

Natural Healing Express Weekly

Column Volume 77 Vitamin M, The Healing Power of Music, Part IV: Nashville Recording Artist Corey Cox

Thank you everyone for your kind words regarding last week's column. I always appreciate the feedback. Well, quite honestly, I appreciate the positive more. This week, as promised, we will interview a rising star in the country music industry, Nashville Recording Artist, Mr. Corey Cox. Some of you have seen him playing in the Northwestern Illinois area and he will be back again very soon.

First of all, just a brief bit of history regarding Corey. Deciding to trade in his college baseball jersey and curveball for a Martin guitar and life on the road was a major turning point in Corey Cox's life. At just 20 years old, Corey made a decision to step outside of his tradition, comfortable, Indiana-small town existence and throw everything he had at an unpredictable and precarious life as a music man.

Six fans showed up in Corey's living room for his first performances – not even enough for a full baseball team. The determination and competitive drive Corey took with him from his days on the ball diamond are now paying off five years later as he releases his third album, Good Night Comin' On.

I caught up with Corey as we were driving together to honor our friend, Chuckie Goff, Jr mentioned in our previous article, Vitamin M, The Healing Power of Music, Part III, Lil Chuckie. Corey, thank you so much for agreeing to be part of Natural Healing Express's Series on Music Therapy, now called Vitamin M. Here we go!

Susan: What led you to a career in the music industry?

**Corey: Mainly, I think it was just figuring out I had a gift that I wanted to share. I quickly also found my love for performing and writing. Now, I couldn't even picture myself doing anything else.**

Susan: Why do you believe you became a singer/songwriter?

**Corey: It had a lot to do with my love for country music. I quickly found my love for writing and performing. People always say that you should always strive to be able to do what you love for a living. I honestly can't picture anything else.**

Susan: Did you come from a family with a strong tie to music?

**Corey: Well, that depends. There aren't any members of my immediate family that have a music background. However, my family loves country music, and I was exposed to it very early in life.**

Susan: As an entertainer, please share some of your experiences in utilizing music to heal/help someone:

**Corey: In 2011, I had the opportunity to open for Sugarland at Conseco Fieldhouse (now Banker's Life Fieldhouse). It was more than just a concert that evening. It was a tribute concert, after a tragic stage collapse accident had taken place a few months prior. This show was added to the end of the tour. It was a free concert, that gave fans an opportunity to witness the concert that they didn't get to see do**

to the terrible tragedy. Singing my songs in front of 18,000 was a rush in itself. But, it was more than just a concert that night. There was an energy in the arena that is almost unexplainable. It was a night of healing and closure for many. I feel blessed having been a part of a night filled with healing for so many.

Susan: Can you share any personal experiences where music has been utilized to help heal you?

**Corey: There are too many to list! HaHa. Overall, I think writing and performing has helped me heal on numerous occasions. Writing is a way for me to untangle a ball of thoughts that is trapped in my head. Writing is also a craft. I love writing about my life and experiences, but, I love even more writing about those experiences that I'm certain others can relate to. It's not only a form of expression; it's a medicine for others who may be experiencing the same "illness" in their life. Also, performing those songs is one of the most powerful medicines that I could ever ask for.**

Susan: As a songwriter, you have already written songs that have a strong personal effect on people, what does it feel like to write something that helps a person relate to their own experiences in life?

**Corey: It's such a special feeling to hear that my music has touched someone in some way, shape, or form. Whether it be a song that has helped someone heal, or a song that just puts someone in a good mood every time they hear it, it's cool to know that others can relate to my stories.**

Susan: What inspires you as a songwriter?

**Corey: Everything. Life, love, heartache.....uhh....BEER! I draw inspiration from many outlets. Whether it be something personal, or something a friend is experiencing, my mind never stops thinking about how certain situations could make a good song that many could relate to.**

Susan: What song(s) do you consider to have had the most profound personal effect on your life?

**Corey: It's hard to pinpoint just one song. Overall, I think that I tend to gravitate towards songs that take me back to a certain place and time. There is just something about "memory" songs that always get to me. I think mainly because those songs will never expire or spoil. Any song like that will always be there to take you back to a certain time in your life.**

Susan: If you could choose one thing that people will remember about your career, what would it be?

**Corey: That I was REAL. I want my music to be an accurate representation of who I was and what I stood for. Some artists tend to get caught up on the latest fad, and think that is what they should be doing. I'm a firm believer in the fact that there will always be a market for "real" music. Sure, what's a hit today might seem like the smart thing to do. But, people will eventually see past anything that isn't real. I always want to stay REAL.**

Susan: What does it feel like when you are on stage and you witness the crowd reacting to your songs, especially the ones you have written from the heart?

**Corey: It's an unexplainable feeling. Whatever troubles I may be experiencing at the time, all go away when I step on stage. That's my comfort zone. That's the one place I can be and forget about everything. I can just go out, be REAL, be me, and share my life with people in the form of music. There is nothing better. Period.**

Susan: Have you heard of Music Therapy before? (the application of music for Healing)? What does it mean to you?

**Corey: Yes. Everything I mentioned above, troubles all go away when I step on stage.**

Susan: When was the first time you saw the healing qualities of music?

**Corey: The first time I sang at a funeral. As difficult as it was, I found peace in knowing that I helped others heal. That's what it's all about.**

Susan: Also, you are very popular in our Tri-State reading area (Northwest Illinois/South Wisconsin/Eastern Iowa) is there anything you would like to share with your fans here?

**Corey: Thanks for allowing me to do what I love! Your endless support means more than you'll ever know. It's been on heck of a ride with you guys, and it's not even close to being over. I still need you all more than ever. You keep supporting me, and I'll keep making the music you all have apparently grown to love. Oh, and I'll keep giving you another reason to drink beer :)**

Susan: When will you be back in the area?

**Corey: We will be playing at the Cadillac Ranch in Bartlett, IL on April 5<sup>th</sup>.**

Susan: How can your fans here keep up with your tour and announcements?

**Corey: [www.coreycoxmusic.com](http://www.coreycoxmusic.com)**

Susan: How can they purchase your music?

Corey: [www.coreycoxmusic.com](http://www.coreycoxmusic.com) / iTunes, Amazon, my shows, etc.

Susan: What song from your personal arsenal would you recommend to be utilized for Vitamin M?

**Corey: That'll Take You Back... it's one of those memory songs I spoke about above.**

Thanks Corey! And thank you dear readers! We have a couple more parts to this series and I promise you, it's gonna be a fun ride!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: [skscham@aol.com](mailto:skscham@aol.com) 204 W Main St, Lena, IL 61048.

Website: [www.naturalhealingexpress.com](http://www.naturalhealingexpress.com) Facebook: Natural Healing Express

