



How to bring more music into your child's life
Laura Lane's interview with Fiz Anthony
Episode #18, Hope, Strength and Courage Podcast – Full Transcript

[Music fades and continues in back ground]

Thank you for tuning into the Hope Strength Courage Podcast. Love and support for parents whose kids are fighting for their lives! A weekly podcast created to support parents and caregivers of children diagnosed with cancer, where you will find resources collected to help you face each day with Hope, Strength and Courage. From interviews with the top experts in their fields: doctors, psychologists, chaplains and inspiring frontline workers in paediatric oncology as they share their best advice, as well as day to day advice collected from other cancer moms and leaders in personal growth and development . From individuals who understand how hard it can be, I hope you will feel better prepared to cope with the day-to-day challenges of caring for your child. Hi, I am Laura Lane, and I am your host. My own daughter Celeste was diagnosed with cancer at the age of 12. In 2015 I wrote about our experiences in the book "Two Mothers One Prayer: Facing your child's cancer with Hope Strength and Courage". Since that time, I have dedicated thousands of hours to share with other parents and caregivers the resources, tools, tips, skills and strategies I learned that helped our family to stay happier, healthier and more hopeful. My goal is to share with you my interviews with experts to support you as you care for a child with cancer.

[Music fades to end]

Today's episode features my interview with Fiz Anthony, Profession singer and songwriter. Fiz is a dear friend of mine whose music is featured in the opening and closing credits of the Hope Strength Courage Podcast and even closer to my heart, when my daughter Celeste found out that her cancer had become terminal, Fiz wrote a special song just for her, called Angel on a Stage. You can watch the video for it on my Youtube channel.

Last week, when I spoke with Dr Mark Setton about how to choose happiness habits to increase your daily wellbeing, we mentioned the importance of Flow – listening to, playing or dancing to music would all fall under the category of flow. That is exactly what Fiz is talking to us about in this week's interview: the healing nature of music and how to bring more music into your child's life.

I hope you will enjoy this interview as much as I did.

[Guest Bio:]

I am pleased to formally introduce you to Fiz Anthony



fiZ is a Professional Singer/Songwriter whose music has been on the Billboard Charts. He also writes songs for Speakers, Entrepreneurs and Companies. In 2008, Carmen Road School in Massapequa, NY awarded fiZ with the "Ralph Mauro Achievement Award" for his outstanding community service on behalf of the Physically Challenged. fiZ is also the author of "Ignite the Rock-Star Within", a book and Keynote Concert Series that educates and empowers children and adults to know their "Soul Purpose" and to follow their hearts.

Laura: Welcome everyone to Hope and Happiness for cancer kids. Experts share how to get the best care possible and create wonderful memories together. This Virtual Summit is set up to share with parents whose children have cancer, to help them to find the hope and happiness for themselves and for their children.

Today I am interviewing Fiz. Fiz is a professional singer/songwriter whose music has been on the billboard charts. He also writes songs for speakers, entrepreneurs and companies. He has more information about that at www.signaturesongsbyfiz.com. In 2008, Carmen Road School in Massapequa, New York, awarded Fiz with the Rolf Mauro Achievement Award for his outstanding community service on behalf of the physically challenged. Fizz is also the author of "Ignite the Rock Star Within", a book and keynote concert series that educates and empowers children and adults to know their sole purpose, and to follow their hearts. You can learn more about Fiz at his website at www.fiz4ever.com. I hope you will fall in love with his music as much as I have.

Fizz was a blessing to us when my daughter Celeste was diagnosed with cancer, and her cancer became terminal in January 2013. And Fiz was so ever so kind to write a beautiful song called "Celeste Angel in a Stage" for us and that can be seen on YouTube as well.

So today I'm interviewing Fiz, talking about the healing power of music, and how to bring more music into your child's life. Fiz, what would you like to share with parents whose children have cancer? What would be your advice to them on the healing power of music?

Fiz: Well, yeah, thanks, Laura, for that beautiful introduction, by the way. So, first and foremost would be to understand just how powerful music really is. It's really everything. I mean the universe was created with sound. Ohm. Everything is music really on a deeper level, so, it stands that music changes your frequency. It is it does heal you that's why it is used as legitimately in the medical field - sound healing. And so, music does play a big part in healing and the melody changing your emotions, sound music changing your frequency so to really understand that I would encourage parents to really dive into that and look into that further because there's a lot of avenues in regards to music and healing. I've always associated music with healing. That's my story and it's in my book, which I mentioned.

Laura: Would you say that there are particular types of music that are more healing than others, or just in general allow the children to choose what's their favorites and enjoy it?

Fiz: Yeah, that's a great question. You know, and it's, it's funny because people have, they have an idea that they think certain music might be bad, or like, heavy metal is the devil's



music; rock n' roll's the devil's music, right? The parents might be religious, whatever, [they] wouldn't want their kids to listen to certain music, or rap, yeah, right. But for me, like, I'm going to just go off what you asked a little just to give an example but for me, I always associated rock and roll with healing, and because that's what it was for me. And so most importantly, the individual and what they perceive and how they receive whatever style of music is the most important thing. I've done a lot of work performing for children of all ages, and many different situations, many different illnesses, and physical disabilities. And some of them, one of the teachers that I was having a conversation with told me that one of the children that she worked with responded best to like heavy metal, like death metal, like really heavy, heavy stuff because of the severity of this child's situation. So, I'm going to say, honestly, whatever the child enjoys the most would be the most beneficial and it could be any style. You know, people in the world have a tendency - most of us like, the Toltec call it like the parasite; most of us were born into belief systems where our parents, our society imposes their beliefs on the child and, therefore, the child has these certain beliefs that are put upon them. But if you just let a child, be who they are, what they want to be, and receive music how they want to receive it. That's the best.

Laura: The most important part is that they feel happy. And that they enjoy it.

Fiz: Exactly. That's the key is happiness, and joy and laughter, too. So, music, laughter, comedy. Have fun, be goofy.

Laura: Yeah, I know that in our household, we love music, and we love to crank the music and just have our own little dance parties. And I've seen videos of nurses doing that in the hospital rooms with the children. Just putting on some awesome music and dancing together. That that's, that's what's going to make our children feel the best. And knowing that they are loved and supported and can be free and dance and have that creative expression.

What would you suggest? We have some talking points here about positive thoughts and prayer. And do you know a way of combining music with prayer?

Fiz: Yeah. It's funny. That's a great question. Because to me, just as you asked that question, I was thinking lyrics to me are prayer. Most lyrics and songs, to me, they are like prayers put into a melody. That's how powerful music is to me.

So, you know, I was thinking that that's a great question and I've never particularly put, like, actual prayers to a song. And you've encouraged me to do that just by asking that question, because I had - what did I write out? Using positive thoughts and prayer to elevate soul. Yeah, they certainly can. And you can have background music and put that to your own affirmations. It's easy to do, too, that we have so much accessibility, easy software where you can just, like, go online and put meditation music, right, have nice, soft instrumental meditation to music, and just put your own affirmations to that, and you can listen to that. So, get creative. I really encourage people and what I do teach, I don't do it as much now, when I had students, to use your individuality and your imagination. Because it helps you tap more into who you are. And it gets a little bit more individualized, which is more powerful.



There's a beauty to... a lot of the way I approach music, like, I'm so grateful that I was self taught, and then I went studied music, but I was self taught first. And that gave me the ability to express myself without having the rules kinda interfere. And it's kind of like the same thing when I was mentioning, like, the Toltec mentioned, like, belief systems of people. Once you're, like, imposed on a belief system, you're kind of in this box. You're like, this is the real world. But you create your own real world through your imagination. So, I encourage adults and children to use your imagination and just expand on that, you know. I make videos and staff; I don't even know what I'm doing. For anybody that's ever seen any of my music, and if you go online, you can see some of my videos. There's a song called "Anything" that I wrote. And if you put my name Fiz and the word 'anything', and I did that video by myself, and I don't even know what I'm doing; no one ever taught me a video, and it's just this fun video that expresses who I am. And you can do that with affirmations. And if you don't write music, that's fine. Like I said, you can go online, find meditation music, put your own affirmations or words even to that and single word. Just sing your own melody. I always encourage people to just, just have fun and not try so hard. Like just ... it's almost like speaking in tongues for those that are familiar with that in the spiritual world. It's just, like, let yourself go, and let it flow.

Laura: That's exactly what children innately do before we start to censor ourselves as we grow up, that if we allow children to just allow that creativity to flow to hum to think up lyrics, to do what brings joy to their hearts, and then sing it to the world. That would be a great way to bring happiness into our children's lives. That we can - we should be singing.

So, I have our third talking point, which is talking on focusing on joy and laughter, and what would you recommend to parents to bring more joy and laughter into a hospital room, into a recovery in child's bedroom? To someone who is faced with procedures and pokes and all that yucky medical stuff. What are some of the ways that you would imagine would be great to bring some joy and laughter into their lives?

Fiz: Well, of course, it would be to not focus on anything that's in that hospital environment. And how could you, how can you transform that environment? So, again, be creative. And another thing I'm going to say, I'm probably gonna get in trouble; probably hospital staff would not be happy with me, but I'm not somebody that plays by the rules. I want you to know, for those of you that are listening to me, I encourage people to break the rules. I'm a big, big fan of breaking the rules. Because again, there's a lot of energy in hospitals that are ... the energies ... it's heavy energy. It's a very heavy energy. So, how can you lighten that up? Bring in some balloons, some crafts, coloring books, whatever you can do, I don't know, whatever phase your child is in. If they can't colour, Think of creative ways to bring in, maybe some fun games. Make it more fun. And you know what just popped in my head? "Patch Adams". I would encourage parents to research Patch Adams. And if I was a parent that had a child with cancer, I would research Patch Adams and I would listen to his interviews, and I would listen to his views on the environment for children and healing for children and see what he has to say.



Laura: That's a great idea. We love our family loves that movie. And Robin Williams went on after his experience filming that movie, he every Christmas we go to the children's hospital and visit the different children on Christmas day and just bring a little bit more happiness into their lives. Our good friend Haley, who was diagnosed at the same time as my daughter Celeste, when she went into the hospital someone sent her a singing telegram. Now, that singing telegram was in the form of a gorilla, a man in a gorilla suit. And they had to sneak this man in through the hospital because they weren't sure how little children would take to this big gorilla walking the hallways. They didn't scare anyone so they had to sneak him through all the back elevators, and the back corridors so they could get him into her room so that he could sing to her. There's always ways to do it; that if you know of a way that will help your child, that will brighten their day then then yeah, I think it's sometimes it's rule breaking, sometimes it's rule bending and just saying okay, let's what can we do on a creative level to make this happen? Sometimes it will be through Skype or other means. There are some incredible celebrities who make children's days. What you did for Celeste by writing that song for her was incredible. She loved that song, and we listened to it over and over and over again. So, there's so many people out there who are so loving and thoughtful and want to make children's lives happier. And give them hope to keep going moving on. And I think it's the same for parents too.

What would you recommend for parents to help keep their spirits up, and their hope, and to make their days a little happier as they care for their child?

Fiz: Oh, that's a good question. I do want to say first though, for those that are listening that don't know Laura, and her child Celeste. The song that she mentioned that I wrote for her. A couple of things I just want to say. She wanted to be an actress. So, that's why the song is called "Angel on a Stage". So, very, very powerful, powerful song. Just the title in itself. That just came pouring through me and the most powerful songs, I find, are in things that I do, are connected to the children and helping the children. So, I just wanted to mention that. Just to share her legacy a little bit more – how she wanted to be an actress and ... another share I want to share with everyone listening is that she was a big Robin Williams fan, and Robin spoke with your daughter, right? He spoke with Celeste.

Laura: Yes, that's right.

Fiz: I just love Robin Williams, just to pieces, and always did. And I wrote a song for him, too. So, in regard to the parents, first and foremost, I would say is understand who we are. You're not a human being. You're a human being but you're a soul having this human experience. And so, it's just part of the journey, to know that the soul goes on. And not be so wrapped up in the physical where you think that this is all there is - because it's not. The first and foremost thing I would want to say to parents, it's very important to understand that. The soul – the journey of the soul goes on, and so all is well and again, I would focus on the light, I would focus on understanding that; that everything does happen for a reason. Each individual picks their journey for the expansion of their soul and the expansion of other souls.



We're all here for one another. Whether people realize that or not, it's true. We all learn from one another. And so that's what I would want to say to the parents to really understand that, and embody that and then focus on the love, the light, the positivity. How can you just understand that and focus on that?

Laura: That's all-great advice. Thank you, Fiz. That's something that I share in my book as well, that importance of love. That after you do everything else, that you need to not only love your child, but love yourself. And be forgiving of the mistakes that we make and be loving and grateful for all the people around us who are supporting us through the difficult stuff that needs to be gone through. And then if you can keep that foremost in your mind, that's what brings you peace. And I think that that's what will bring happiness is that when we can just focus on the love that we have for our children, and our gratitude and love for all of those people around us, that will bring so much more hope that life is good, and people are awesome. And so many people want to help. And it's been fabulous being able to do this Summit and knowing that there's so many people who want to share with parents who are going through the most difficult times right now, but yet their hearts go out. And we really are grateful to you, Fiz, for taking this time. We thank you so much. And we'll make sure that we have a link to your website, and that people can listen to your uplifting music. And where can they order a copy of your CD?

Fiz: Yeah, thanks Laura. They can order on my website. There's a there's a couple of links, I think on the front page when you go to: fiz4ever.com. F-I-Z, the number 4, and then ever.com. If they click the music tab, it'll take them to an option where they can buy the CD. There's a book I wrote, "The Rockstar Within", they can buy that book. It's a great book. And if they click fish TV, they can see videos of me. There's some fun videos of me with Bob Proctor. You know, we're both ... Laura and I both met at a Bob Proctor event, The Matrix, and there's a little video clip of that on my Fiz TV. Sign my mailing list. I'll send some free music. I have it set up where we if you sign my mailing list, I'll send some free music.

Laura: That would be great. We'll make sure that we send people there. Thank you so much, Fiz, and I hope you have a wonderful weekend. And we look forward to doing some more interviews in the future.

Fiz: Yeah, absolutely. You know one thing I do want to mention quickly, it just popped into my head, for any of the parents out there, that children are still here, or even passed, I'd encourage you to have -write a song for them. You can contact me about that - having their own song. Really helpful too, if they had their own song, so that you can reach out to me about that as well.

Laura: Terrific. We'll make sure that they have the link for that. Thank you so much, Fiz. That's great.

Fiz: You're welcome. All right, peace and love.

Laura: Thank you.



What I loved about this interview with Fiz is not only hearing about the work he has done to share his music with children in hospital but also his many ideas to help parents bring healing music into the lives of their children.

To learn more about Fiz Anthony and to listen to his music please visit his website at www.fiz4ever.com and www.SignatureSongsbyfiZ.com

Please join me next week for my interview with highly sought-after business consultant, speaker and coach Kevin Hall as we discuss the power of words and what we can do to remain positive in the face of adversity.

Before we end our show today, we have one last segment. Over the last few years, I have asked other cancer moms what advice they wish they had known when their child was first diagnosed. I have compiled that information and will be sharing their advice each week. You can download the top 101 pieces of advice that I put together as a mini-E-book at www.twomothersoneprayer.com/

Today's advice comes from Amy.

Amy writes: Take lots of pictures make lots of memory's and follow your gut. Some of my family's best memories was when we were living in the hospital. Take it day by day sometimes minute by minute. And when you feel something is not right, you are probably right. Tell someone, make them listen. Lay in bed with your child and tell them all your best memories, listen to your child tell you theirs.

Thanks, Amy, for sharing, that was beautiful advice.

If you have advice you have learned along the way that you wish someone had told you weeks, months or years earlier, I invite you to fill out the contact form on our website www.twomothersoneprayer.com/ and I will be sharing your advice with our listeners on future shows.

[Music begins lightly in the back ground]

Thank you for taking time out of your busy schedule today to listen to the Hope, Strength & Courage podcast. I look forward to sharing more experts and advice with you again next Wednesday. Please remember to take a minute to subscribe to the show. Thanks also need to go out to our Hope, Strength & Courage production team which consists of my wonderful assistant Tracey Ogilvie-McDonald, Andrew Braun at Braun Audio and Audio Geek, music by Fiz Anthony, and graphic design by Amy Hosmer. To learn more about myself, Laura Lane, and to order my book, please visit www.lauralane.ca.