

# 13 Hands



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# Montclair NJ, USA

## ***Rising: What inspires you the most?***

Dalien, aka 13 Hands: Generally speaking, people who act with integrity, compassion and with awareness of how their actions and words affect other people and this planet. All forms of art constantly inspire me, especially when I find myself creatively inspired by another artist's work: their painting, their music or however they might be expressing their creativity in the world. Some of the street musicians, dancers and spoken word artists can be very inspiring in and around Central Park, NYC and here in my hometown of Montclair, New Jersey. We have a lot of sidewalk artists out during the summer, which I love... nothing better than sitting outdoors at a sidewalk café chilling out to the sounds of other street artists doing their thing. Farmers inspire me; that's what I'll end up doing when I retire on some level. I already grow food in my kitchen - it's very calming and rewarding to grow your own food.

Musically speaking, I'm inspired by the integrity, longevity, creativity and musicality of RUSH. They are a class act and they did it their way during a time when no one truly understood what their vision was. They kept their focus, built their audience, never compromised and there it is: an honorable musical empire and legacy for generations of musicians to come.

## ***Rising: What annoys you the most?***

Dalien: People who lack integrity and would throw their mother under the bus to get ahead in this world - the "Bernie Madoffs" of the world. But please know I don't lose sleep over people like this. I actually feel bad for them and whatever hardships they must have experienced that darkened their souls to such an extent. People who act like this are truly in pain. I kind of compare it to how I felt bad for Anakin Skywalker and how he turned to the dark side and into Darth Vader. I was hoping he could have stopped himself. I do believe there is an inherent goodness in people, but I also realize that some people have experienced some very tough things during their life which may have



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contributed to their selfishness and sociopath-like behavior. Sadly, many times their behavior is a reflection of that unresolved pain. But I do believe in the process of Karma, so everything will come back around to those people one way or another. And oh yeah, I'll tell you what annoys me: Monsanto and this whole genetically modified food movement and the altering of seeds - OYE! Don't get me started on that one! Just stop eating GM foods, people, and investigate where our food is coming from and how it's produced. I was also annoyed with the Rebecca Black "Friday" video success that garnered 140 million YouTube hits for about 10 minutes, but then I let go of my annoyance and became ridiculously inspired on



how to go about making that happen for my Pepper Mary single and video, lol.

***Rising: What are your best and worst habits?***

Dalien: I just lump them all into one category without judging them, ya know? I guess the best habit would be that I'm very disciplined and believe in what I'm doing. I play music every day in some shape, way or form - writing, performing or in a healing/health education capacity. Discipline is essential in order to run your own business and musical endeavors on your own terms. Depending upon how you look at it, the best and worst of me are really two sides of the same coin. I guess someone on the outside looking in at my life might be able to point out positive aspects of my behaviors while also providing constructive criticism for aspects that might seem negative or in areas where I seem to be challenged. Worst habits...hmmm....I don't get to do laundry as often as I'd like. I teach a lot of yoga, I play a lot of shows, I help a lot of people reduce stress and improve their

health. Being so busy, it's challenging to get a chunk of 3-5 hours in a day to devote to laundry as it's also tricky living in an apartment building. That's why I have 50 pairs of boxers for when I fall behind a bit - and if I really fall behind, then I'll go buy more...lol! I'm a man of efficiency. Things always get done, just not always on the timeline I'd prefer, but it miraculously all works out fine in the end!

***Rising: What are you most proud of that you have accomplished so far?***

Dalien: I saved my own life from a severe illness. I'm really happy to have gotten a second chance at life and gained an entirely new perspective about everything and what's important: balance, pacing the speed of one's life and making time for good people, friends, family, art, music, expression and making sure that I love what I'm doing. I'm a pretty optimistic person and "annoyingly happy" - I'm almost too happy for others to handle! (But that's their problem, not mine)



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***Rising: How do you plan to take over the world?***

Dalien: Why the hell would I want to do that? I work hard just to keep my own world in order - whew! I'm just here to share what I do, help a few folks, teach a little and show fellow musicians that any instrument can also be used in a health and healing capacity for those in less fortunate situations or those dealing with compromised immunity and health issues. We're here truly to help one another - bottom line - then we die and move on. So if I "take over the world" musically one day, it'll be because people believe in the music, me as a person and the social service aspects of what I do.

It's a matter of every individual taking responsibility for their ego, fear and resulting competition with one another so we evolve into a place where we are devoted to helping one another all be successful, happy, abundant and healthy. Sounds great on paper doesn't it? I had to almost die to "wake up" from the

Matrix, so to speak, and get my heart in order. Art, music and expression is about love and powerful energy that can inspire and help people. You know the effect a song can have on a person - it's a powerful, emotional and healing connection.

Yes, I have a plan: I'm building a yoga, music, health education and mind/body, trauma healing service company. Right now the contemporary music is stepping out in the forefront for a while to contribute to the growth and networking of the other services and skills I'm also sharing and providing in the world. I'm just trying to take what I've learned and pay it forward. We can't afford to live in a world anymore that is run and controlled by people who act like Bernie Madoff did or any other greedy, entitlement-issued, robber-baron, "adult with wounded child issues" who wasn't breast fed long enough and/or might have been picked on the playground as a child (thus making them a little bit of a selfish, angry, controlling bastard in the material and corporate world).

