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Lose yourself into a spiritual realm with Music Artist SARAH BEN3T's recent release 'Believe'

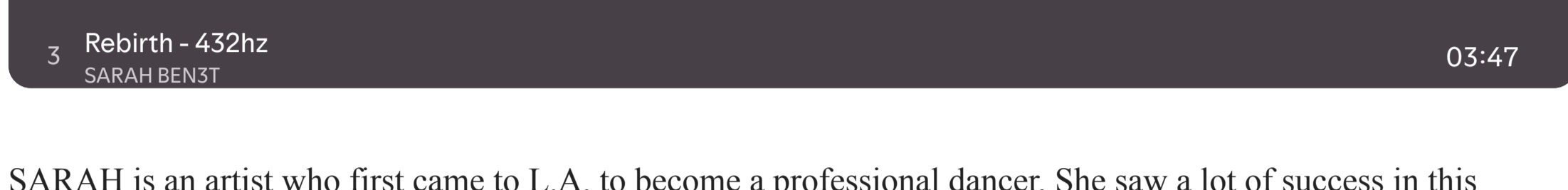
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SARAH BEN3T is coming in hot. Her recent release is *Believe*, a collab with MendeX and an exciting track full of spiritual ideas and an exploration of fascinating concepts. In addition to this, the artist is soon releasing her new song, *Crystal Children*, a high-vibe EDM track with a hidden meaning.

SARAH BEN3T is an artist with a lot of interest in spirituality. *Believe*, for instance, is a song inspired by MendeX's original piece *Fractal*. SARAH gives it her own twist by considering the idea of Soul Fractals, which is something that she had previously talked about in her song *Rebirth*, mastered by Localcolor. *Believe* showcases these amazing concepts, high-vibes beats, and BEN3T's amazing skill.

The musician is set to release *Crystal Children* soon. The idea that is explored in the song is the concept of the Two World Split between 5D and 3D realities. There is the idea that people can recall the true history of the world and of the human species through a higher wisdom, as people's bodies are like crystals that store this true memory.



SARAH is an artist who first came to L.A. to become a professional dancer. She saw a lot of success in this regard, joining the M-Theory Dance Company, not just as a performer but also as the Assistant Director. M-Theory has transformed into a spiritual movement that pursues broadening the power of humanity through different practices, like movement, breathwork, tonic toning, reiki dance, and meditation. SARAH, in particular, has worked to further her interest in vocal toning. Her work combines the passions she has for dance and music, spirituality, and more.

Many tracks are written through automatic writing, which, according to the ideas behind the technique, could allow the artist to speak from her Higher Self. At the same time, she has chosen to make her music EDM and electronic that can be danced to, but also holds a deeper spiritual significance. Her music is fun and also represents many of SARAH BEN3T's beliefs and ideas through the lyrics and the ways in which she chooses to create her songs. SARAH performs in M-Theory gatherings and does toning with crystal singing bowls and other instruments, also meant to help people expand their consciousness and reach higher levels.

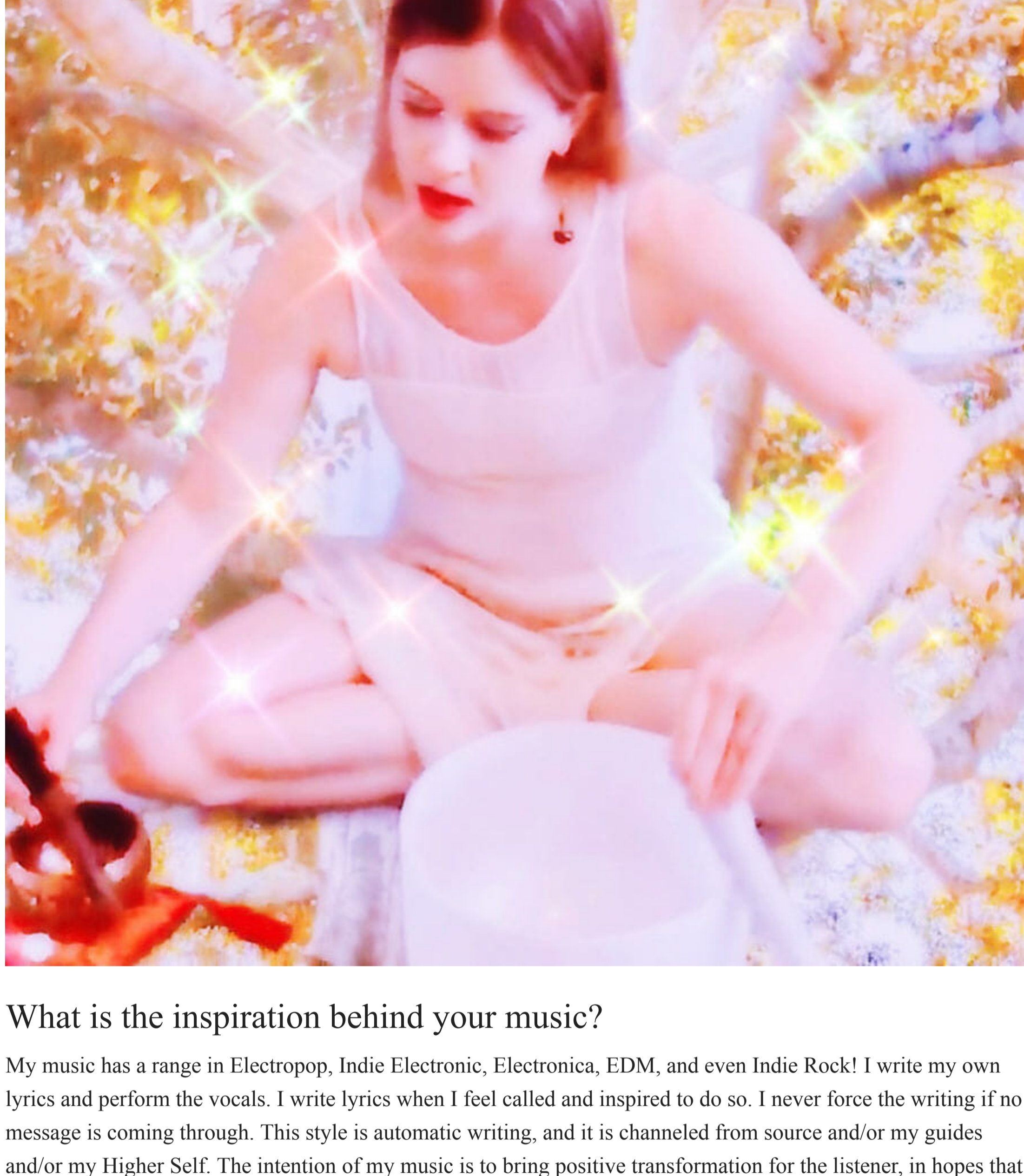
SARAH's music is sure to interest fans of EDM and electronic genres, as well as those who are curious about the concepts she explores in her lyrics. Her music explores metaphysical themes and could become a spiritual experience on its own.

We had the pleasure of interviewing SARAH BEN3T. Here are the excerpts from the interview.

Hi SARAH, Great to have you with us today! Please share with our readers about your journey.

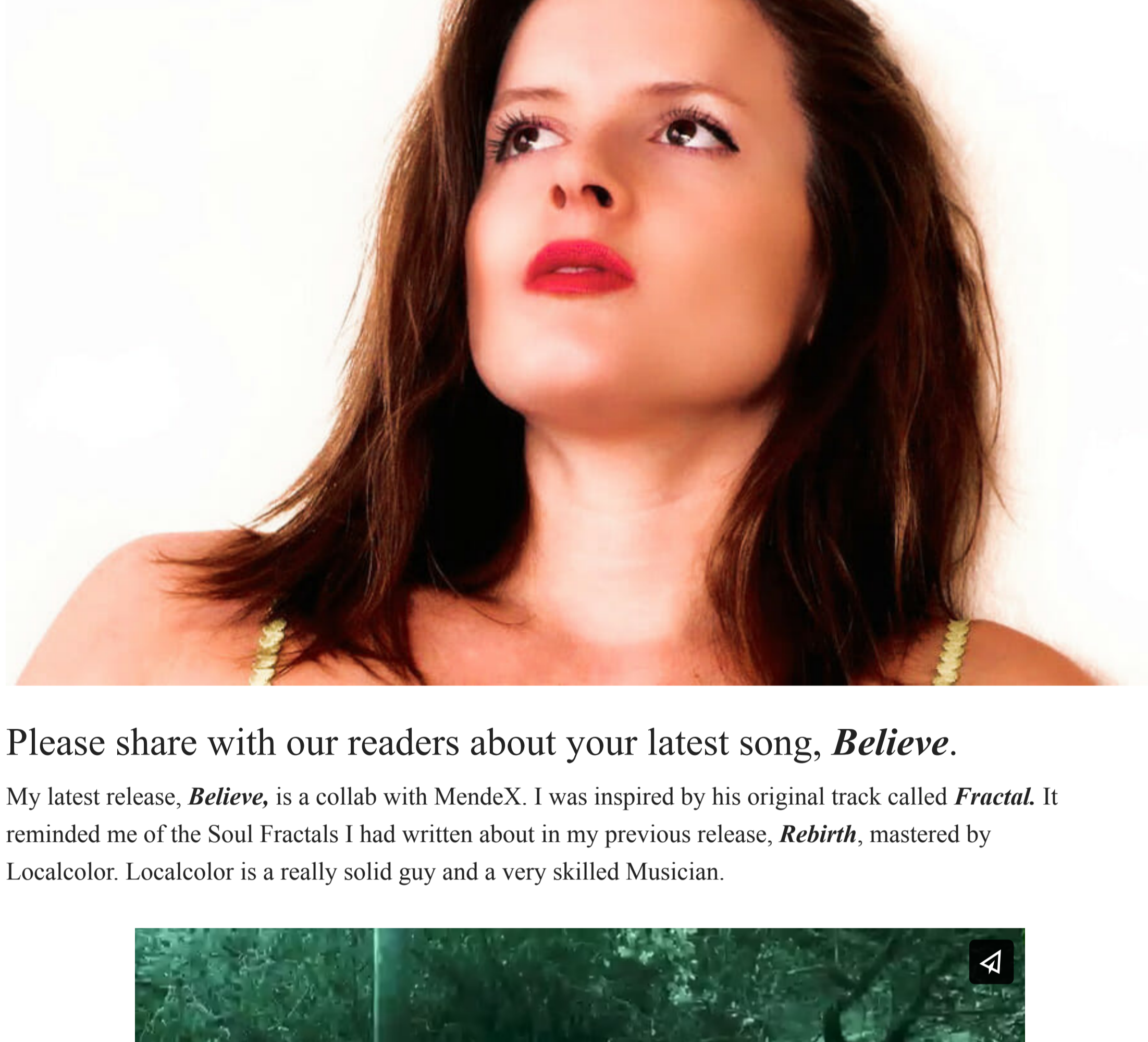
Hi! I was originally in Los Angeles to pursue a career in dance and successfully became a part of M-Theory Dance Company as a Dancer and Assistant Director to the Owner, Taryn Wayne. M-Theory Dance Company has broadened its focus on Dance and Performing Arts to include awakening the powers in humanity with Movement, Breathwork, Tonic Toning, Reiki Dance, and Meditation.

I was inspired to create Tonic Toning during my journey to become a Reiki Master and combined my passions for singing, music, and tonic instruments. M-Theory Tonic Toning is a sound therapy using vocal toning with chakra vowels and light language, as well as crystal and Tibetan singing bowls and other Tonic instruments. The sound is guided by high vibrational energies that intend to lead humanity onto our highest vibrational timeline, the 5D New Earth/Gaia Timeline of Ascension.



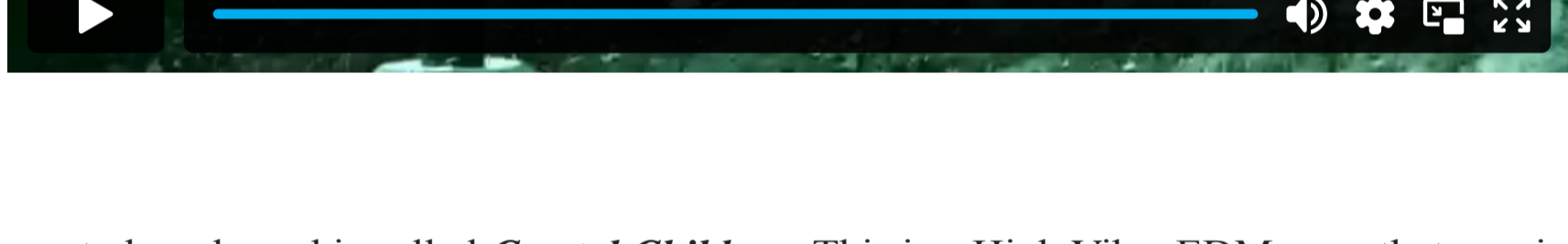
What is the inspiration behind your music?

My music has a range in Electropop, Indie Electronic, Electronica, EDM, and even Indie Rock! I write my own lyrics and perform the vocals. I write lyrics when I feel called and inspired to do so. I never force the writing if no message is coming through. This style is automatic writing, and it is channeled from source and/or my guides and/or my Higher Self. The intention of my music is to bring positive transformation for the listener, in hopes that the listener feels a connection to their own personal Higher Self and remembers their life mission and soul purpose on this planet.



Please share with our readers about your latest song, *Believe*.

My latest release, *Believe*, is a collab with MendeX. I was inspired by his original track called *Fractal*. It reminded me of the Soul Fractals I had written about in my previous release, *Rebirth*, mastered by Localcolor. Localcolor is a really solid guy and a very skilled Musician.



My newest song to be released is called *Crystal Children*. This is a High Vibe, EDM song that was inspired by the concept of the Two World Split and belief in our ability to recall the true history of humanity through our memory by tapping into Higher Wisdom and the memory stored in our Physical Bodies. Our bodies are the crystals, similar to how crystals can store memory. Two World Split is the splitting of timelines where 5D and 3D realities diverge.



What are the strategies that helped you become successful in your journey?

The strategy that helped me become successful in my journey is using my constant drive to better myself. I have found that if my energy is balanced, my drive is just on! I have taken action for what I need in my journey to nurture my mind, body, and soul.

Any message for our readers?

With a clean vibration and clear intention, manifestation happens much easier and faster because resistance is no longer in the way.

Fantastic! So tell us, how can people find out more about you?

You can follow my socials, Instagram [@sarabhen3t](#) and Facebook [@BSARAHBEN3T](#) for my upcoming song releases and channeled sound bath transmissions.

Thank you so much, SARAH, for giving us your precious time! We wish you all the best for your journey ahead!

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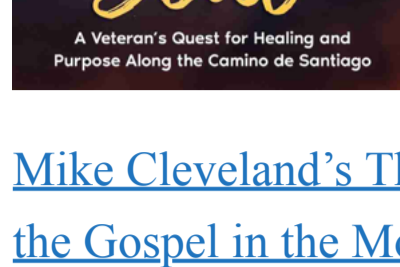
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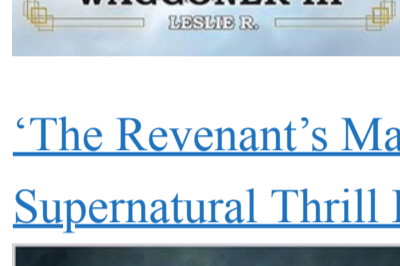
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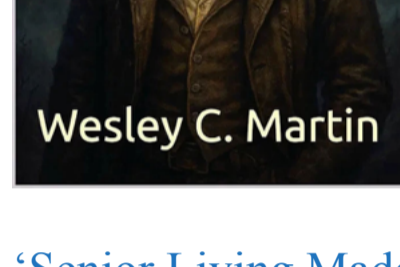
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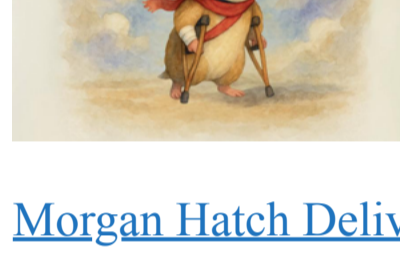
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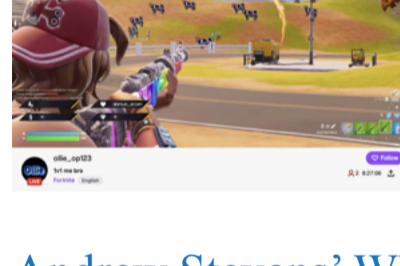
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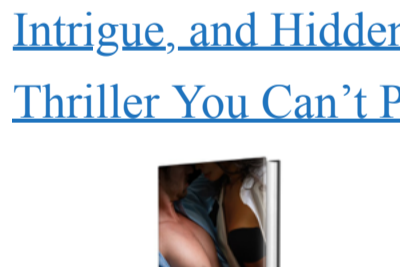
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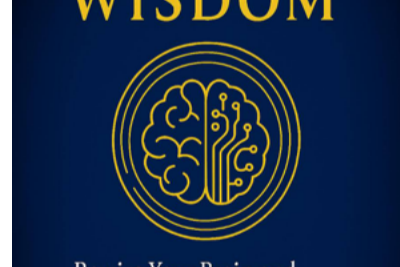
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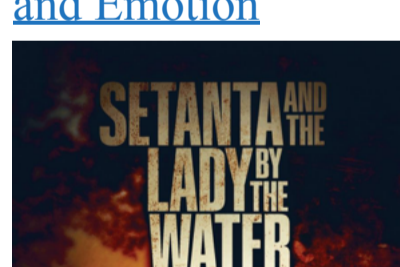
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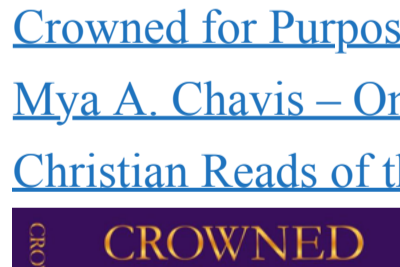
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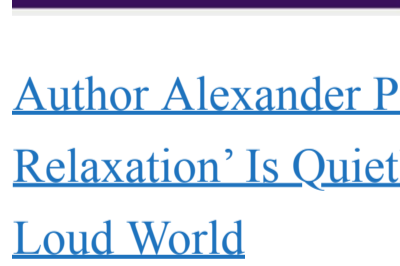
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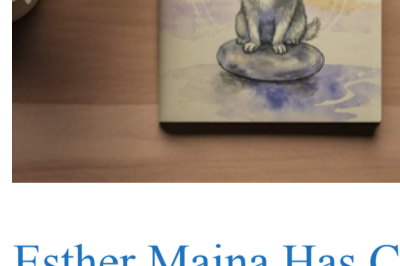
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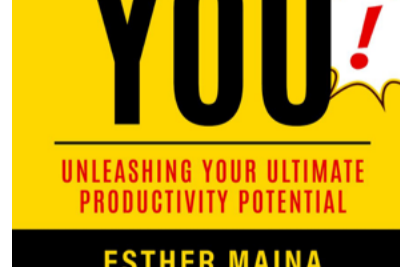
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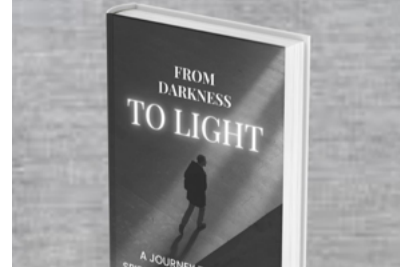
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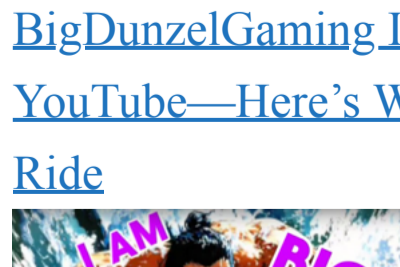
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