

# Amber Westerman

## CHASING DREAMS & LEGACY INSPIRATIONS

WRITTEN BY  
JAN ANSELL

PHOTO BY  
CB PHOTOGRAPHY,  
CHANDLER ELLIOT



From Hawaii's volcanic shores to Nashville's heartbeat, Amber Westerman's music washes over hearts and minds with healing power and inspirational tides. There is a steadiness in her depth, and the emotion of her lyrics and music pulls the listener into the currents of her storytelling.

In her early to mid-twenties, a move to the Big Island of Hawai'i transformed music from a therapeutic hobby into something more meaningful. "I was not really writing songs yet until after settling there. As you can imagine, living in a place like Hawai'i is incredibly magical and creatively inspiring. The small town I lived in had a beautiful, soulfully rich music community that encouraged me to start pursuing music professionally."

Life on the island meant farming by day and dreaming of melodies by night. Barefoot in the soil with headphones on, she often found inspiration that carried into campfire jams and sunset sessions on the beach. Those gatherings even sparked the creation of a short-lived band.

"In my earlier song releases, you can definitely hear the beach-inspired influence from that chapter of my life."

Eventually, she moved to Nashville where she realized she wanted to take music more seriously. Her season in Nashville helped her grow in a number of ways: songwriting skills, finding her voice, and building both industry knowledge and community. She attended Belmont's Songwriting Program for a semester before branching out on her own to start recording and releasing music.

"Nashville really helped me level up in every area of my craft, and I am so grateful for the experiences and connections I made there."

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Connection remains at the heart of her artistry. Her favorite story to share is about her song "Sunflowers." She originally wrote it with her friend Scott Buchholz about chasing dreams.

"About a year later, my grandfather was in the hospital, nearing the end of his time here. I flew in to surprise him with my guitar because I knew how much he loved my music. The last song I played for him that day in the hospital was "Sunflowers." He had his eyes closed the whole time I was playing, really taking in the lyrics. When I finished the song, he looked up at me and asked, "Is that song about going to heaven?" It just about broke my heart to hear him say that, but I truly believe it brought him comfort and helped him find peace. If you listen to the lyrics, it really



does sound like it could be about going to heaven. That experience reminded me of one of the most beautiful things about songwriting: each listener can find their own story within your song. It can mean something completely different to them than it did to you, and in that way, it becomes its own kind of healing.”

Her legacy of caring through music shines brightly as she connects and collaborates with her fans through storytelling. The project “Love Who You Are” incorporates fan memories into its video, emphasizing that “life is so much more meaningful when we are in it together. When we allow ourselves to be vulnerable, we realize that even though our challenges may look different, we are not all that different at our core, and it is much easier to get through those moments with an open heart.” It was amazing how many of the clips shared by fans matched parts of the song that they had not even heard yet.

“To me, that felt like a beautiful reminder of the little miracles that unfold when we open our hearts and trust that everything will work out the way it is meant to.”

Moments after shows often bring tears and heartfelt stories from listeners. These are the moments that remind her why she writes and shares her heart and soul with the world through music. She has always felt called to help others, stemming from her love of gardening and wellness, even before she was a certified health coach. From infancy, Westerman faced some tough health challenges and learned quite a lot along the way.

“As a health coach, I used to host online group seasonal detox programs, which created such a fun and supportive community of mostly women. I would take them grocery shopping to teach them how to read food labels, and I hosted webinars on mindfulness and bio-individuality. Even after letting



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go of my business, some of those women have reached out to share that they continue to do my detox programs because of how good it makes them feel. It means so much to know that my past work continues to have a lasting impact in their lives.”

Westerman is an inspiration to many! In exploring the individuals who inspire her, we learned that she credits her commitment to making a positive impact on the world to Jason Mraz. He has been one of her favorite artists for a long time, not only for his heart and musical talent but also for his ability to make people feel valued during interactions, whether through a simple hello or a photo. He truly stays present with each person he meets.

Her vocal inspiration comes from Brandi Carlile. “Brandi Carlile is an incredibly gifted songwriter, and her voice inspires me like crazy. She carries such depth and emotion in the way she uses her voice, which makes her songs even more powerful than they already are. In recent years, she has become a big vocal inspiration for me as I have gone through my own training and growth as a singer.”

Beyond Jason and Brandi, Westerman finds inspiration all around her in everyday life. “I will hear song ideas as I fall asleep, in overheard conversations at a coffee shop, or sometimes I’ll just sit with my guitar for a while, just noodling around, trying to find something that feels good. For me, the foundation of my process is self-care. When I prioritize my own needs and take care of my mental and physical well-being first, creative inspiration flows much more naturally. I also try to write little ideas as often as possible without judgment, just to keep the creative energy moving. I often save some of my favorite song ideas for co-writing sessions with other songwriters. There is something so special that happens to a song when you are vulnerable in a room with other creatives.”

In the spirit of giving back and connecting with others, she recently joined the board of the nonprofit music festival Fiesta JAM based in her hometown. The organization is dedicated to fostering youth music education, financial assistance, mentoring, and live performance opportunities. The nonprofit also conducts “The Kent Finlay Texas Song Search,” with the finals held at Fiesta JAM. Kent Finlay was a legendary Texas songwriter, mentor, and founder of Cheatham Street Warehouse in San Marcos, TX – a cornerstone of the Texas music scene. Over the years, he mentored and influenced generations of Texas artists, including George Strait, Randy Rogers, Todd Snider, Stevie Ray Vaughn, and many others. Westerman is looking forward to inspiring younger songwriters and sharing what she has learned in the music industry through this organization.

<https://fiestajam.org/>

Check out some of Amber Westerman’s most popular songs, including “Easy With You” and “What If?”, and stay tuned for her new release, “Barefoot Days,” coming our way January 2026.

“The theme that is calling to me most right now is reconnecting with my inner child at a deeper and more nourishing level than I have in a long time. As an adult, life can so easily become overwhelmingly stressful. I know I have a tendency to let the responsibilities of adulthood consume me, and this song feels like a gentle reminder to slow down and reconnect with that playful, curious part of myself. It’s a call to remember the joy and wonder we had as kids and to ask ourselves, what is the point of all the work, if not to truly live and enjoy the life we have?”

