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mantras, world, chanting, people, nature, song, call, community, home, heart, australia, connection, sharing, feel, circle, music, share, travel, connected, create



00:05

Welcome to sound medicine



00:08

music Podcast, where you will hear from various healers and musicians, visionaries and educators get ready to experience transformational and inspiring storytelling, songs chants and interviews that will uplift your spirits mood and help.



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Hello, I'm Geo the host of sound medicine mantras and music. We have a very special guest musician with us today Kevin James Am I had to track down from halfway across the world while he was on tour. I found Kevin to be very warm, approachable with a huge heart. Many years ago, Kevin sold all his belongings to live a nomadic life with purpose. Having a mission to share heart songs and mantras with communities of worldwide calling these chanting circles. These circles are open to everyone regardless of



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Religion and beliefs. Chanting circles are free and open space to sing and enjoy yourself to pray and to build community without sectarianism. Ultimately helping people to feel more connected. There cannot be a better time for this type of service and work. It's so needed right now. The chanting circles embraces some sacred chants mantras from

different religions, teachings and cultures from around the world in a non denominational way. Kevin is a beautiful man with a vision based on connecting people to the nature of music. This interview is full of wisdom stories of very kind human being changing the world through music, enjoy the interview, which took place while I was in San Diego and he was halfway across the world in Australia. So happy to introduce you to World Class musician and community leader, Kevin James. So Kevin, it's really honestly wonderful to have you here and the first time that I came across your work



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was actually funny enough through Facebook where there was an advertisement for you playing here in San Diego. And they, the event was was introduced as a world fusion of chanting ancient mantras with heart songs. And that just spoke to me, specifically as somebody who's very interested in mantras and singing. Can you tell us just a little bit about you and your chanting and expand about your mission? Yeah, I'm originally from Australia. And



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actually, I was living in quite a remote part of Australia for 10 years. I was unplugged. In some ways from the from the system. I lived in a remote community. The people we were experimenting with diet, like real food, and practicing yoga, meditating, community, healthy lives.



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And also, yeah, unplugged from TV, radio even electricity as a way to, for me it was a way to reconnect to nature to try and find a new way I could see that our, our society and our culture was in some kind of dysfunction. And, and so I was



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reverting to or turning to nature to try and find my true nature and then, in some ways find some way I could help or share with people to help and help us find a way forward. And yeah, mantras was sort of ended up being that that tool, I suppose.



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How did we were you already connected to mantras at the time? Yeah, I was but in a really light way. I traveled to India



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And I had learned a mantra there. Just one and, and I was playing that quite a lot. And then at some point, when we were on our community, somebody gave me a cassette tape back was before seen it



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before. Now, it wasn't before CDs, but yeah, someone gave me a cassette tape and I played that in my car was it was a recording of a chanting session in India that someone was traveling and they just put their recorder in the middle of the circle. And I was listening to that all the time. And I didn't really think much about it. I just just loved it. For some reason, I just kept playing it again and again. But it wasn't really until the 2000 when I was at a rainbow gathering, which is some of some of you may have heard of rainbow gatherings but



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It's a gathering where people live in nature and disconnect from all electronic devices and money and just cars and everything and just go and connect to nature and then basically share what I was at a rainbow gathering and I stumbled across or I heard in the distance this song, and it just drew me like a magnet and it was actually the Gayatri Mantra. Hmm. I love that mantra. And I was, there was actually music everywhere and people everywhere. It was like 2000 people at this gathering in Australia in the year 2000. And I just mesmerized heard this sound and walked towards it and found a group of people sitting in a circle, chanting the Gayatri Mantra. And I literally fell to my knees and joined them, you know, I was just blown away by



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This song and the fact that they were sitting in a circle and I'd been a musician for at that time, I think, over 15 years or so.



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I've been a musician since I was 21 years old. And I think at that time I was in my 30s. And so a couple of times, my music had taken off and I started to perform and get a manager and ended up in places where people were drinking alcohol and just wanting to hear a song that they were familiar with. And, and I just turned away from the music industry, kind of with this dissatisfied feeling that there was something more that I wanted to share. And even though my own songwriting was becoming successful within that field, it was more I think, the drinking and the type of attention that they were getting. I wanted more focus. I wanted something



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deeper, but I didn't know what it was. And even though mantras were there, I hadn't really discovered the power of it because I think I hadn't really created that space. And it wasn't being created. So I yeah, I think when I saw that at the rainbow gathering it was the penny dropped. And I realized that's what I was looking for. That's what I was searching for in music. And then when I started to, but that was more for myself. And then when I started to share that, and then take that, that medicine home with me, and I think one day I just, I was really curious about mantras, and I thought, what happens if, if I just sat with a mantra, and just chanted and didn't stop? And so I was alone. My family were there, but they were asleep. And it was early in the morning and I just sat and the sun was shining and nature all around me. And I just chanted a Buddhist mantra and just kept going and going and going, and doing



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Just watching my mind aware of it, distractions aware of it worries and fears and thoughts coming up and then I just kept going and going and something happened that really it was like a veil lifted, and the normal everyday things just to look down and see the ant carrying fly going past me just brought me to tears. And I realized that I was existing in a world that that I was blind to, because I was seeing it in my own prefabricated way. And, and I realized at that point that this is something I need to share this experience I need to go here to this place with others. This is something that can really benefit us to remember what what we are and where we are. And that was that was coming



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Have a turning point and then leaving that community going out into the world and sharing that with groups of people became a passion. And



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I took it from the remote part of Australia took it then to it coincided with my daughter growing up and needing to go to school. So we went to a place where there was a Steiner school and and I could then start to share the music in Byron Bay, which is kind of the alternative hub of Australia. I did that for seven years, just on donation. It just grew from people's living rooms and then got too big for that went into holes and eventually came too big for the holes. And we recorded an album with the whole community and that was my first album. And after creating that, with the blessings of everyone, it was time to, to take it abroad and the invitation came



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And an off I went and To their surprise, I never came back.



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So you know, this is an incredible story, you you basically you weren't a successful musician, and you had gotten maybe tired of the the environment of the drinking and you there's something more and then you have come across the Gayatri Mantra and something profoundly shifted within you almost like an inner nudge it sounds like and then how you said you started chanting a Buddhist mantra. And then that mantra, there's something that that really shifted the way you're perceiving the world, something that was already there, but you weren't aware of, and you're able to see maybe from a different set of eyes. And, and that kind of led you into a whole new path in what you wanted to express yourself. Is that somewhat accurate? And yeah, I'm reflecting back. Yeah. And how when you started chanting that mantra



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Over and over again. Was that something happened like overnight? Or was it weeks or years? Or what was that transformational process for you? Like? Do you mean, the Buddhist mantra? No, that was just one one session. No, I just really, I just kept going. I think maybe I was chanting for that one mantra for about an hour or so. Before the transformation took place. But



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ya know, it's, it's possible in one session is



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for those interested, are you open to sharing what the mantra was? Yeah, it's a it's, it goes on Namu Amitabha. Buddha, Dharma Sangha. Hmm. And it's the story of the Buddha, the Buddha's journey. I know that the translation from Japan actually I was, I didn't really know much about that mantra when I was chanting it. Other than that,



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I had learned that the rainbow gathering and then I went to Japan and I was in a temple there and I saw this artistry across the walls of the, of the temple and I was really like, I just couldn't stop looking at it and I asked the monk to interpret it for me and he said, Oh, that's that's army da. Which is their, their,



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their version of the same same person Amida his army done yeah, it's funny how the mantras changes, they travel around the world.



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But yeah, he he walks across the, the ocean of samsara looking back and being encouraged by the, the old people and the women and then he's looking over and seeing the man fighting in wars and all the different symbology of greed and materialist ways and people



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Like, exchanging money and stuff like that, and then he just, he keeps walking and then arrived at the gates of heaven and,



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and decides that he won't walk through until every soul passes through. So he stands at the gates of heaven and calls us causes time. And so that



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that really touched me. Mm hmm. Yeah. It's amazing that you mentioned that mantra that the my last guest to the Buddhist, he mentioned that mantra as well. And there's something about it. It's ever since I heard that mantra, I was captivated myself and something deep within shifts when I chant that and it's to sing that much in, in, in groups, in your concerts and in your gatherings. Not so much, I think because it was one of the first mantras that I was sharing



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They tend to wear out after a while.



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But I do turn back to it. That, yeah, just talking about it now, I just,



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I just see, my first reaction was, I need to share this I need to, to, to call the others to come and have this experience, which is really what that mantra is about. It's having that taste of heaven. They're chanting it, my first reaction was, how can I? How can I bring my family, my friends, my community, the seekers around the world, you know, the people who are who are wanting this, this paradise? How can I bring them here? And



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yeah, I think it's in our nature really to, to, to not be selfishly seeking our own enlightenment but to, to find some way that we can serve the whole to to bring that



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That freedom and that beauty tool. I don't think we need morals or any kind of religious teachings to bring us around to that. I think it's our nature because that that, that stemmed naturally from my heart and that point like, I really want to share this I really want to didn't have the feeling of like, Oh, I want to go there myself only. Right? Right. Yeah, if you experience joy and sense of beauty and you you naturally want to share that with others or connect everyone with Yeah, just grows like that.



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So how are you when you travel? Does your family travel with you? You're You said you have a daughter and yeah, I have a daughter she.



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It's an interesting story. When I when I moved to off that community, I also separated with her mother, but we we separated in a beautiful way. It was



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Just time for us to, to walk our own paths. And we we chose to stay as family. And



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I remember sitting with my daughter and you know, she grew up eating raw foods and she'd never eaten out of a packet or she'd never seen TV, or I think she she'd only seen one movie in her life. So I was introducing to her a new world that she was going to be exposed to.



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And,



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and I was telling her that she would get sucked into that world. And she was she was like shaking her head saying, No, daddy, no Daddy, and I said yes.



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You're going to taste that food and it's full of sugar and then things to them. They make it so it tastes so good, but it'll eventually destroy your your taste for avocados and



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And jackfruit and she's like, No daddy. And I'm like, Yes, they will. And the screens will will have characters on there that will make your friends seem dull and



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boring. And they'll they'll appear as amazing characters and you'll start to think that the birds and the nature isn't isn't as spectacular as it as it as it was, you know that there there'll be another world on the on the screens that will start to rip to pull you in and replace it. And she say No, daddy, and I said, Yes, you will.



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And, but I said, but while that happens,



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I will create a life for the two of us and we'll live our dreams and travel the world. And



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And the funny thing is that when we went to Byron Bay, we forgot that that made it was just we didn't think another thing about



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That. But



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when she was at school, she sure enough got sucked into all that stuff. Sure. And she became unreachable. And even though I would come back from traveling, it was it was hard to spend time with her and she was always wanting to be with her friends and, and so I was out building that life but I didn't realize at the time I was sharing the music and it came to a point where she got into into drugs or just marijuana in the beginning and then later on, I didn't know about it, but it was there was some heavier stuff and she had a boyfriend that seemed to be to ask to be quite a nice guy will quite happy in the beginning but turned out it wasn't such a great, a great influence on her and things got

worse and worse and worse. And I was I was warning her but



18:59

she



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Couldn't she couldn't hear, hear us anymore. And then the father's worst nightmare. I was in another part of the world. I was in Bali, and she ended up in hospital. And so I, I called her and said, the invitation still there, like come and get out of there and come and come and be with me. And



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so



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then I just chanted, and I had



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conda mushy via, and I, I son that why did you choose that mantra? Because I felt that it was her illusions that were keeping her prisoner, not this guy. And I'd heard she'd gone back to him and she, her mother told me that she she saw bruises and there was something some violence going on there. So I chanted with the T's



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Flowing all day. And every time I thought of her, I just kept that mantra and just sent it to her. And then I was invited to a puja that night, and I just thought, this is, this is destiny, I'll go to the puja as well. Maybe I can keep chanting because they chant there as well. And as I went to the puja when I was throwing the offerings to the fire, I just kept saying, Shin Tae, find your find your destiny, find your path. Remember why you're here. Just I didn't focus on the problem. I focused on what I wanted for her.



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And then the next morning, I woke up and the phone rang and she said, Daddy, I'm coming.



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And I got her on the next flight. She escaped, and she came she arrived and



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she traveled the world with me for three years and



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My whole network of friends watched her unfold from then transform from being in this world of people who are into healthy food, people who have unplugged from the system or changing it. change makers, Yogi's, and just a whole bunch of beautiful friends that I've made around the world, just helping her. And



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yeah, it was.



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It was really inspiring. And the first place I took her to after Bali was Hawaii. And we was there and I was about to do a gig and I said, I said to her shantay maybe you should learn a song. And we were I was teaching her this, this song to play on harmonium. Mm hmm. And always the song It was Jay Sitaram It was a version of JC ROM



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and



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And



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while I was teaching her, both of us looked at each other, and we were transported back to sitting by the river in in Cannes eating a jackfruit. And I was telling her the story, and we realized



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that we were on a journey together. Wow. And so she played harmonium and yeah, we, we went to the Grand Canyon. I did a chanting retreat down the Grand Canyon. I took her to Scandinavia, we went to Japan travelled through remote parts of Japan chanting, planting seeds and mantras. We went to Europe and did big circles with hundreds of people. And after three years, she said, Daddy, I'm ready. I can stand on my own two feet down.



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She went back to Australia and now she's



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She's definitely standing on her own two feet. I'm so proud of her and she's living a wonderful life and it's healthy. She's a vegan, she practices yoga. She



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She has a new, a new group of friends and recently a boyfriend. Yeah, I feel that the, the world of mantras and, and the, but also the consciousness and the communities that this earth that those those mantras circulating is yes. That's an incredible story and I mean there's even metaphorically that story is is incredible from going from a literal Eden to taking the bite of the metaphorical Apple exactly and to the world of duality and then saved by family and and something that's when we all feel lost. It's like what do we have to anchor us? What is that



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They're to help us have hope and connection when we have nowhere else to turn or our hat habits and, and patterns have for the worst kind of gotten a hold of our mind and spirit. It's different for everybody but it sounds I'm very curious and I love these stories in terms of the role of music, the role of mantra, the world the role of the circle, and, and community and which is what do you seem to embody that in that story and bodies and happy to hear your daughter sounds like she's doing well now? Yeah, she's doing really well.



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Does music and mantras still play a role in her life? Yes, it does. She, I think when she came back home, she already had, just through social media sparked an interest from other people her own age.



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Some of the



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Some of the people in that area were grown up in the in that same, you know, similar parents. So they they connected with her. I think she moved into a house with some of the kids that were came from the Krishna movement and she knew she was going to start bandwidth them. But she she sort of recognized that that wasn't her path. And so she she's doing her own thing. And



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and I really honor that. Encourage that in her too. That way



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that we know we're not all meant to be musicians



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have their own destinies. Indeed, indeed. Well, when I first when I heard you being described at one point is traveling the world, in the spirit of oneness and freedom and going where the heart goes. It's a beautiful poetic description, and I was hoping you could talk a little bit about the path of the heart and specifically the path of difference



26:00

devotion. Hmm. You know, one of the things I feel from my experience is that you really need to have a lot of faith to follow the heart.



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I quite often get questions like go, how I live my life, like, Where's your home base? And where do you travel? A lot of the questions are based on patterns. And



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and what I find with the heart path is that there's it doesn't need a path. It actually works with the randomness only appears to be random and



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it's already home in itself. And so



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I think when you really follow the heart, you can actually start to sink into a Nestle into the unknown. And then you can let go of patents like



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the concepts of



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Local work and holidays or this is my home, that you can actually start to redefine things that we are conditioned to, to believe as a necessary for us to feel complete. And things

like the concept of home since I, I didn't immediately let go of my home, I still had a home in Australia. And I would come back but I think it took about three or four years where we've come back to Australia and then the invitations were still coming in other parts of the world. So I would go again. And then my intuition just said, Go home and sell everything, get rid of everything. So



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I couldn't ignore it. It just kept coming. So I did that. And it was it was amazing because it was a really natural, perfect divine flow. When I came back. It was just



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Everything just dispersed itself. So, so beautifully things that I'd held precious and, and sort of kept for myself. It was like, when I offered it to the world, the right people came who really valued those things. And I was able to share it and give it away or salad or whatever. And it was amazing to, to finish that process and just take off with a suitcase and just feel like this is everything and there's no going back. And I can, I can really step into the path of the heart now. Like, follow my heart, wherever it takes me and



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I loved that feeling. I think it was a childhood dream for me. It's not for everybody, but it takes us for sure at the person but yeah, so even my path around the world and I say my path but now, since the last three years I met Susanna, my, my now wife



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and it's



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path now. We can beautiful. She travels with you. Absolutely



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beautiful. Right? Yeah, I should say you travel together. Yes. And she's learned harmonium

as well. So, now she plays harmonium with me, and helps with everything the management and all that sort of stuff. You can imagine there's a lot of a lot of planning that goes into it to make sure that you have accommodation and flight. Absolutely. All that stuff. Yes. Yes. So your your home is literally wherever your heart goes. Yes, it is also. Now after 10 years, I being on the road, I have places that I've been going back to again and again every year so I really have a feeling of home when I go back there to Japan or places in Europe and Bali, you know, it's very old, very familiar. Yes. Old friends and yeah,



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Getting together or there's so few of family all over the world literally. That's incredible. And a common question is how for those of us or those listeners that maybe don't have as much experience following their heart and asking how they can trust more, with all these fears around paying this and having joined like, bound in a certain way and do you have advice of how to follow the heart?



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Yeah, one of the things I feel is, is letting go of stuff like the thing about it might sound difficult though you don't have a home but I also don't have any bills.



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Right.



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I don't have any stuff to watch out for. And



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yeah, if you don't have a car, then you don't, you don't have all the all the stuff that goes on with that a lot of our need for money is to pay for



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All the stuff we have. And I think, you know, simplifying things, I'm not encouraging people

to sell their homes or whatever. But simplifying things and getting things, working for themselves and freeing yourself, so that you can follow your heart and don't become a slave to all your stuff, she can't take any of that stuff with you. And then, I mean, I was lucky, because I had this passion to share the music. And as I traveled, when I first started going away, I'd be away for three months, and I'd come back to all my stuff that I saw it was important, but then right then I would, I would say to myself while I was away for three months, and I didn't really need that stuff, and then because when I started going away for six months, I come back and I go, Well, I thought that this stuff was important, but I've been six months I didn't miss it. So then then when I was away for eight months, and then then just



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decided to get rid of it it was easy because I knew that I had spent that time without it and it was okay but and if I hadn't had that experience, I wouldn't have known that I didn't really need that stuff. You don't realize you think that you need that it's very handy or that you don't realize that you can get by without it and there's always opportunities to, to borrow something higher something when you need it. And even my concept of of staff like in the past I would say when I own something, I would treat it very well and very carefully and look after it but then other people stuff I didn't treat the same and, and now years down the track where I have maximum 30 kilos of stuff. I can't have any more because I can't.



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But because I'm always hiring cars because I'm always staying in someone else's house or renting



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In whatever room or bed I've learned to treat things the same way to treat a higher car as if it was my own or, and to respect things, and to do things that doesn't get any acknowledgement, I do it for myself, I might just clean the floor of the car or be at someone else's toilet but just bathroom or whatever and just give it a little wipe down or clean it up or just treat things as if it was your own and without any acknowledgement but just for yourself. It gives you that feeling of like, it's mine in a different way. Not through ownership, but through care. And, and yeah, and that's really the essence of home is is about even though we might think home is because I will I own it or I belong here or whatever. But actually it really comes from inside of us. It's it's a something we create

ourselves and it doesn't need a contract.



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Doesn't need something external for that. It's more coming from within. And I've learned through not having a solid community around me have a really close friend and not having my own salt in a steady environment or home. You know, living in a transient world where in an ocean of faces and an ocean of different scenes and different things I've learned to find or create for myself, that feeling of connectedness and belonging and



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ownership in a different way. That is, actually is freeing me because I can, I can do that anywhere. And I take it with me everywhere. So I can be in a strange place but still feel like I belong. And I think that's that's what I learned about.



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From the Aboriginal people of Australia, I was chanting, traveling the world. And I still felt that there was something missing. I had this question, why is it that we feel so connected after chanting? And there's this feeling of home, there's this feeling like, when when we finished chanting, nobody wants to leave. You know, we literally, I always would say that you could judge how well the circle goes by how long people stick around, because they don't want to leave the energy that we've created. Because it's a feeling of home. It's a feeling of belonging is a feeling of community. And but I had the question, why does it only last for a few days and then kind of wear off? I mean, at a really strong circle, it might have maximum for five days or a week, but then you're back to normal again. Right, right. And, and I thought, well, I can't



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Don't want to be just creating something that we're dependent on that we have to keep doing. Why can't we try and something that that really, that we can exist in and take everywhere that's not dependent on anything. And it wasn't until I met an Aboriginal elder from LaRue, which is as rock, the central pillar of Australia where all the song lines, all their energy lines meet in this one giant tooth that goes into the center of Australia. It's I think it's the largest freestanding stone on the planet. And it's the is the sacred mecca of Aboriginal people. And this this elder, he was from that tribe of people that lived on that

land. And he introduced to me the concept of Ken manyu, which means in simple terms, it means connection and



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That was their god, that was their religion. It wasn't based on an external God, or it wasn't based on worshiping something outside of yourself. It was about feeling connected. And



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and he showed me that there is four principles that they have divided that connection into two good apart, your ancestry, your dreaming, in other words, wherever you come from, and what what is the dream that you embodied? I came from my father and mother genetically, but what dream did they carry? And where did that come from? Quran PA, your spirit, your soul? Where do I have a connection to that as well? So am I connected to my ancestry? Am I connected to my spirit my soul through ceremony, three dads two practices through song



38:00

Now I had that I had that one into I didn't have my ancestry or my dreaming in place. And then the next one is current.



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First one Quran PA, Tokuda, Quran pa welcher world chat in Aboriginal in that language is 300 Aboriginal languages. But in that language it means your kinship, your family, your friends, the people that surround you. Are you feeling connected to those? And then the last one Gouda, the land and the land, the land, he said, You need to feel this connection in what he called unconditional love. In other words, he said you need to feel that you belong to the land and the land belongs to you, not just the land belongs to you. You belong to the land.



39:00

And he said, the people are the people. You need to feel that you love them and they love you. And he said that it's not just the people that you decide or your friends, it's the people that are you spending your day with the people who, who surround you. I thought to

myself, how do I do that at the airport? How do I



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make a practical do that in the queue when everybody's doesn't want to be there? How do I do that when when I'm exchanging things, and I know they're trying to rip me off.



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And I and I realized, through the practices that I can decide how I see this situation, I can decide. And I realized that Yeah, people suffer, and people get become more and more even desperate



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For their ideas of what they think they need, and they'll start to sacrifice their own humaneness. But I don't have to do that. Right. I know that in my nature, we all love each other, because even the most desperate people, eventually if you spend time with them and help them out and did something kind for them or whatever, that love would grow, and that and that trust would grow and, and so I, I just decided to convince myself that to, to acknowledge their nature and to, to deal with the things on the surface, as they need to be dealt with, but to, to still feel that, that that love is there, and that and to recognize them as spirit and not just the physical form. And so yeah, just putting those those four aspects in place, helps me to feel connected. And through that connection, what he taught me was that the US



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Were able to be present.



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And that was the important thing. I felt that presence in the circle. But I didn't feel it in the marketplace. And yeah, by bringing those four aspects into my consciousness, am I connected to my dreaming? Am I connected to my spirit? Am I connected to these people around me? And am I also connected to the land? So I can be at the airport, and standing there with the customs? interrogating me because my passports full of stamps and there's no working visas, and there's no but you haven't been home in 10 years. And I feel that I

belong and I feel there's my brother, they're talking to me. And they let me through because they can feel that I'm completely relaxed. I don't care what they do. Yeah, that's freedom. That's such a deep teaching. Thank you for sharing that. That



42:00

brings up so many, so many thoughts and ways to think about connection. Because you're right, there's so many of us are yearning. When we feel separate. We want people are yearning for that joy, that connection that that piece of it, but when we don't feel it, it's like how do we get back there? what's what's missing or? And what you're really saying is it's always available to us it's a it's a mindset, it's a mind shift, and how can we enter if you've come across the Course in Miracles, but it's a part of that book that says at any given moment, anybody's either expressing love, or they're calling for love. Mm hmm. And the only appropriate response is love. And so you could also say they're either calling for their either expressing connection or calling for a connection, the only appropriate response is to connect right, we're all of it. And that's such it's so that's really beautiful teaching that you shared and that the teacher voice has named the aborigine teacher that have a name



43:00

Uncle Bob bread. Oh, yeah, he's he's since passed away, but



43:05

I wrote a song and which I wove through that song, his prayer. Oh, so he created a documentary called Ken Dini and you can look it up on YouTube. Can you okay? And uni is spelt exactly like it sounds with a K can uni. And his name is Uncle Bob Randall. And



43:29

he passed away last year. I was so touched by his sharing that I yeah, I was. I was asked to go on tour with him. And I couldn't make it because I was pretty booked overseas. And so all I could do was write this song. And it just flowed so So naturally, and that there's a if you look on YouTube, Kevin James, can you need you can see the video that I made and



44:00

He's not there. And actually he he says his prayer. And yeah, it was, it was a video that was created by myself and two other friends in Bali. And we gave it to him gave that song to him. And I, when I came across is when I learned about his teachings, it was more coming from a place of they were showing that we, the white people took away their Canyon, he took away their connection, and that's what destroyed their culture, just true. And I said to him, I can't sing about that because I come from that in the age of the white people, even though I wasn't directly involved or either either was my high blood line, I suppose. But I said, the only way I can share this is is to come from my perspective, which is we all need to pray for the Can you need to return



45:00

Because I believe that my white ancestors had lost the Kenyan is so long ago, that they'd even forgotten what they had lost. And right. They by default, took it away. Because that's the only way they knew. And it's interesting because he said to me, if you take away one of those four aspects of Kenyan he, you start to go a little bit insane. Mm hmm. If you take away two you become more insane and take away three you start becoming dysfunctional and insane. And if you take away four aspects, all four, you become a lost soul.



45:44

And you can see that on Aboriginal communities. There's people walking around sniffing petrol or anything they can get their hands on and then they literally lost souls. But I also saw how we we have that I



46:00

Moment of insanity and dysfunction. And also, if you go into some places and see people who are really messed up on drugs and alcohol and things like that, if we're starting to learn that, the reason people get into those stages is actually because of disconnection. And the word connection is starting to surface more and more in the healing and new age and even in, in modern, the medicine field. Yes, people starting to realize we need to feel connected, to be present. And if we feel disconnected, we start looking outside of ourselves for that connection, and that takes us further away from ourselves and to be present in the moment and I've always said, you can do workshops, you can you can even go to chanting, and keep doing that but until you



47:00

Really get those four aspects in place, you'll always be needy, you'll always be wanting and that's the foundation of the ego consciousness is built on want. When we become free from want, we become free from



47:20

conceptual self so effortlessly. And so naturally and I experienced that a lot in the in the circles that freedom from want and I share that with people but I always say use this experience and go back into life and find ways to feel this connection as much as you can. So that that's, that's very inspirational and do you feel like is is that the driving? Is that your mission? Would you say if you had to encapsulate what what's driving you right now to to share these songs and music and is you've shared a lot is that



48:00

Is that the essence of it? It is. Yeah. And it's not, it's not about just chanting mantras, the chanting of mantras is by far the most powerful tool that I found that I can gather with a group of strangers and change the energetic field and, and shift the consciousness within the space of two hours to give that experience and to whether or not they take that experience and do something with it or not. In that moment, there's a there's something that's changed. And that's the world that I want to live in. That's the world I want to return to in future lives or offer to my my grandchildren. And even though it might seem that it's only happening for that two hours, and then it's gone, well, at least we're creating it. At least we're doing it



49:00

That's all that there is, then it's better than not doing it. You can do it my mother. I've shared this story with a lot of people because it's it's a really beautiful story. I came home from protest as a, as a young, you know, like a teenager wanting to wanting to make a change. And I was protesting against the logging of trees. And I got in in the way of the loggers and got dragged through the modern and beaten up a little and came home and my mother saw me and she said, What happened? And I said, I'm trying to save the trees Mom, I'm trying to make a better world. We're losing our forests too fast. And she said, she looked at me and she she said, Why are you fighting the mirror son? Hmm. If you want to create positive change in this world



50:00

Just do something so beautiful that other people want to be a part of it.



50:06

That that's beautiful. And you are doing just that. Yeah. And that wisdom allows me to look at the politicians and look at the corporate people and look at the, all of those people that are involved in the dysfunction of, of our, of our race of our species, I would say and, and not to separate myself from them at all but to to see them as playing a part in something that I can't really understand. And I can I can't also judge as being right or wrong, but to see myself as as playing my part in what my heart



51:00

is telling me to do. Yeah. And, and to not get involved in things that that I feel my heart is telling is not agreeing with or not not feeling. This is like, I see the the the arguments of environmental issues or political issues or governmental decisions and things that people are doing that just seemed completely wrong and just like not getting involved.



51:29

Because, right.



51:31

And if I had if my heart was telling me to, to get involved in that, to do it from a connected way, not to do it from a reactive way, from a way that separates me from those as I'm right and they're wrong, but to do it from from a connected way that I'm just really just acting out the dance of my heart and I still think there is a place for people who are



52:00

To get involved in, in political issues or environmental issues or whatever, but to do it in a way that acting not reacting, and I think, yes, that foundation in in mantra has helped me to do that because it's even one of my latest songs is it was perfect. It will be perfect because it is perfect in the perfection of this heart. And that's, that's the message I share is we need to accept the world we need to accept ourselves. Because acceptance and love

are the same things. And love is what connects us. And when we can love what is we connect to what is when we connect to what is only then can we play our part.



52:52

And that's what each one of us is doing with playing a pot of a hole. Just like I want my finger to play.



53:00

It's part I don't want my finger to be driving the ship, or my big toe, that it has an important role to play.



53:09

We're all in the body of humanity. Yes. You know, and it feels so much of what you're saying is and what your mom was really indicating was, it's still so much better to be for something than against something. Absolutely, yeah. And if we can figure out what, what it is that, that our heart wants to express, and for using that language, but we're here to do and, and the context of connection, the worlds can't help but reflect that on the, the outer expression of of what we're feeling on the inside and through these types of groups and in singing and just day to day interactions. I really love your message and it was funny when I have you heard of the radiant sutras? No, no, yeah, this



54:00

There is this. It's basically Tantra yoga teachings for opening to the divine in everyday life. There was an authored by Lauren Roche. And I opened up my my version and it's basically little sutra poems. And when I just opened one right before I talked, was calling you this morning or this afternoon, and this is what I opened up to, and it spoke because it spoke to me and I just wanted to share it with you and get your thoughts on it. Before we round out our talk here. The one who is at play everywhere, says there's a space in the heart where everything meets. Come here if you want to find me.



54:43

Mind senses soul, eternity, all are here. Are you here. Enter the bowl of vastness, that is the heart. listen to the song that is always resonating. Give yourself to it with total abandon.



55:00

Quiet ecstasy is here, and a steady regal sense of resting in a perfect spot. You who are the embodiment of blessing, once you know the way the nature of attention will call you to return again and again, answer that call and be saturated with knowing I belong here. I am at home, huh? I can't imagine a more perfect, yeah. sutra to basically give an overview of what you're talking about.



55:36

Yeah, you could have just said that in the beginning actually could have talked about something else.



55:43

Well, that's probably what God said in the beginning. It's just it's all story. We have to have our story right. It's all divine Lila.



55:53

Yeah, we learn. We learn from each other so much and



55:59

I see



56:00

Added to,



56:02

to realize that just from experience that people were learning, or people were not so much learning but influenced a lot, by the way, I lived it just as much as what I was sharing through the mantras, and the chanting, moving through



56:22

different circles around the world, you know, going to different countries, where they speak different languages, and there's different communities and I was being invited by the changemakers, the ones who wanted to make a difference, wanted to, perhaps to come to some other part of the world or somehow seen my music and what I was sharing and felt that this is something that they wanted to bring into their community and inviting me along and to meet those people. And to stay with them and to, just to be to be with them. And to to really



57:00

Realize that the way that I was living and the way that I was eating the way that I was thinking was, was affecting them as well. And they were, they were also sharing that. And so you really, I saw myself as someone who was actually bringing culture around the world and it was breaking it in a way that was not. It wasn't threatening because it wasn't. I wasn't bringing a culture with me from another culture. I was bringing something new and it's because it was universal because I didn't belong. I didn't come from a lineage. I didn't come from any particular religion, even though I sing a lot of Sanskrit mantras. I don't I'm not a Hindu. I don't, I don't call what I do keratin. And I don't know. I don't come only from that tradition. It's just one of the big influences because we were we Australia is



58:00

As a sort of a close tie with India, with the alternative movement there, we all went to India because it was so close. But yeah, I also also was sharing original chants and now Aboriginal wisdom I was sharing even American American Indian chants and Buddhist chants, and like Hebrew mantras and so, there was a universal feel there that I was basically sharing with the different cultures around the world, keep your religion keep your culture, keep your, your ancient mantras and teachings and, and bring also the others together. And when it's time for us to become universal to embrace the world and to embrace all the other religions as one and, but to keep our own flavor and



58:57

and that's what I've been also encouraging people to do.



59:00

Is to, is to like dig into your own culture, dig into your own roots and see what's there. And maybe you can bring it forward in your own way. In other words, maybe those old mantras that you heard as a child that you think are boring, or that you think are just normal, maybe you could dust them off and recreate them in your own way. And share that with the world. Not maybe not so interesting to your own people, like maybe, you know, Japanese people hear their old mantras and then I go, yeah, we want to sing Sanskrit mantras, but I've been encouraging them to know like, we in the West would like to hear your mantras, right? So I'm kind of like, trying to share that message with the world. Let's all share our lineage and our history and all so let's weave together what we love from our exposure to



1:00:00

The whole world as well. And that's, that's why it's, it's, I use the word heart songs because I don't want to confine what I'm sharing to any particular box, I suppose I think we,



1:00:18

we, I'm hoping to sort of like, acknowledge that there's a new universal movement happening that's open, creative and can't really be defined and my music doesn't have a genre. And then I don't worry about that, you know, but it's, it'll slowly create itself. Well,



1:00:39

whatever we want to call it is I feel like it's very powerful. And you people feel the energy and the joy and the connection that that you bring in that's held within that space. And I think I say a heartfelt thank you for many, many



1:01:00

Many thousands of people for following your heart path and sharing your heart songs. And it's it's really beautiful, inspiring, thank you Geo, and thank you for what you're creating, I see the test in what I read in your mission. And I can see that you're coming from the same place. And it is really, it was a nice sigh of relief when I read the motives that you have and the intention for for what you're creating here. And thank you to all the listeners that are tuned in tuned into this and I hope you feel inspired to follow your heart and and allow it to to dance with your mind and what we call what you call you, which is

something that is an unfolding exploration. And the more we can dance without heart
And the more that we can follow, follow it and we



1:02:00

into our, into our walk and our talk and our actions and our choices.



1:02:06

The more extraordinary our lives become an old bless the world will become for for
ourselves and what I've noticed is that when we do follow the heart, everybody's lifted. It's
not just for you, it's for all and its intention is for all to rise and for all to be benefited.



1:02:27

Amen beautifully stated and it for though, I know you have a website and I know you have
a few retreats next year and for those that want to follow you and for listeners that are
new to to to you and your music, how can they support you and how can they keep up
with what you're doing? Kevin James Hart songs will take you to a whole bunch of stuff on
YouTube and and the website and Facebook page and Patreon is there as well. I've got
retreats happening



1:03:00

In the dark and Corfu, not much happening in America. I've sort of cultivated a pretty big
garden already on this side of the planet.



1:03:11

And it's enough for me.



1:03:15

Yes, peasy. We'll come to you. Yeah, come over to Europe. It's wonderful. But yeah, yeah,
you can easily stay connected with me find find me I have an email list and everything on
the website stuff. Yeah. Thanks, Kevin. Yeah, and I really do feel a brotherhood with you
and from I'm a left handed guitarist as I believe you are correct. Cool. Yeah. Yeah, I'm

actually having my first chanting circle heartsong chanting circle teacher training in Bali, in Oh, March and I'm sharing everything I'm sharing 20 years of experience just to encourage other people to, to want to walk this path and I'm also sharing all about



1:04:00

to ring and it has to how I sort of transformed our hobby sort of a spiritual practice into a, in a functioning sort of lifestyle and conscious business. So that sounds incredible in that in following a similar path to come to Bali and in March, and yeah, I've got a training course. Beautiful, beautiful. Thank you so much for that. Amazing. Thank you so much, Kevin, you take care sending you much, much love and appreciation. Yeah, much love to you too. Okay. All right. Take care. Okay, bye bye. Thank you for joining us on sound medicine monthly music. If you are enjoying the podcasts, click subscribe. To access other episodes, more interviews and music, please visit our website at [www dot mantras and music.com](http://www.dotmantrasandmusic.com) that's [www.ma n tra](http://www.mantra)



1:05:00

FMDMU si si.com. Join us next Thursday for the release of our newest episode. Thanks again for your support. We'll see you next week.



1:05:37

If you are interested in all the benefits of performing your own 40 day mantra discipline, then be sure to visit the podcast web page at [mantras and music.com](http://mantrasandmusic.com). and sign up for Joe's premier online training course. Titled, ultimate chance mantra meditation.



1:06:00

course offering valuable guidance for anyone wanting to increase abundance, enhance health, overcome obstacles, reduce stress, gain clarity, and advance personal goals.



1:06:15

You will be guided step by step by Gio to complete a 40 day powerful practice of mantra in a clear, fun and easy to follow program.