

MUSIC AS MEDICINE

The world needs to heal--Un AmOur Band can help



"Imagine what we all could build if we all came together" - Irie Vibrations: Vol 1

Meet The planet's new humanitarian band designed to help people all over the world. Un AmOur Band's music is an all original fusion blend of Reggae, rock, and island style funk.

Uplifting and fun, we focus on universal truths. Ways of thinking that give us better control over our thoughts and emotions.

Our live show is professional, fun, and engaging, with chilling vocal harmonies, intelligent choreographed lighting, psychedelic graphic videos for big screens. It's a professional Broadway-quality show.

Un AmOur Band = ONE LOVE.



Music as Medicine

Has music ever helped you when you were down or made you dance, sing, laugh? Has it ever inspired you to keep going and believe in yourself?

There are certain universal truths that we can all agree with, no matter our race, sex, culture or religion. Un AmOur Band amplifies those truths by allowing people to recognize and reprogram harmful thinking. Music as Medicine.

We are one people, on one planet, with one mission: to evolve and improve as a species and to take responsibility and fix what is not right in our world. It starts in our mind. We must fix ourselves. Together we can change the world, one heart at a time. – *Un AmOur Band*

Why we do this

- To make the world a better place.
- To raise the consciousness.
- To break the cycle of harmful thinking.
- To bring awareness, by presenting new healthy perspectives.
- To decrease school shootings, suicides, bullying, sexism, racism and encourage critical thinking to challenge false belief systems.
- It's easier to fix people before they become broken.



How to Break the Cycle of Harmful Thinking?

Music is a great medium to help all people evolve their thinking, using lyrical medicine. We can't always choose what life is going to throw at us, but we CAN choose how we respond to it. What are you listening to? Are those messages junk food or are they positive messages? Are they helping you or hurting you? There is disconnect in the world about what love is and isn't. Love isn't just a feeling: how to love is a learned skill that benefits everyone when mastered. These skills need to be taught because our future as a species depends on it.

Un AmOur Band presents a message that helps people deal with common issues like depression and anxiety. There is a stigma around mental health disorders and many people choose not to seek help. By providing a positive message in the medium of music. The rhythms of the music are in sync with our heart beat and science has proven that positive music can help release serotonin, oxytocin, dopamine and other natural feel-good chemicals.

We encourage other musicians to raise the bar of lyrical content. It's our goal as artists to "Be the change we want to see." Were in this together.

Current statistics:



An estimated 70% of the world's population is suffering from depression, anxiety, stress, fear, lack of confidence, anger and destructive thinking. Modern stresses and struggles are tearing families apart and ruining relationships. Harmful thinking is responsible for violence, bullying, racism, sexism, hate, loneliness, and crippling mental disorders. Domestic violence, road rage, school shootings, suicide, drug and alcohol addiction and pharmaceutical deaths are at an all-time high.

Why Are People So Broken?

- Mental Illness
- Abuse of Prescription narcotics, pharmaceuticals, alcohol and street drugs
- Broken homes, especially ones without a father
- Recent loss of someone close
- Loneliness and depression
- Traumatic childhood

Why Focus on The Music Festival and College Circuit?

UAB's focus is on the music festival and college circuit because we believe that this audience provides a tremendous opportunity to positively influence a generation that is already receptive to our message of hope

It is in the early 20's, most people with mental health disorders begin to show symptoms of neurological impairment. The college-age demographic is a perfect target audience for healing lyrics and positive messages to counteract negativity and stress in their everyday environment. This demographic is critical to world's future: they are the ones to be "up next". This is the age we are expected to think for ourselves and make life changing decisions. It's also when we decide what is possible, how we see ourselves, how we relate to others, and what kind of person we want to be. We choose what beliefs we want to move forward with, and what we want to leave behind.

