

CONCERT REVIEW

Solo Shakuhachi

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Am I breathing still? What happened? Where have I been? Am I back in my body? The brain tries to quickly calibrate; thinking mind flash attempts to review the last hour and a half of profound solo Shakuhachi, attempts to understand, normalise, explain, compare - I am close to laughing as I realise I am so surprised at the effects of Shakuchachi flute played by a true master. What is there to be surprised at? That the frequencies took me to recognised spiritual terrain? That I was transported to far flung parts of the Universe? That the frequency and breath through the flute resonated within every living cell of my physical body? That it mirrored back to me my own sacred medicine World?

Adrian Freedman is held to be a master of this instrument – I have heard his work in collaboration with other very talented musician/healers before and it has been amazing! Now this was solo Shakuhachi...

It beckoned me over days to come to it – prised me out of my comfortable home in Dartmoor on a night of heavy relentless rain. It was as if Spirit called to say “It is time to surrender to this” - surrender to this teacher of path to your own well-being.

Yes, arriving at the venue that night, I sensed this was to be more than exquisite soulful flute music – not that I was willing this to be, it was all simply unfolding I settled and found myself a place to sit. Adrian was in position – an impressive look of wisdom and calm – Shakuhachi! Moments before the flute came to life I had to lay down. I was suddenly floored! I could no longer sit up. Although I intended to sit and take in every movement I was actually incapable of sitting! This was the first surprise and often medicine visits before she visits (I will always be surprised) So I lay down and the Shakuhachi opened the air weaving sharp powerful tones, strands of colour reaching through me, shapes and tastes, chakra active – giving way after to reedy tone and visualisation of ...Yes... a glimpse of eternal, Atman and there I am... I am in a sepia journey through forever. I am here for each and every note and subtle nuance of sound but I am also in all places.

In my Shakuhachi dreamtime my awareness shifts to line described in Keena Upanishad;

Not that which the ear can hear, but that whereby the ear can hear: know that to be Brahman the eternal, and not what people here adore;

And what am I hearing now? Where am I?

Following an impossible intricate cadence that Adrian pulls from the flute until it seems to stop...but; No – it continues in the most incredible subtle overtones barely perceptible to my ear. I can see these overtones it seems, more-so than hear them. I remember struggling to actually open my eyes and see if Adrian was actually playing these overtones or whether it was my imagination...so fine ...so exquisite. He was playing them certainly! The Knowing of this helped- I could relax further. I dropped back in to surrender to sense all. Tones and frequencies leading me in moments to complete still focus. Profound.

Gradually I could sense the flute was coming to a close. I sat up for the last five minutes of the playing and watched Adrian manoeuvre the most intricate breath-work to make this flute produce these incredible sounds – saw how he appeared to channel the sounds through his entire frame and physique. I was held in awe that he had managed to keep this energy for the last ninety minutes

This was Adrian Freedman working his magic through Shakuhachi flute in a candle-lit gathering with great acoustic setting. The Forge, Totnes, Devon back in April 30th

It is a challenge for me to articulate the profound nature of Adrian's work with Shakuhachi – “but that whereby the ear can hear” I would like to encourage you to experience it one day for yourself, live or recorded it will amaze you musically without doubt, it is so fine! – I can also imagine it is likely to move you to a very deep appreciation as this is medicine for the soul.

My deepest gratitude to witness Shakuhachi and master of the art, Adrian Freedman a memorable night with great healing

At time of writing Adrian has two performances about to show on the 19th May in Totnes and 21st May in Bristol a collaboration called the Anjali Ensemble with Iwan Kushka, Ravi Kora and Peter Sterk

Please do visit his site <https://www.adrianfreedman.com/> to get more details of upcoming event details, recordings,hear the Shakuhachi in videos and develop a deeper understanding of this generous spirited work

Aho Aho!