

Health Triangle

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Plant
Consciousness

Body
Confidence
this Christmas
by Janey Lee Grace

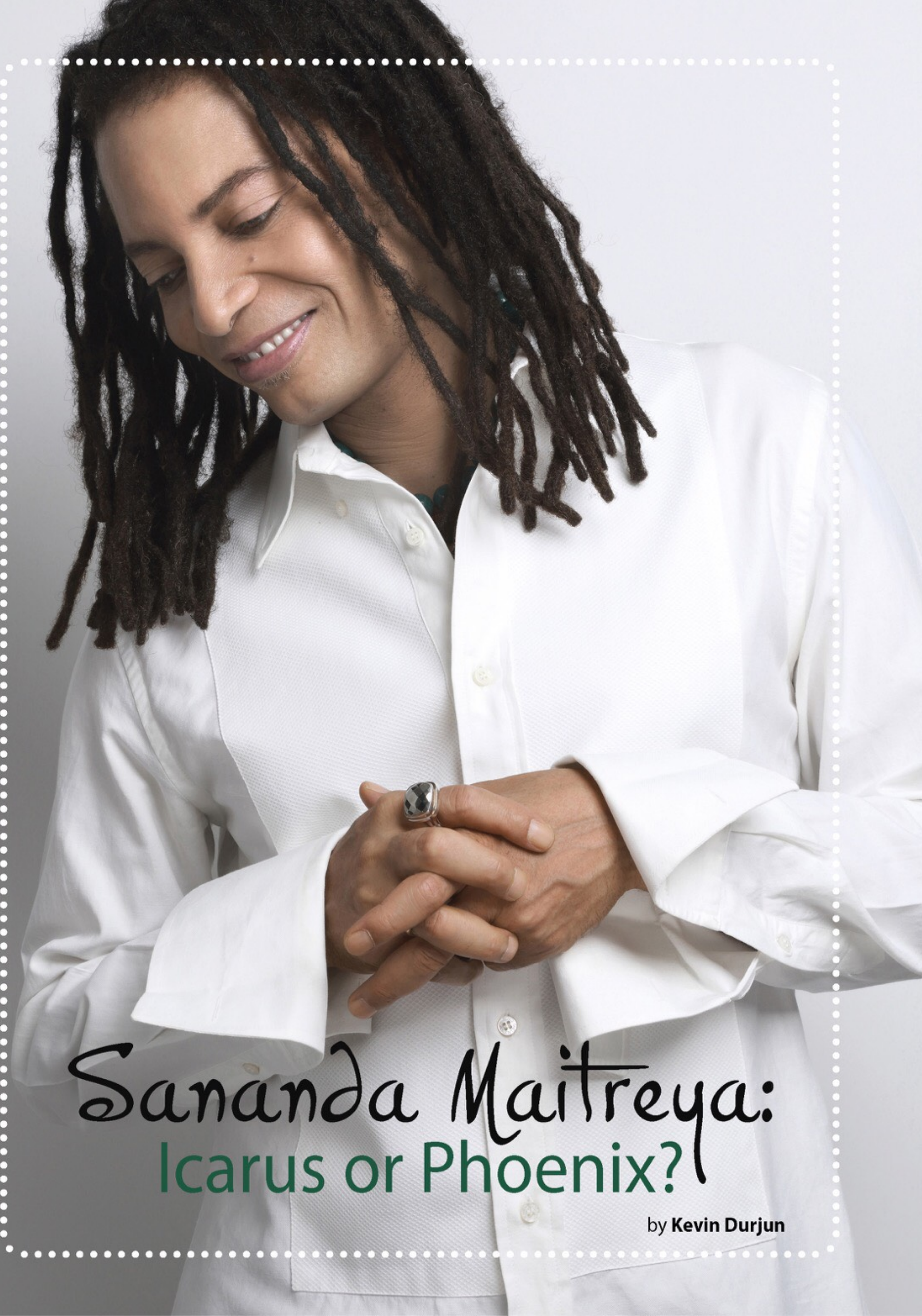
Sananda
Maitreya

Interviewed by Kevin Durjun

Healthy
Xmas & New Year

Health Scanning
the Inside Story...

Health Focus
Chronic Fatigue
Syndrome



Sananda Maitreya: Icarus or Phoenix?

by Kevin Durjun

Sananda Maitreya is an artist, writer, musician, producer, dreamer and Chief of Propaganda for Post-Millennium rock. In 1995 at the age of 33, at the height of his fame as snake-hipped musician **Terence Trent D'Arby**, he made the unexpected decision to dramatically change direction. He cast off this persona, realigned his priorities, and assumed the new identity of **Sananda Maitreya**.

Now I need to be upfront. I am a big of a fan of his work. Actually doesn't everyone love *Sign Your Name Across Your Heart* and *If You Let Me Stay*? So it was rather exciting for me to interview Sananda for **Acupuncture Point, on UK Health Radio**. And also nerve wracking. I have recently interviewed other people I admire, including Lonny Jarrett - a giant in the Acupuncture world; and Nora Franglen - my former teacher who is on a mission to restore five element acupuncture to China. So I am familiar with working with my heroes, and it is a blessedly lucky thing to be able to do. But neither Lonny nor Nora have played to packed stadia around the world, and I have not screeched along to their songs in karaoke bars...well, not knowingly anyway. So in the run up to the interview I was

nervous...

...For no reason, as it turns out. Sananda is an accomplished and celebrated musician (He plays all his own instruments as well as singing) with a healthy vein of irreverence and kindness flowing through him which sets me at ease immediately. During our conversation I didn't feel that he was interested in playing the star (which he undoubtedly is) he was simply being himself: Sananda is a man with a desire to convey his message to you with clarity and depth. His opinions are peppered with diverse references from the classical and medieval world as well as modern pop culture: Icarus (the ancient Greek hero that was destroyed because he flew close to the sun), George and the Dragon and The Matrix spring up during our conversation. It has taken a lot of therapy, time and grief to get him to this point in his life and he is revelling in the flow.

Our conversation ranges widely though space and time, and I soon discard my list of prepared questions. Frankly it feels a bit silly to ask him what his favourite song is when we are talking about how he worked through grief whilst making his recent triple album *Promethius* and *Pandora* (five of his friends, including George Michael, died





whilst he was working on this massive project). We explore the importance of movement and change to living a healthy life ***"we are made up of the pulse of time itself and we need to keep what pace we can with it"***, and meditate on the balance of confidence vs doubt ***"If you go too long without doubt, you basically have described an idiot!"***

Sananda sometimes draws his metaphors from such depths, and embellishes them with with so many diverse references that on occasion I found it difficult to keep up with the tide of ideas. He ended one particularly elaborate point with ***"you know what I'm saying?"*** And I had to be honest and ask him to repeat his point as I hadn't yet had "my morning coffee" This resulted in a kindly chastisement for neglecting my morning meditation rituals - Sananda is a man that takes his meditation and indeed his life seriously ***"Life is the meditation"***; then one rivulet of our conversation led to a discussion of art and Sananda's reflection that ***"Art is a meditation presented where it can be seen"*** took my breath away with its grace through simplicity.

To be a global superstar is something that so many of us dream about every day. And this is

"Art is a meditation presented where it can be seen"

what he achieved, entrancing the world with his beautiful voice and trademark dreadlocks. Before talking with Sananda, the practitioner in me tried to imagine myself in the position of the then Terence Trent D'Arby, to try to understand how difficult it must have been for him to change his name, and to make the decision to carve a new identity for himself. Sananda doesn't miss a beat: ***"It doesn't take much courage to leave a burning building...It was hell"*** His advice to young up and coming artists, intent on conquering the world?

"To run as fast as you can in the opposite direction"

Interestingly, Sananda doesn't listen to his music once it has been completed. He doesn't do looking back, he already did that in his previous identity, he has already learned from the mistake of flying too close to the sun ***"The easiest way to slip up is to look backwards or down"***. But maybe being burnt was the best thing that could have happened to the former Terence Trent D'Arby, because rather than destroying him, the fire seems to have tempered his resolve and catalysed his true purpose. The **Sananda Maitreya** of today is strong, hard working and with a positive outlook. And this suggests to me that the most glorious and glowing times of his life are yet to come.

This is Sananda Maitreya is available on Spotify
The triple album Promethius and Pandora is out now
www.sanandamaitreya.com

