

## +lauren hammelton+ Lauren Monroe Music Healing Live Experiences Lauren Monroe performs her first single Everline on.

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Music artist and healer Lauren Monroe blends immersive performance science informed wellness and community to inspire resilience Nov 6 2025 Lauren Monroe performs her first single Everline on the Media Access Awards with Rick Allen and Joshua Ray Gooch Neil November 6 2025 As a speaker and lecturer Lauren Monroe brings a rare blend of scientific insight spiritual wisdom and grounded emotional intelligence to audiences worldwide Lauren Monroe Allen Resiliency is a moving breathing state of being

Being a resilient person doesnt mean you will never live through tough times it means that you have the ability to ride the waves of challenge with flexibility and insight knowing that when the wave ends you will return to life wiser stronger and more alive Sep 10 2022 rawing from legendary folk and Americana influences while sprinkling her own glitter on every song she releases Lauren Monroe puts forward a new classic with Messages From Aphrodite a stunningly poised exploration of the human experience and the different forms of love we feel along the way Mar 22 2021 Lauren and her husband Rick Allen drummer of Def Leppard are cofounders of the Raven Drum Foundation that uses music as therapy

She joins us on this version of The Paul Leslie Hour to discuss her latest record Run with Wolves Dec 6 2022 The acoustic guitar features a photo from Swifts Midnights photo shoot. A Taylor Swift signed guitar could be all yours while supporting a good cause

Raven Drum Foundations second annual 12 Drummers Drumming auction is running through December 12 bringing together a list of musics most influential artists to raise vital funds for veterans and first responders who are [] Oct 23 2025 Practical research on how rhythm-based interventions are perceived by youth in trauma environments supportive of Laurens trauma-healing work Oct 27 2022 Raven Drum invited a stellar group of world class drummers Veterans first responders and supporters to the beautiful Amazing Grace estate to experience the magic of a drum circle led by founders Rick Allen and Lauren Monroe Lauren Monroe is a speaker musician healing channel and educator with over 25 years of experience in energy medicine mind body wellness spiritual healing and music.

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