

# Healing Hands

By

Cathy Oakes

Written by

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There can be no harder journey to travel than one through Cancer, and to have the courage to create an album based on that journey is not only remarkable, it is inspirational and beautiful, the essence of gratitude and the love of life shines bright within **Cathy Oakes**, and this her latest offering is breath taking for many reasons.

The opener **The Threshold** speaks volumes for the alley way and corridors that a person walks down on their way to this portal of physical and psychological change, and Oakes melody is so heartfelt and poignant, one can actually feel the letting go of control as we literally have none at this point, yet still this performance and it's resulting sound, has a colourful element of beauty about its nature that is so deeply felt.

**Healing Hands** is a mournful repose that has highlights of empowering tones built perfectly within its structures, ones that contain both hope and respect and played with such calmness of spirit, however Oakes doesn't shy away from the **The Darkest Hour**, her track entitled just that, is a walk through those moments when you wake up in the early hours, and crazy thoughts of dark proportions enter your mind, her composition here explores her belief system, and how it brings comfort to her at these times.

**A Fragile Grasp** continues that theme, but illustrates the sheer lack of control over life that we all actually have, but even more so when you are going through a journey like this, her performance on this piece is emotional and thought provoking, but played with such a harmonious attitude, that may give to us the only control we may have at this point, to let go of everything.

The twists and turns of a journey through extreme illness are all beautifully portrayed here by **Cathy Oakes** on this 12 track offering, and one must commend the artist for this courageous musical narrative, and as a constant reminder to us all, she finishes this deeply moving album off with a track called **Blessed Journey**, something perhaps that we may all take for granted, it is enough surely, to celebrate each breath that we take on this wonderful journey of human experience.

**Healing Hands** is an album that is as creative and beautiful, as it is therapeutic and cathartic for the artist, it is very likely that many will not only find a good deal of peace and calm from listening to and reading about this album, they may also find a deep well of inspiration and courage from it too, now if on those conditions only, surely that's enough to thoroughly recommend this album completely.