

Jam of a Lifetime: A Musician's Experience

As a professional musician, it's been my life's dream to perform with a group of world-class musicians, knowing beyond a shadow of a doubt that we are all being "played by the One".

This is exactly what happened at The Jam Of A Lifetime.

Although to say this was a jam doesn't really do it justice. Most people, when imagining a jam, will picture a group of musicians hungrily awaiting a chance to show off their chops.

What happened at JOAL was anything but this.

There developed over the course of four days a keen sense of listening, and a deep appreciation of each other's skills. It was as if a voice inside kept asking: *"Am I truly being moved by Spirit? Not by ego, but by the One? If so I will play. If not, I will wait, listen, and listen again...until I am played."*

And, as I looked around, I knew my fellow musicians were feeling the same.

Then, there were those moments you just had to be there for.... when the music was so seamless, powerful, and flowing that no words could express it. We could only smile, with a glint in our eyes silently saying; "yes...this is it. This is what we have lived for. This is why we have studied and spent thousands of hours honing our skills. It's all been for this! We know in this moment we are the One. The One is playing through each one of us. And.... it's perfect.

In a way, JOAL has reset the bar for me. I am now listening and playing at a deeper level, knowing that each moment has its own rhythm and it's own perfect music. I also know that a group of players, heartfully attuned, can create an alchemy of sound that opens, transforms and balances each and every listener (including the musicians themselves).

I was reminded that music truly is medicine, and since no two moments are alike, I need to stay vitally awake in order to offer the proper musical antidote as each experience arises and passes away.

The Jam Of A Lifetime was exactly what it said it would be. (And how often does that happen?) It should also be said that The Jam is not just a memory for me. It feels as if it lives on, like a cosmic tuning fork in the cells of my body.... reminding me of what can happen when I get out of the way, and let the music play me.

The most sacred things are unspeakable, and The Jam was definitely one of those things. It's an immersion in something each of us knows, yet somehow also needs to be remembered again and again.

To everyone who helped make this sacred event possible, I offer my deepest gratitude,

Steven Walters
February 5, 2015
Santa Cruz, California