



The Sounds Of Healing

Actress turned healer Lia Scallon counts Liam Neeson as a friend and has even shared movie billings with Cate Blanchett. But when the limelight faded, Lia found herself on a spiritual quest that uncovered a unique gift. She talks to **MARNIE HITCHINS**. Photography by Sarah Crotty.

Lia Scallon was a shy child, blushing at the slightest bit of attention. It was surprising then, that she grew up to become a leading stage actress in Ireland; her performance career spanning two hemispheres alongside some of the modern greats of the stage and cinema.

Lia's life is busy in a very different way these days – no standing ovations or Opera Houses. During her journey from Northern Ireland to Port Douglas, her creative talents have unfolded in an unusual way.

As a child, Lia sensed her life was destined for some greater purpose. Growing up in a big Catholic family in Northern Ireland, she was worried that calling might mean, 'get thee to a nunnery'. She was right about the calling but wrong about the nunnery. Since the 1990s, Lia has been healing people with her songs and words. She says she is a conduit for these melodies – they come through her, rather than from her.

Lia grew up in a family with seven siblings. Her parents, wanting the best education for them, sent them to boarding school. This is where Lia discovered acting.

After leaving school she attended the famous Trinity College in Dublin. It was there she began a successful

stage career, through which she formed friendships and working relationships with the likes of Liam Neeson and Stephen Rea.

Her adventurous spirit led her to Australia where her biggest acting break was a role in the Bruce Beresford film *Paradise Road*. The movie, filmed in Port Douglas, launched Cate Blanchett into stardom and featured Hollywood stars like Glenn Close and Frances McDormand. It could have been Lia's launch pad onto the world stage, but it was at this point she realised acting was no longer her true passion.

The sense she had some deeper purpose to fulfil became all-consuming so she started investigating all things spiritual. During her daily meditation practice, Lia started to receive and sing sacred melodies, accompanied by a language akin to ancient Sanskrit. "That was when my channel opened up," she says. "I knew these sounds had been gifted to me, to help me heal myself. And as the years went by, I realised they were not just for me but were meant to help others too."

Lia calls her songs *The Sounds of Sirius* and describes the ancient language as the language of the soul. "My work is vibrational healing", says Lia. "Scientists now understand that the universe is in a constant state of vibration. For thousands of years,

world cultures used the music vibration to heal body, mind and spirit."

Ancient civilisations, like the Tibetans, believed each soul held its own musical frequency, a sort of individual sound print throughout every cell of the body. "Certain sounds can bring an individual back into harmony. That's why many spiritual traditions use chants, prayers and holy words," she explains.

Lia first recorded *The Sounds of Sirius* in 2002 and recently released her sixth CD title, *The First Little Angels on Earth*, which is a unique combination of storytelling, channeled song and meditation for adults and children.

Lia's passion now is to bring her music to a wider audience. Apart from recording, she travels throughout Australia and overseas with her healing workshops. "Acting and the other threads of my life, have led me to this point," she muses. "I think I've discovered that purpose I sensed as a little girl. There's nothing more rewarding to me now than hearing my music has deeply touched someone's heart or supported and comforted them during times of stress, pain or grief." CL

The First Little Angels on Earth is available at ABC shops or from www.soundsofsirius.com