

I'm Sandra Sangiao, artist and voice mentor.

I know that magic exists. I discovered it through my voice—the magic of knowing I am fully responsible for my life, and of seeing how what seems separate—the invisible and the visible, the spiritual and the material, the abstract and the concrete—can come together in harmony. Integration is everything: everything is valid as long as you give it sincere value.

For over 20 years, I've traveled the world through music, singing traditional and popular songs—from African-American gospel to Balkan music, to plant-medicine songs. Exploring such diverse musical traditions taught me to accept the contradictory parts of myself: the wild and the refined, the raw and the subtle. Each style revealed something new about me, helping me embrace my complexity and infinitude.

Along the way, I realized that there is no universal manual for life—only one for you. Only you can uncover it, by committing to be brave, noble, and free in every choice, and by giving voice to your truth. We are neither victims nor controllers of circumstances; we are free to be creative with them, to use them in service of life.

Through all of this, I've learned that my value doesn't lie in mastering every tradition I sing. My value is in honesty and authenticity: in expressing fully what I feel, and in guiding others to reconnect with their own voice. Giving voice to every part of ourselves is how we inhabit life fully, free, brave, and noble.

I've tried many paths, but only one truly matters: yours—your voice—unique, irrepeatable, and alive. I guide you to inhabit it fully, to stop running from it, and to bring your truth to the world.