

Performer's CD launch follows her spiritual and musical journey

By Sally Goldenberg
Staff Writer

When she was three years old at a garage sale, Sharon Silverstein reached for a guitar and her interest in music was born.

Ms. Silverstein, a 35-year-old Hillsborough resident, has dedicated her life to composing and teaching music, singing and playing the guitar, trumpet and French horn. She released her first album this year, entitled "Be a Beacon," which aims to promote peace, she said. "I think the inspiration more than anything else, is the state of the world today," she said.

The album was self-financed and produced in conjunction with several other musicians.

Ms. Silverstein, who received her bachelor's degree from Mason Gross School of the Arts in New Brunswick, said her message on the album is "living a life of peace within themselves and therefore creating a peaceful environment and creating a peaceful world."

The album is a reflection of her personal journey toward peace and integrity, which she said she began 12 years ago. As part of her search for integrity in

her life, the wife and mother of a 5-year-old boy said she attends seminars nationwide aimed at self-improvement.

She said she also meditates, practices yoga and consumes information through books and tapes on self-improvement. Her music has caught on locally in the world of yoga and the Princeton Center for Yoga and Health invited her to perform on Oct. 25 with her saxophonist, Jacques Chancy and percussionist, Joe Mathai.

"My music speaks to people's heart and soul. My songs are uplifting, inspirational, high positive energy. Listeners say that my voice penetrates their soul, their being and moves them forward in their lives," Ms. Silverstein said.

Part of leading a life of integrity is taking responsibility and ownership of one's actions, Ms. Silverstein said, adding that she tries to teach this message through her music and her interaction with music students.

In order to take responsibility, she said, one must overcome past tragedies that he or she had no control over and take responsibility for the present and future.

"The way I was living my life was not working for me. My marriage wasn't strong. I didn't have focus. I didn't have clarity. I wasn't getting the results that I wanted in my life."

She terminated her 14-year teaching career in June in order to work on producing music. She also plans to launch a company that will teach children her message of responsibility.

"Children will use their creativity, imagination, intuition in order to solve practical problems in their lives," she said. "My music will be used to punctuate the concepts that I'm teaching them."