

MOMS rock

Can a mother of young children stay in tune with her musical muse? These local rockers take to the stage to prove it.

Excerpted from the article:

A peaceful place

Hillsborough resident Sharon Silverstein, 38, is the mother of 8-year-old Jared. She also is a long-time musician with a commitment to making the world a more peaceful place. To that end, she calls her band The Peace Project.

“I write original lyrics and music that conveys the concepts taught by spiritual teachers such as, Byron Katie, Wayne Dyer, Deepak Chopra, Don Miguel Ruiz, Carlos Castaneda and Stephen R. Covey. My songs speak to everyone letting his or her light shine and manifesting the glory of God by playing big in their life. Marianne Williamson says, ‘There is nothing enlightened about shrinking so that other people won’t feel insecure around you. As we become liberated from our fears our presence automatically liberates others,’” Silverstein said. Once a band director for grades 4 through 8 and an instrumental music teacher for 14 years, Silverstein now puts her devotion to teaching and peace into her own series of workshops for parents and kids, called Living At Peace. You can often catch her inspirational folk act at cafés like Failte Coffee House in Hopewell and Borders Books & Music in East Brunswick or Princeton.

Just as Moor’s son, Max, has grown a real penchant for music — especially dancing to African music, Silverstein bonds with her son through song.

“My son plays the drum set and we rock together. We spend time together making up our own instrumental music composition,” she said.