

CHERISH ALEXANDER

MEET ME WHERE YOU ARE



WRITTEN & PRODUCED BY
CHERISH ALEXANDER

The power and inspiration behind Cherish Alexander's eighth album and third solo effort MEET ME WHERE YOU ARE came pulsing out from deep within her very veins. In 2016, the accomplished LA-based singer-songwriter found herself "teetering on the edge of the invisible world" when she battled through a difficult diagnosis and surgeries for a rare and life-threatening medical condition. During this dark time she received signs from the universe guiding her forward, including that surreal moment when she was pulled over by a cop flashing his lights and blaring sirens only to be told that, "God wanted him to tell her that she was going to be ok."



Confronting this painful health crisis triggered an emotional and spiritual reckoning which forced her to unpack a lifetime of all the stories and hurts that she had been holding on to. Since she was 7, Cherish has recorded songs in many kinds of studios but for this more-intimate-than-ever healing journey home to herself she piled into her Mt Washington home studio armed only with a laptop, her instruments and her singular voice. She knew she was fundamentally changing, not by her own choice she admits, "but by God's perfect timing." Cherish shares, "I knew that this was not a dead-end but a doorway. I was also aware that your biography is reflected in your biology." Thus began the real work.

And, in this space of recovery and deeper realizations, an ever-increasing compassion for herself and others flourished. Support also came from friend and colleague Jano Janosik (Stewboss, Bella Bazarria) who co-produces and plays drums on the album. Caught up in the spirit of pure self-expression she didn't even realize that she was writing a record until a year and 30 songs later when the messages that had only danced hazily in visions for years before became uncloaked and clearly distilled themselves into this collection. Cherish plays just about every instrument on this album including Bass, Guitar, & Piano. She also had the guidance & support of Paul Roessler (The Screamers) who plays keys and co-produces, with a few guest appearances by Frankie Lee Drennen (Dead Rock West) & Gregg Stewart (Stewboss, Mazarines). The music that moved through Cherish allowed every song to come to fruition in 15 minutes in a process she describes as purely 'visceral'; the entire album is a beautiful manifesto about personal freedom, honoring the past and surrendering to change.

The lead-off lilting rock track "Just Be" clearly beckons us all to give into and express our authentic selves. Cherish hooks us into the tune from the start and allows this message to wash over with such a clear yet pleading beauty as she sings about, "realizing I had to surrender the results and find acceptance of what is." With "Heart Open" she sings of forgiveness and what she describes as the decisive moments where she knew, "...I could become bitter or I could become better. It was a choice...and I had to keep my heart open for the miracle to happen." Cherish even weaves in a nod to Ram Dass rotating the mantra "Be Here Now" within the beating throb of the centering track "There Is Here". From confronting childhood trauma ("Little Girl") to death and profound grief ("Parting Is Sweet Farewell") Cherish fearlessly provides all this as lasting testament of her powerful unearthing, questioning and growth for the world to hear and experience themselves. Behind it is her hope that the healing of the self becomes reflected in the humanity. "What is in one, is in the whole," she added softly. Anthemic songs of radical acceptance like the title track that closes this album drive home the point that we all need to be met exactly where we are, each and every day.

Bringing forth these raw truths is not a simple task but Cherish artfully reverberates these critical messages that are so needed especially during these hard times we face individually and collectively. Her stunningly rich collection effortlessly manages to uplift and encourage listeners on their own paths. "I do believe that our journey creates our story. The contemplation of self has been probably my biggest inspiration. Yet also the heartache and magical adventures has brought me to where I am now too. I do feel our experiences create who we are every day," says Cherish. "There's always a bigger picture, a bigger tapestry and sometimes we don't know in the moment why we are inspired to do what we do, but then you look back and see the whole and think, 'aw ok, this is why I was guided to do this or that.' Really it's just a practice of listening to that inner voice that leads the way. THIS IS THE LIFE OF A MYSTIC."