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Artists strive to free this true and spontaneous self in their work. Creativity, meditation are ways of freeing an inner voice. --Gloria Steinem

Singer Loses Voice and Finds Her Song

One day in 2011, singer-songwriter Crystal Goh woke up with no voice. She was diagnosed with a rare neurological condition called Spasmodic Dysphonia, with no known cause or cure. Two years went by as Goh struggled with this disease. In the midst of her isolation and depression, she wrote a song to remind herself about the importance of hope. And as she began to share this song with others, her voice miraculously started to return. With this renewed belief, Goh and her friends decided to reach out to others who needed to hear this message of hope.

Be The Change:

Be a source of hope for people in your life who may need some support and encouragement.