

http://www.diananyad.com/blog/sonna-rele

Go

JUL AUG MAR
30
2012 2013 2014



About this capture

3 captures

30 Aug 2013 - 15 Jun 2014

Home • Blog Diana Press Support Us Contact



JUL 5

Posted 4:44pm

FEATURE FRIDAYS: Sonna Rele

"A little over a month ago my nephew, the Director of The Other Shore documentary feature, Timothy Wheeler, got married in Venice, California. He and his now wife called their celebration a "bohemian backyard bash," which it most definitely was! At the ceremony they surprised their guests with an unforgettable treat when music sensation Sonna Rele, their friend, performed. I was struck not only by her Alicia Keys sounding talent but also taken by her approachable personality, despite her growing celebrity. Today, it is a great honor to introduce you to an artist you all will soon come to know as a household name and one I am looking forward to calling my friend. I give you, Sonna Rele."

-Diana



Sonna Rele is a London based singer-songwriter who was recently signed to Universal Motown Records by 3x Grammy Winner , NE-YO , after he discovered her via her 'Music Monday' videos on Facebook. Sonna's musical influences point to a wise head on young shoulders - Stevie Wonder, Chaka Khan and the Beatles sit alongside NeYo, Brandy, Robert Glasper, Adele and The Weekend; with the influence of her parents, both professional musicians, never far from the surface. Sonna describes her sound as "stripped back acoustic-based songs merged with the subtle sound and pulse of a club mix underneath it".

As a Londoner, Sonna adores the city and its culture. "I travel and spend a lot of time away from home, but nothing beats a good cup of tea"!

"Like" Sonna's Facebook

www.facebook.com/sonnarelemusic

Get a "Sneak Peek" of Sonna's new song "Get Up Again"

A perfect anthem for #XtremeDream {see lyrics at bottom of post}

Follow Sonna's Twitter

[@sonnamusic](https://twitter.com/sonnamusic)

Check out Sonna's Instagram

<http://instagram.com/sonnarele>

Website

www.sonnarele.com



Given everything you've learned and everything you've experienced, what is your philosophy on life so far?

Life is a marathon. The second you stop, everything else around you comes to a stand still. As much as I couldn't wrap my head around the concept earlier in life, it turns out to be true. Everything you have, or don't have, is all down to you.

When thinking about the traits that have made you successful, fulfilled, which one do you credit the most?

The trait I of 'focus' I got from my Dad. He taught me to hyper-focus on one thing you love and to always keep learning and growing to be the best you can be at it.



Who was the most influential person in your life and did he/she instill that singular trait in you?

The most influential person would be my Mother. She's a rock and doesn't stop no matter how much her heart

ARCHIVES

- > [Blog Archives 2012](#)
- > [Blog Archives 2011](#)
- > [Blog Archives 2010](#)



GET YOUR OWN
XTREME DREAM GEAR

Join the Xtreme Dream Team!
Show your support for Diana with
a shirt, cap or wristband!

may cry out, she just keeps on going. It taught me to be the same...persevere and turn 'frustration into motivation'!

What have you gained from life's disappointments that you otherwise would not have?

I feel a lot more grounded and grateful. If I had never had the lows, then I certainly wouldn't be able to appreciate the highs. What's a sunny day if everyday is sunny? It's gotta rain sometimes.

[3 captures](#)

30 Aug 2013 - 15 Jun 2014

We all experience fear or uncertainty, how do you conquer those feelings?

I have to remind myself to live in the 'now'. Fear is false evidence appearing real about something that either happened or is going to happen. But when I focus in on this moment, I start to let go of all of the negativity.

When you're not devoting time to doing what you're friends and family know you for, what would people be surprised to learn you like to do?

I love learning about how things are made i.e.: Cars, computers, planes, houses, etc. Feels great learning new things everyday.

"Get Up Again" song lyrics:

Life is an ocean, a deep sea
Your boat sails along in the winds breeze
I'm just trying make it to my destination
Open up the doors with the right keys

Have to put your trust in the most high
You will never know if you don't try
If you never search then you won't find
Heaven on earth inside your mind

You'll never know a love till you love you
You're living in a world so confused
Every other day, something in your way
You got to find the courage to keep on

You look over the road and the towns so small
You have to dream big like the sky won't fall
You gotta break through like a burning wall
And you if you fall down, you get up again (get up again, get up again)
If you fall down, you get up again (get up again, get up again)
If you fall down, you get up again (get up again, get up again)

Your mind is a city that don't sleep
You got to use your heart to reach your dream
Looking all around only more pollution
How you supposed to live, when you can't breathe

You have to take chances in your life
You will never know if you don't try
And if you never search, then you won't find
The melody of love inside your mind

You'll never know a love, till you love you
You're living in a world, so confused
Every other day, something in your way
You got to find the courage to keep on

You look over the road and the towns so small
You have to dream big like the sky won't fall
You gotta break through like a burning wall
And you if you fall down, you get up again (get up again, get up again)
If you fall down, you get up again (get up again, get up again)
If you fall down, you get up again (get up again, get up again)

You're locked in a place where you don't believe
At times you can't see
Trust your heart, just keep on going

You look over the road and the towns so small
You have to dream big like the sky won't fall
You gotta break through like a burning wall
And you if you fall down, you get up again (get up again, get up again)
If you fall down, you get up again (get up again, get up again)
If you fall down, you get up again (get up again, get up again)

DO THIS NOW ...

If you liked this Feature Friday interview, "Like" it and share it with your friends! Leave Sonna a comment or ask a question below.

Onward!

P.S. Have you signed up for my [7 Day Reboot?](#) Hop in! It's Free!

[3 captures](#)

30 Aug 2013 - 15 Jun 2014

[Home](#)

[Blog](#)

[Diana](#)

[Press](#)

[Support Us](#)

[Contact](#)



Diana's swim is made possible due to the generous contributions of:



U University of Miami Hospital



olivia

Built and designed by Brass Nine Design