

sing every day 2016

10 Feb - 24 Mar

This is the info you will need to register:

Send an email to **goodmedicinegoodluck@gmail.com**

with the subject of your email as SING EVERY DAY

In the email, please tell me your name (which you are happy for me to post publicly; if you prefer not, then tell me too), where you are based (where you live), and then..

Please lodge your fee of €13 to the following financial institution:

IBAN ~ IE68AIBK93601413266183

BIC ~ AIBKIE2D

Put your name (email name) as reference

After I receive your registration & deposit, I will reply with your number in the DRAW !!!!!!!!

Only after this will I ask for your postal address in case you are the lucky winner!

You will henceforth receive a cuddly email EVERY day of the next 40 days with your nudge!

As well as a link to share + post your videos if you wish to join us in baring soul +voice.

At the end of the period, all participants will be entered into the DRAW, and **TREES will be planted.**

ádh mór ort! good luck!

what you get:

40 days of nudges to SING (or VOCALISE via spoken word if you don't wish to sing) & to creating a song/poem (mix 'n' match?) right there and then & SHARE with the world (if u have internet + a recording device)

A tree planted at the end of (or during) for your spirit of participation

How many trees can we get planted lads? look at all ye get! Yippee!

a hamper filled with hand-made & made in Ireland organic, raw, vegan, living food, Tachyonised, and premium high frequency edible (?and..?) goodies*

being part of a community of song-filled spirits in an intense time of reflection. Ní neart ach cur le chéile {together we are strong} !

a chance to support Peneleapaí and her social environmental projects. Thank you X

* goodies = typical goodies will be made by **BIA BEO Living & Raw Foods 'n' Lifestyle in Éirinn** for for example, raw chocolate, fresh raw macaroons, freshly made raw sunflower butter (specify any food intolerances or allergies or preferences!), fresh raw pesto, fresh raw sauerkraut, Raw crackers, raw Granola, Green Juice, etc.