

We've moved to Colorado. Wait, WHAT?!?!?!

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“Go forth . . . to a land that I will show you.” With this biblical command,¹ Abram and his wife Sarai (later known as Abraham and Sarah) embarked on a journey that changed the world in many ways.

And now, Ellen and I have chosen to “go forth” to a new land (Grand Junction, Colorado), a new adventure, the next phase of our lives. “Why?” you might ask. It’s quite simple: we are unable to resist the pull of the most powerful force in the known Universe: *a grandchild!*

This has already been a powerful journey for me – inwardly and outwardly. I have done my best to use this process and it is my intention to continue using this process for learning, growth, and healing on all levels in my life: physical, mental, emotional and, most of all, spiritual. I experienced (and continue to experience) *so many* thoughts and emotions as we packed up, loaded the cars, and headed on our way. Positive feelings, like excitement and joy to be closer to our loved ones; enthusiasm as I see so many possibilities for what I might create in the remainder of my life; and looking forward to meeting new people, making new friends, and creating new connections and community wherever we go.

There also have been many other not-so-positive thoughts and emotions. For one, I am especially sad to leave behind all of the beautiful people and connections that I’ve created in the Valley of the Sun since I arrived in 1993. I’ve thoroughly enjoyed playing gongs, facilitating breathwork, teaching meditation and mindfulness, and serving as a spiritual coach for so many of you over the years. I’ve also experienced great sadness – even grief – at leaving behind our beautiful house where we truly created a “home,” entertained so many people, and witnessed so much healing for so many people and on so many levels.

My greatest challenge in this process has been facing my fears. Fear of the unknown; fear of “not knowing” what will happen and how this will all turn out; and fear of “not being in control.” Another challenge has been letting go of attachments to physical objects as well as thoughts about “what was” and “what might have been.” I’ve used my awareness to see that confronting these challenges is where the greatest opportunities for spiritual growth await me, as I remember that my fears are only thoughts and my attachments are what are holding me back from truly expressing my Authentic Self.

When I notice that I’m feeling afraid, I remind myself that my fears are not real, they are only thoughts that I choose to pay attention to in that moment. Then I can choose to return to the “here and now,” where I can remember that I am not alone on this journey but, instead, I am always protected and supported by the Creator of the Universe. Indeed, a little further along in the biblical story mentioned above G-d reassures Abram by saying, “Do not be afraid . . . for I am your shield.”²

¹ Genesis 12:1

² Genesis 15:1. The Hebrew words for “do not be afraid” are “al tira.” I named my Sedna gong “Al Tira” based on this passage.

This process also has been a delightful opportunity for me to let go of attachment to so many things. Old possessions (including our beloved house), old memories, old ways of being and ways of expressing myself, and the illusion that I have any control over what happens, when it will happen, and how “things will turn out.” I now see that holding onto these things is like trying to move forward while dragging an anchor behind me. Instead, by letting go I can now “go forth” boldly toward whatever awaits me. I know that so long as I trust myself and the process and allow Spirit to be “in control,” it will all “turn out” much, much “better” than anything I might ever do on my own.

Dealing with my fears, releasing attachments, letting go of the “illusion of control,”³ and embracing the unknown have all thrown me far, far outside my “comfort zone.” But, as I remind my coaching clients on a regular basis, there is no learning, growth or healing so long as we remain within our comfort zone. So, I’ve committed to using this whole process to “walk the talk.” In doing so, I am trusting that Spirit will indeed guide me safely to a “new land” – also known as “what’s next in my life.”

I had hoped to offer a series of “farewell” gongbath and breathwork events before we moved away. Alas, our friend Covid had “other plans” and that was not possible.

When I first began playing gongs and offering breathwork healing sessions in Arizona, there were very few other gong players and breathwork healers in the area. I am comforted in knowing that there are now many other very good gong players (several of whom were my students at one time) and breathwork facilitators who regularly offer healing sessions in the area. So there are abundant opportunities for you and others to experience the gongs’ healing vibrations and the powerful breathwork process on a regular basis in my absence.

I do intend to continue serving as a spiritual coach, meditation and mindfulness instructor, and gong and breathwork healer in our new community. I also plan to offer various online (virtual) programs once we get settled, so “stay tuned.” And, Ellen and I plan to be back in the Phoenix/Scottsdale area from time to time so I hope to be able to do some events there when we’re in town. In the meantime, please don’t hesitate to reach out to me if I can be of service to you in any way, including a private coaching, meditation, or sound healing or breathwork session via the Internet.

I will dearly miss seeing each and every one of you on a regular basis. I wish you sweet love, robust health, clear thoughts, abundance on every level, fulfillment in all areas of your life, and inner peace as you continue on your own journey through this incredible adventure that we call “life on Planet Earth.”

With love and many blessings, Jere

³ One of my spiritual teachers, John-Roger, says that the illusion of control is the “master addiction.”