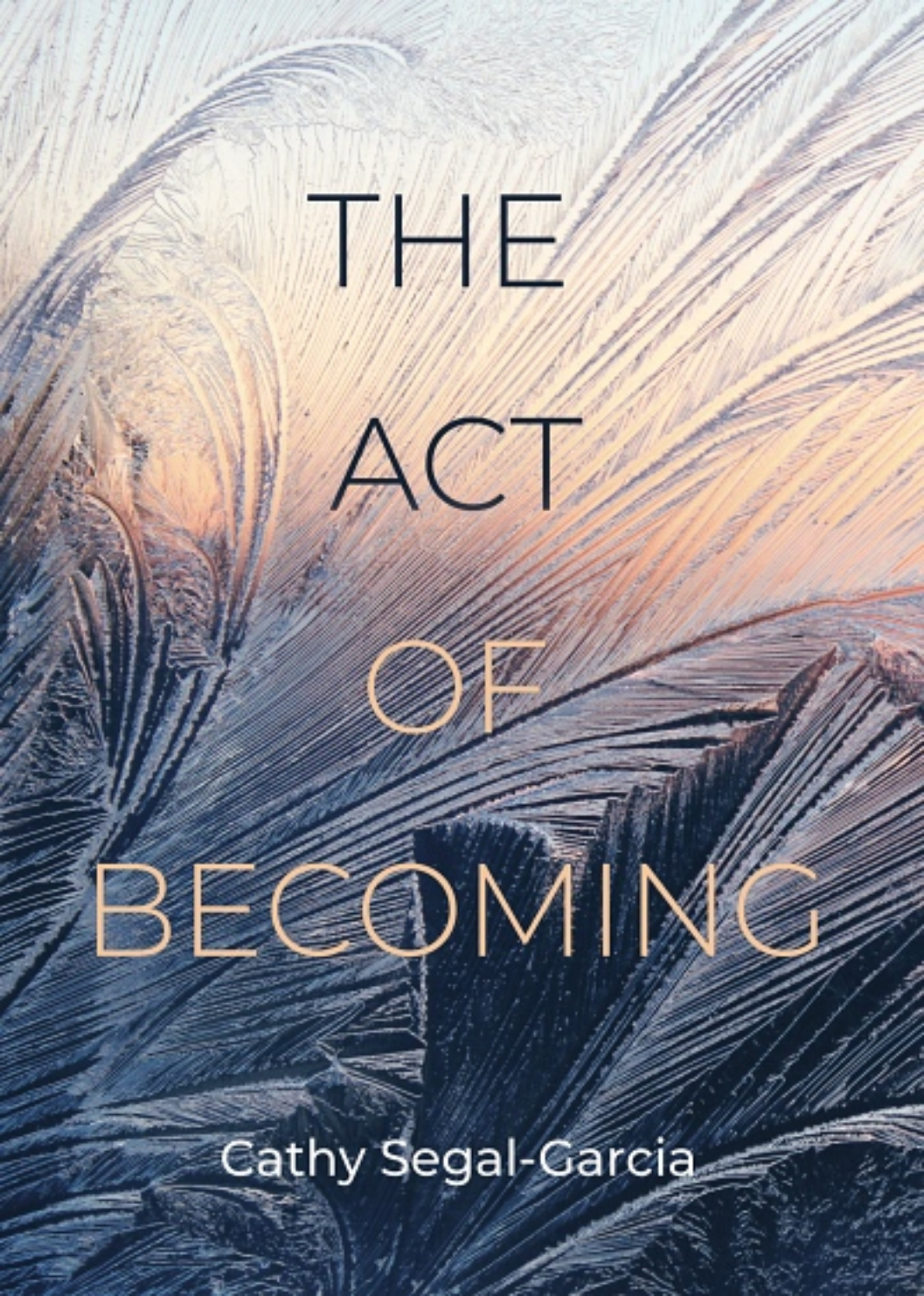
## **The Act of Becoming**

By Cathy Segal-Garcia

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Cathy Segal-Garcia

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# Cathy Segal Garcia

[www.cathysegalgarcia.com](http://www.cathysegalgarcia.com)

“Musician’s singer” Cathy Segal-Garcia is a vocalist of “real music integrity” poignantly reports Critical Jazz reviewer. Wherever she travels in the world, audiences and musicians are moved.

Segal-Garcia’s deep connection to rhythm and her earthy and organic voice bring a nakedness to her communication, a direct line in to one’s heart. Her repertoire includes original compositions and modern interpretations of standards and jazz musicians’ compositions.

Critical Jazz says, “The vibe of artistic integrity coupled with honest emotion for a captivating experience.” Don Heckman of the Los Angeles Times added, “Segal-Garcia’s most compelling quality is a warm, dark sound, luxurious enough to wrap a song in an envelope of lush timbres.”

Segal-Garcia has been a tireless supporter and producer of the L.A. jazz scene for years. Recognized for such by

*Cathy Segal Garcia*

musicians, singers, jazz fans, students of jazz singing and organizations such as L.A. Jazz Scene, lajazz.com, CA Jazz Foundation, Jazzvocalalliance.com, Great American Songbook Preservation Society, CA Lawyers for The Arts, and named a “Jazz Living Legend” in L.A.

Recording and performing with jazz legends is part of her career heritage. Some of the greats Cathy’s recorded with and played with: Ted Greene, Joe Diorio, Larry Koonse, John Pisano, Ross Tompkins, Billy Childs, Otmaro Ruiz, Josh Nelson, Llew Mathews, Billy Higgins, the Heath Brothers, etc.

She has 15 CDs as of October 2021.

Known throughout the world for her teaching as well as her performing, she’s received accolades from her students who have had their voices and their lives changed. Her workshops for vocalists have been consistently produced since 1998, including such luminary guest clinicians as Mark Murphy, Cheryl Bentyne, Barbara Morrison, Rhiannon, Gretchen Parlato, Kate McGary, Nancy King, Peter Eldridge, Meredith D’Ambrosio, Sachal Vasandi, and Rebecca Paris, and many more.

*The Act Of Becoming*

Cathy is especially known in Japan where she has toured every year for over 25 years, performing in jazz clubs and festivals throughout the country, and teaching workshops and private students.

Currently she is hosting, since March 2020, an online 2-hour interview session with music professionals, mostly jazz, on Facebook Live and YouTube, viewable 7 days a week. As of the end of December 2021, she had interviewed her 375<sup>th</sup> guest.

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## CHAPTER 6: CLOSING THOUGHTS

I'm looking for meaning in my life.

Does this sound familiar?

It should. We all look. At some point in our own lives, we all look.

Maybe it takes a few decades to get to the point of looking.

Maybe it comes and goes. Or goes and comes.

I know that there are oodles of lessons around me, to teach me where to look and what it is.

But there are so many confusions around me too. So many distractions. So many.

If I remember that I'm writing a little book on philosophy of life and how it relates to voice technique and performing jazz...there *are* simple actions to finding a path!



If I remember what pearls of wisdom that come out of my mouth when I'm teaching someone to sing, then I too can internalize some of those things! Or when I reach that magic space singing jazz, if I can remember how I got there....

Voice technique takes concentration, first and foremost. A lot of it, or maybe it isn't a lot of it.

I know it's a perspective or a space that I reach. This perspective seems more obvious in singing the emotionally moving story, or creating jazz music. *But how do you get to a space?* Do you use effort, or an abundance of something? An abundance of concentration? Or instead, is it a *removing* of barriers that block concentration? It's like that famous idea of removing the rock around the sculpture, instead of chipping a sculpture into the rock. You may think that you have to go in, when really you have to go out – something like that! Our universe we exist in has a habit of directing us in the opposite direction for the

supposed answers to our questions. It can be extremely misleading!

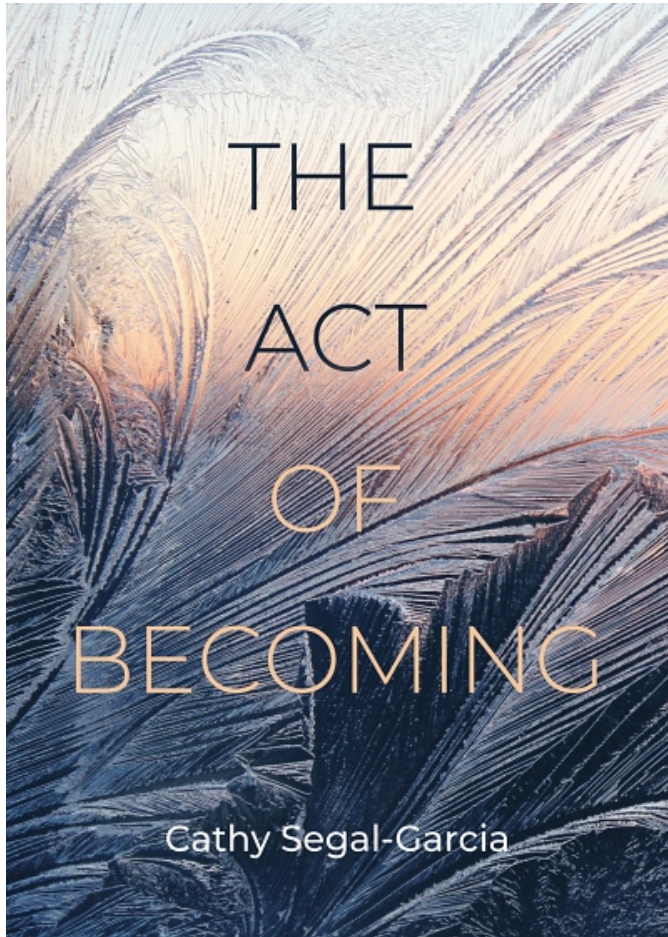
The word “focus” is an interesting word for us to really get a relationship with. The dictionary gives definitions like “emphasis”, “concentrate”, “single-mindedness”, and this great one, “center”. I also like this definition image they give, “the point on a cone”.

Years of focusing on playing and getting to the magical universe is a conscious quest. The goal of how to get “there” and stay “there” inspires us to keep working with focus. In its core, it’s a Zen-like state. In this way of practice, we become one with the instrument. You still have an eye on the future while staying in the moment. You are the water of the river, always there, always moving, along a path, and always changing, while remaining the same.

*Cathy Segal Garcia*

I hope you've enjoyed my musings! Always feel free to reach out to me to share. I wish you the best life you are able to create!

Love to you, Cathy



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