

MELODIVA-Interview with Little Whale

When and how did you start making music?

I have made music for as long as I can remember. I started playing guitar as a child and experimented with melodies, poetry. I started exploring my voice initially through spoken word... it wasn't until my early twenties that I started singing.

When did your first songs come about?

I'm not sure I remember when my first songs came about... I vaguely recall being in basements and in my own daydream world, writing down poetry and humming melodies.

You have just released your second album "Terra". Do you have a band or did you record everything yourself?

Terra was recorded in my basement in Minneapolis. I don't have a band, but I do have wonderfully talented musical friends. The album features guest musicians Eran Fakir on flute, Arianna Wegley on cello, Matt Blake on upright bass, and Alex Goldfarb on Udu. Patrick Pegg offered additional production for the transitions between tracks, as well as synthesis on "All I Ask" and "Women with Wings". Production, recording and all other instrumentation (guitar, charango, percussion, vocals, mystery sounds) was done by me. Adam Krinsky at Bellows Studios in St. Paul, MN, mixed and mastered the album.

Most of your songs are in Spanish. Why, is this your first language?

English is my first language... As for Spanish, I am at a very elementary speaking level of the language if I'm being generous with myself. It's a strange thing, no? Writing many songs in a language I am not fluent in... it is obvious to the native speaker how elementary the lyrics are... I honestly didn't anticipate as many people would hear the songs.

Unfortunately, I don't understand Spanish. What are your lyrics about?

Most of the songs are inspired by the natural world, celebrating and invoking certain plants and animals, inviting in the vibration those spirits carry, whether it is the high altitude and perspective of winged creatures, the joyful grace of sea creatures "flying" through the oceans, or the subtle yet precise medicine of plant medicines who reflect our own healing help us re-member into wholeness.

What does music mean in general to you?

Sound is so powerful, it is arising from silence, and inherently points back to that silence. It is a key to understanding ourselves, our true nature. It is a healing technology, creating invisible architecture around us that we feel. Music if very

visual for me. Humans are the only animals who deliberately hold back their song but singing can change everything. You can go to the grocery store and be humming or singing, and that will impact everyone around you, bringing joy, lightness, nostalgia, it might even annoy someone, amplifying what was already underneath and allowing it to surface and change. It brings us to the present moment, which is where all things are. Music allows us to arrive in the now and add our heart song to the vibrational field that is miraculously ever-arising out of empty silence.

You are involved as an activist and support several projects with your music. Please tell us more about these projects.

Profits from bandcamp sales for this album go to two places: the frontlines of water protectors at Line 3 in Minnesota, and frontlines of indigenous groups standing up against PL490, a bill that threatens native land in the Amazon Forest of Brazil, and APIB (Articulacao dos Puvos do Brazil-the Articulation of Indigenous Peoples of Brazil).

[Line 3](#) is a proposed oil pipeline from Canadian oil company Enbridge. They want to build the pipeline through untouched wetlands and treaty territory of Anishinaabe peoples, through the Mississippi River headwaters to the shore of Lake Superior. The mission is expanding the dying tars sands industry, with utter disregard and destruction of natives lands and posing devastating destruction to many precious bodies of water, including many vital wetlands used for wild rice by the Anishinaabe people. These funds go to supporting the very brave water protectors, including many native Grandmas who are risking their lives to protect water every day on the frontlines of line 3.

The other cause funds will be going to is protestors on the frontlines in Brazil and the organization [APIB](#) (The Articulation of Indigenous Peoples of Brazil), who are supporting indigenous communities as they battle the bill PL 490, also known as the "*Demarcation of Indigenous Lands*". This bill would impede indigenous peoples' right to create new reservations, allow the federal government to take possession of existing ones, and end the policy of no-contact with isolated indigenous peoples. As a result, the last stewards of the forest, including the Amazon, could disappear. It basically removes protections for natives on their own land, posing the risk of their land being claimed by the government for development. More directly put, Bolsonaro is attempting to wipe out natives and the Amazon Forest as he blatantly stated while running for president. We need to raise our voices around the world and show up to support Indigenous peoples in Brazil who are being threatened.

I don't think I can say I am a huge activist. Years ago, I was quite involved. Now I find my activism is moment to moment, in my interactions, in my individual practices. Water protectors and those protecting nature and also regenerative farmers are heroes. ... as for the music, it is inspired by these places, by nature and the profundity of water which we inhabit in these body-vehicles; we are literally awareness inhabiting water... what a miracle! It was inspired by plant intelligence of the forests around the planet... something inherently familiar in our DNA, our

ancestors all around the planet who partook of plants, who had relationships with the natural world. Then the institution of the church defined God as something separate, something that you need a middleman to have relationship with. The atrocity of the church making believe that we are separate in order to control people, while putting down heretics, pagans, witches, natives, anyone who was empowered in their knowing of themselves and their relationship to nature, is coming more to light. And it has nothing to do with Christ and his teachings. So as I have benefited and healed from these places and the natural world, it only makes sense to amplify these protective causes through the music that was inspired by these places and the people who steward them. And while it is vitally important, especially for those of us coming from a privileged background to actually put something on the line and stand with native peoples around the world who are literally putting their lives on the line to protect nature, to protect water, recognizing we are these things too, and to destroy them is to destroy ourselves. What a massive misunderstanding... It's like we are all lost children, confused, cut off from life. We forget that everyone that appears outside us is occurring within us. There is no way around it. Whatever is arising within our awareness, is us. At some point this becomes self-evident. There never was a "they" "them". It's "we" "us". Identify as Us/We for an hour as an experiment and see how it feels. This is a doorway to the heart, a relaxing into "us" and letting go of the "I" story for some time. From this place is an intelligent perspective from which to navigate the world. That's not to dismiss the movement of preferred pronouns at all, in fact, they occur within the us/we, and we can recognize that all identification is just playing a role, a temporary one. It is good to play out our roles, and it is even better to do so with wisdom.

We are in a time now that is calling for us to wake up collectively, fully grounded in our embodiment. Masters used to retreat away, to meditate and transcend. Now it is time to bring the spiritual into the physical. It is all God. The keyhole in is fully feeling our feelings. Fully feeling whatever is arising here and now. How much can you lean into the sensations, emotions, fears, joys, to say yes to them? I know how much I can resist the present moment, because it is limiting how much I can say no, how much I can contract. But how much can you say yes and open to what is? It's infinite, isn't it? So we need practices to survive these times, to open our channels and flow in the subtle internal levels, as well as the gross external levels, because the micro is always translating to the macro. It is a time we need to be in complete integrity with our hearts and highest expressions of self, otherwise we feel it very quickly and coarse correct. The pressure is on.

For many, we are climbing the mountain of understanding our true nature. And for some that has already happened, and the point isn't to stay at the top, it's to descend the mountain and walk with God-consciousness on all levels of experience, so that this light of awareness permeates all human experience and is the constant golden thread that reaches all beings who are ripened in *their* time to climb the mountain. It is a process, a natural one, and there is no hierarchy to any of it. God is there in all of the story, and it was never even possible to be apart. We just play out the drama that we are separate, searching in all our desires and attachments for that safety of being one again with God. It's a necessary process, a ferocious one, ruthless... yet we were never left. Like a fruit ripens and just falls off

the tree, so we too will awaken to our true nature. And then begins a further process of evolution. And all the content including the ideas and attachments in revelations of waking up are like mud swirling in water that too must become stilled, and the whole story plays out in the unchanging spaciousness of awareness. And yet on the descent from the top of the mountain we come back to the heart, where truth is embodied through the cross of our open arms to this horizontal plane of space and time, to each other. That vertical timeless presence, now self-aware, comes down to fully embody in this place of the heart, where we experience ourselves as Us/We, and can fully play out and manifest what it is we are creating... An awakened humanity with the potential to harmonize in higher frequencies on this beloved blue star, Mother Earth.

It is also a time to build parallel structures to the structures already in place for us on a societal level, creating new blueprints for humanity to live in flow and harmony with nature, with one another, finding new ways of existing for the coming future generations that is supportive to all life.

Have you been able to achieve success? Konntest du Erfolge erzielen?

You asked if I feel I have achieved success. I guess, I don't know... I'm not sure success is ever a place I will have arrived, unless it simply means that I am here now without resisting the present moment. To be fully here and resting in absorption of the present moment, and when I am lost, which is often, to bow my head, and serve and protect nature, to serve life. That sounds like a successful journey to me...

I do have one dream, that I could perhaps call a success if I am able to manifest it, and that is to raise funds to buy monocultured farmland in the midwest, and hand it over to the natives to whom it belongs, to rewild it and plant diverse nature plants and forests, or to pass it off to regenerative farmers. Regenerative permaculture is a radical proactive solution to many issues of today. It adopts of biodiverse models of permaculture that allow for the whole system to support itself while putting nutrients and carbon back in the soil, regenerating soil health, which they are finding more and more is completely reflective of our own microbiome health. The fertilizers like glyphosate in round-up are essentially antibiotics and deplete soil of a healthy nutrients and bacteria. Investing in or pursuing regenerative permaculture is one of the most proactive ways to restore health and vitality to the soil, land, food systems, and the planet as a whole, as well as to humans, our own individual health and the health of future generations.

Mane Stelzer

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