

allow Being

INVITATION + IMAGINATION + INNER EXPLORATION



Photo by Melodee Solomon

Allow Being is a conscious music project by singer/songwriter/all around creator, Beth Berra.

From as far back as Beth can remember, music has been both her greatest love and her greatest medicine. Beginning piano lessons in her youth, and singing in various world-class choral groups from age 4 all the way through her voice studies in college, music was the constant throughout Beth's ever-changing, often challenging upbringing. Serving as a safe haven and source of nurturing, music allowed her to retreat into a private world within where she could connect with higher Love and Truth, and understand her place in the Universe.

In her young adulthood, Beth suffered greatly with anxiety and depression. These years of mental & emotional distress (which she now lovingly refers to as "the dark ages") resulted in an unintentional disconnection from music, and *herself*. This painful season ultimately led Beth on a profound healing

journey, which in turn led her to music again. Through studying and training in the Bhakti Yoga tradition, Beth began connecting to her voice once more. This personal reopening initiated her next chapter in 2014 as she began teaching yoga & meditation, and singing sacred Sanskrit mantras and healing songs at yoga studios & festivals throughout the U.S. & abroad.

Though having written stories, poetry, and little piano ditties since childhood, it was only just in 2018 when Beth took her official dive into songwriting. Drawing from personal lived experiences in life, love, spiritual exploration and healing, Beth's thoughtful lyrics explore the human consciousness — telling stories of great loves & losses, and sharing universal truths & inspiring messages. Combined with Beth's soul-stirring voice and moving melodies, the music of *Allow Being* is a reverent invitation to listeners to connect with their own authentic emotions and deeply felt inner world.

Beth says she's had a knowing since she was very young that she was meant to do something "really important" with music. And while for multiple decades she wasn't quite sure how it would all unfold, it's begun to clarify for her in recent years. With the debut of its first studio single, "*Hope Free*", in 2021, *Allow Being's* presence in music became official. And with the release of two more singles and a full-length album in 2023, *Allow Being* is making its presence known.

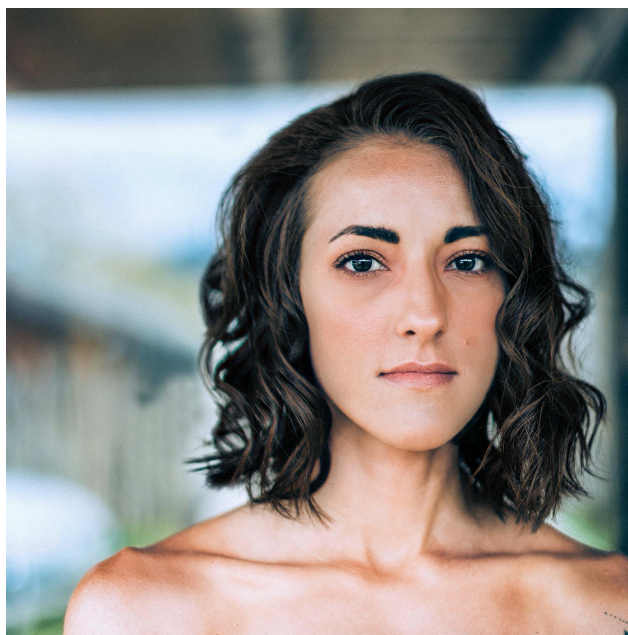
When not on the road or in the air, Beth is homebased in sunny Los Angeles, California and (maybe even sunnier) Taos, New Mexico, U.S.A.

QUOTES

"Beth's voice is heavenly — beautiful and not distracting.
I hear her sing and it takes me to an internal, reflective place."

— Anne Brock, Writer @livinginthemidst

PHOTOS



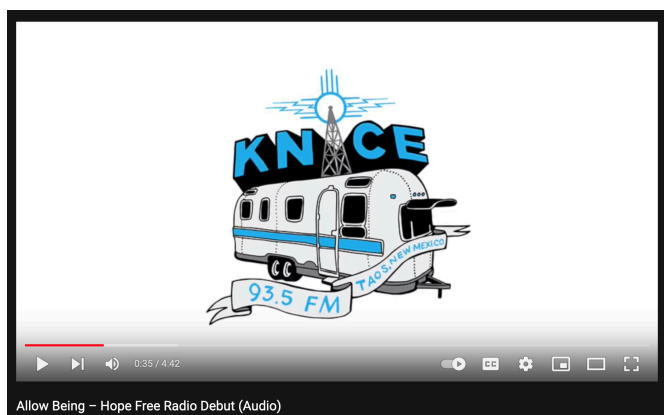
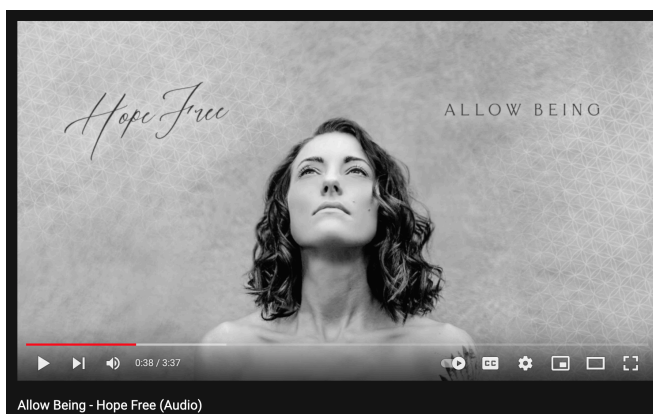
Photos by Melodee Solomon

MUSIC

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