

# Ep 27. Show Notes. 12.16.2024

## Art, Creativity, and the Power to Heal with Singer/Songwriter + Author, Meg Flather

How do we confront our grief when it feels particularly overwhelming during the holidays? How do we stay present to our grief when we've lost a loved one? How do we meet with our grief over the recent election here in the US or the collective grief we feel over the atrocities happening around the world?

What is the role of art, creativity and the artist in our healing process?

Today we are #LIVEintheHIVE with multi-award-winning cabaret singer and songwriter, Meg Flather. This episode was recorded in December of 2022, just before Christmas, and it is a tender, poignant and passionate conversation I had with my friend and colleague, Meg Flather about her one-woman show, *Hold on Tight... a Love Story*, and how her creative life has been instrumental in her healing process.

*Hold on Tight* partners her original songs and stories from her book of the same name about caring for a parent with dementia. The piece premiered at The United Solo Theatre Festival in 2022 at NYC's Theatre Row where it won the festival's award for Best Storytelling Show.

In this episode we touch on...

- \* Grief as a wintering and isolating emotion.
- \* Our collective fear of grief (and it's well known mask, anger) and the need to move in and through it.
- \* Meg and I met through our political connection through \*The Blue Wave shows in the NYC cabaret scene, and navigating our political landscape through our music and art.
- \* The power of ART to heal through connection + community.
- \* The powerful reason that called Meg into the Cabaret community in the 80's.
- \* Meg shares the whole process of how she cared for her mother, decided to write a book, crafted songs and created a one-woman show – the power of storytelling as an act of service.
- \* The Role of the Artist – the creative artist as melancholic + the willingness to stay present to the pain of grief, and to the beauty of it to fuel a creation.
- \* Creating and DOING the show changed Meg.
- \* All this and SO much more...

Meg Flather is a two-time Bistro Award winner and a four-time Manhattan Association of Cabaret and Clubs (MAC) Award winner who recently won the 2021 BroadwayWorld.com Cabaret Award for Best Song.

Meg has released eight CDs of her original music (all of which are available on Apple music). Meg has also authored two books that are now available on Amazon: Home Shopping Diva . . . Lessons, Lyrics and Lipstick – and Hold On Tight . . . a love story.

Her new one-woman musical, Hold On Tight, partners her original songs and stories from her book of the same name about caring for a parent with dementia. The piece premiered at The United Solo Theatre Festival this year at NYC's Theatre Row where it won the festival's award for Best Storytelling Show.

In addition, she has written and recorded songs for independent films, Off-Broadway, and on behalf of HIV/AIDS, 9/11, Alzheimer's, Autism, suicide awareness, political activism, and the Covid-19 pandemic.

Find Meg:

[www.MegFlather.com](http://www.MegFlather.com)  
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YouTube: [https://www.youtube.com/watch?v=4l3ir-jrFal&list=PL3Gsp8wtJJExTMb8FSp-\\_bwujvElJBnoe](https://www.youtube.com/watch?v=4l3ir-jrFal&list=PL3Gsp8wtJJExTMb8FSp-_bwujvElJBnoe)

Find Sandra:

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#ThePowerofStorytelling #HoldOnTight