

PRESS RELEASE
FRENCH NATIONAL MEDIA RADIO INTERVIEW
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Veteran reggae performer and international Good Word Artist, FYAH WYAH, has been restoring hope and bringing renewal to audiences through his music and spoken word performances for more than 25 years. Hailing from the fragrant island hills of Jamaica, born to Afro-Cuban parents, and raised to believe that through song, rhythm, dance, laughter, and a steady flow of good words-everything, indeed, is going to be alright.

Having worked, sung, written, and produced with past and current reggae stars including the Marley family, Alpha Bondy, Mighty Diamonds, Steel Pulse, Eek-A-Mouse, Don Carlos Freddy McGregor, Michael Rose, Junior Reid, and Big Mountain, FYAH WYAH has been blessed with sold-out performances in Africa, Hawaii, and the Caribbean where the universal truth of the music and the word is treasured.

FYAH WYAH, his music and words, can be experienced online at www.myspace.com/fyahwyah. His album "Love in De Air" is currently available on www.amazon.com. Musical Messages from the album such as *Good Words*, *Believe*, and *Beg U A Chance Boss* are growing in popularity around the globe. Upcoming 2008 tour dates are announced on FYAH WYAH's My Space and at www.fyahwyah.com

In the following interview of December 2007, FYAH WYAH shares his heart and ideas in the hope for a healthy, loving, and peace-filled world in 2008.

What is your idea of perfect happiness?

*My idea of perfect happiness is growing in the "future perfect." Happiness is keeping the mind clear and fresh, keeping out contamination, eliminating downpressing thoughts. **Future perfect happiness is keeping in your mind a reservoir of joy that always expects that the best is yet to come.***

What is your greatest fear?

*Being unable to give thanks for the big and small things every day. Fear really is the opposite of who I am. FYAH WYAH is love and good words. **We must always remember that words are bigger than any magic to dissolve fear.***

What is the most overrated virtue?

Ambition and self confidence -- they are often disguises for wicked petty ego that causes injustice, violence, war. We must not be ambitious for dead things; the quest for material things can take all of your spirit and focus away from living a good and righteous life.

What is the most deplorable trait you see in people?

Like everybody, I do not like to be exposed to negativity in other people. However, we must learn that just like a battery cannot run things without positive and negative poles, the world needs both the positive and negative to run. I try to keep that in perspective and to always learn from negative people to grow more into the positive.

What is your weakest trait?

*Not recognizing sometimes that the enemy and deception can come from within. Bad habits, desires for things that are not good for me, and surrounding myself with people with unpure motives—these are the things I work always to grow out of and into a future perfect. **Growing out of habits and away from people that contaminate our vision and energy is a big achievement – one that we should all strive for.***

What talent do you most wish for?

To be a painter. I would like to have power in a brush, to paint with a baby's heart, to paint out prejudice, to paint vision and immediate understanding for the world to see.

What are some of your favorite places that you have visited?

I love the islands of the Caribbean of course. Jamaica is my physical and spiritual home especially on the beach at sunset and in the mountains in the morning. Hawaii is a magical place with a strong native identity and a desire to grow into a positive future. Africa is a strong roots memory. The African people have a gift for seeing the authentic and for understanding the power of nature. California's vibe is very positive to me. The coastline. The freedom of expression and the sense that anything and everything is possible.

Where do you look forward to visiting?

I am such a baby traveler really. I cannot wait to do more. I want to see Europe, the lights and majesty of Paris, the passion of Spain, the big feeling of England, the intensity of Germany. Russia and Eastern Europe seem very righteous and forward thinking these days. Brazil is also hot on my list for music and life celebration. Asia as a whole other experience so different from any I have known—I want to experience that. I also have many friends in Australia and New Zealand so I will be going there to perform and travel in the future as well.

Do you have any advice to men and women on loving relationships?

That question puts a smile in my heart and on my face. Loving relationships seem to be what we all quest for, no matter what age or condition or country. I think we make them more difficult than they need to be. We contaminate them with ego and ambition, competition and distrust. Simple faith is so important.

To men, I say remember that you are the stronghold in holding the relationship together. You have more power than you believe to create joy in the home. Watch your pride level. Speak good words to your woman that are real and from your heart.

To women, I say remember that you are the mother of creation, where we all came from. Always demand elevation and respect in that position and trust in your spiritual intuition. Remember that at our core, men are childlike. This can be both good and bad. Think about the soul in your mate.

*Elevate the relationship beyond the flesh. Use intimacy to find the joy and spirit within each other. **WHERE THERE IS AGREEMENT AND PLEASURE, THERE IS POWER.** Where there is disagreement and pain, there is disenfranchisement and divorce. Celebrate **SYNERGY IN SPIRIT.***

Why do you wear your hair in locks?

*Somehow, my hair became a natural reflection of who I am, a reflection of how my soul grows in time—not always smooth, sometimes tangled, not always meeting the approval of other---but always long, powerful, and worth the effort. **Wearing dreadlocks can feel like a test of commitment to freedom and UNBOUND spirituality.** It is a visual symbol of that test for me personally.*

Why do you believe that reggae music is such a powerful force in the world?

*Reggae has roots in every country in the world – the heartbeat of the drums, the regularity of a simple rhythm and a repeated lyrical message that makes the body, mind, and spirit want to move in dance. **Jamaicans found a unique sound, a tone, A KEY OF SIMPLICITY AND HARMONY that speaks to the human heart universally.** Bob Marley’s tune *One Love* was selected by the United Nations as the song of the last century because the **SIMPLE** message is the most powerful one. We can remember it – one love—we can move to it – one love - we can sing it – one love - and, most importantly, we can share it. *One Love*.*

What living person do you most admire?

*I can’t say that I admire any **SINGLE** living person. That would not be enough. More than any one person, I admire **COLLECTIVE BEING**, all the human beings who have laid positive blueprints for future generations. I admire beings who hold us to exemplary standards, who raise the bar on how to live a conscious and positive life.*

What is your life motto?

***FYAH WYAH** stands for *Fresh, Youthful, Aware, Happy, and With You At Heart*. I strive every day to be that name, to live that way.*

What good words do you want to give the world in 2008?

*I would like for everyone to experience what I call “a spirit of expectancy” – **EXPECT to believe in the simple good of life and good things will come to you. Expect simple good in our work, in our loving relationships, and in the world. Simple. Good. Expect life to be that easy.** Help others believe those words in each new day. Link with me personally at my space at www.myspace.com/fyahwyah. The best is yet to come!*