

JONATHAN SARAGA

www.jonathansaraga.com | jonathan@jonathansaraga.com | (347) 574-2003

While I have nearly 10 years of Conservatory training, 3 degrees in Music Performance, as well as nearly 2 decades of experience performing, recording, and competing on an international level while based in NYC, my interests, practices, and skill sets extend beyond music, and in the realm of philosophy, science, physics and spirituality.

My interest in understanding the human condition, as well as my quest for realization of higher states of consciousness, has led me to discovering practices such as Yoga, Reiki, and various forms of Meditation. By practicing these art forms, it is my goal to have my work reflect my own state of being—a state that I intend to be filled with a certain depth and yet also a child-like innocence, simultaneously. The arts are healing tools, and can revitalize the mind and body, and whether people are willing to admit it or not, music, and sound for that matter can and does physically affect a person profoundly. Therefore, I feel it is a special gift, privilege, and responsibility to study and produce sound-based art.

Cognitive, physical, emotional, and social functions are all affected by sound. Sound, I believe is the one sensory-stimulate that is most effective in penetrating the subconscious, and that individuals practicing careers in the all of the science, medical or athletic fields can enhance their work with the inclusion of sound. It is a powerful tool that can be used to help the mentally challenged, abused, or impoverished revitalize their mental and spiritual dispositions. I have all of these ideas in mind and at hand in my musical practices.

One of the healing effects music can have, is that it can re-unite people with childhood or young adult memories, stimulating emotions that may go otherwise untouched, amidst the trials and tribulations of adult life. While I enjoy creating art that amazes and dazzles people, I live for the opportunity to touch and help people connect and re-center with their true self. Music has the potential to reach deep into the depths of a person's psyche and remind them of the sacred nature of their existence, and it is my hope that through that process, they will be inspired to further their own pursuit of whatever it is that touches them, and that they believe in.

Over the years, I have found that my favorite music to play and my favorite collaborative situations to participate in, are ones where the heart is exposed, and there is a letting go of fear; or at least an opportunity to do so. This can occur in performance situations, but also through interaction with people in non-performance situations. Bringing a state of awareness which acknowledges the human connection and condition, is something I am constantly attempting to maintain as well as refine.

I am passionate about allowing music to speak for itself, and I am dedicated to refining my craft in order to further express myself and express truth in the sincerest way I can. I am continuously striving to remember my relationship with the infinite and to play music with a vision of that very place; a place of infinite possibility. I believe that music is a gateway to something unexplainable; to a place where we all come from, and where we all are moving toward. It is a blessing and a miracle to have the opportunity be able to share that understanding with you, by exploring the phenomena of sound, and by expressing it through the beauty of human expression. As Hazrat Inayat Khan exclaims, "music seems to be the bridge over the gulf between form and the formless." Music truly seems to be a place that we, as a race, as spirit can go to reconnect with what it is that we really are, beyond the barrier of flesh. In collaboration with other

musicians who have a common goal, I wish you to join us, as we carry the majesty of music through the familiar, and into the unknown.