

sheena ∫ grobb



Every once in a while, the universe gives birth to a songbird... a certain kind of songbird. The kind who sings a song unknown to most, but resonates in some way with everyone. It's a familiar song because the notes are like a code to the soul, and the voice its precious carrier.

Sheena Grobb's voice has been compared to greats like Sarah McLachlan, Eva Cassidy, and Norah Jones. Yet the gracefulness and eloquence with which she delivers a song – soulfully sweet with an air of surrender, almost delicately whispering at times, and quivering on gently sustained phrases – creates a sound unmistakably hers.

Right from the age of two, the gift Sheena possessed was beginning to show. A voice so pure, it pierced through crowds and rose above conversations. Sheena could silence a room, even as a child. Her mother's passion for music was so strong, that singing and playing became as natural as breathing to Sheena. But talent alone is not what created the songwriter in her. At eight years old, the loss of her greatest influence – her grandmother – produced emotion in Sheena so big that only song could penetrate its depths. And so at 10 years old, Sheena began songwriting.

Sheena debuted her first EP, *Safe Guarded Space*, on the main stage of the Winnipeg Folk Festival in 2006. The following year, she was nominated at the Western Canadian Music Awards for Outstanding Pop Recording, and recognized by the Los Angeles Music Awards with nomination for Female Vocalist of the Year. With wheels in motion, Sheena sensed her destiny. So did others around her. Yet, a dark cloud loomed large on her horizon.

Having been diagnosed with Multiple Sclerosis at 16, Sheena learned early that even the most precious of gifts can be quickly lost. The delicate nuances of classical piano training and self-taught guitar vanished for one life-altering month after her first album was released, and she struggled for the next several years to overcome the fears of her own deterioration. Thanks in part to the undying efforts of close friend Kim Nozick, Sheena spent much of her creative energy delving into the inner world of emotional, physical and spiritual wellness.



"It is without doubt a masterpiece of songwriting and soundscape... really incredible soulful music. She will definitely get a huge audience in time, trust me." - ALEX WHARTON, ABBEY ROAD STUDIOS

With recovering her health being Sheena's primary focus, she released Manitoba Film and Music supported album *Grow* in 2010, produced by 11-time JUNO Award nominee Dan Donahue. Despite minimal touring, she attracted the attention of Lindsay Nelko (previous choreographer for *So You Think You Can Dance*) who produced a music video for song [Get Out Alive](#) featuring two of the show's star dancers Kathryn McCormick and Robert Roldan.

In 2011, Sheena was approached by a couple, Les and Terry Weins, who were deeply impacted by her performance at the Winnipeg Folk Festival in 2006 – so much so, that it prompted them to organize an event to fund another album. It became the gift that would keep Sheena anchored to her music, despite her own reluctance to continue.

Three years later, Sheena is releasing *The Breakless Heart* (Sept 2014). She chose to work with Ervin Bartha at ClearLightSound, a private home studio with a Kawai 6'1" grand piano and a "creative vortex," as Sheena calls it. After a labour of three years, and believing in her music and message so much, Ervin boldly emailed the engineers at Abbey Roads Studios in London to see if they would master the project. One listen to the title track and they agreed.

Currently, and in conjunction with release of *The Breakless Heart*, Sheena is telling her story through a video series called *The Living Compassion Project* with videographer and close friend, Julie Epp. Having both witnessed the transformative power of storytelling, Julie and Sheena's project encourages people to share their own stories – for personal healing, and also for the impact on others.

[The Living Compassion Project Part 1](#)

[The Living Compassion Project Part 2](#)

[The Living Compassion Project Part 3](#)



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