

Jesse James Ferrell — Master Bio

Jesse James Ferrell is a global recording artist, producer, speaker, storyteller, healing visionary, and published author whose work bridges music, human connection, emotional resilience, and soul-level transformation. Releasing music under his own name through **Soul Frequency Records**—the independent label and creative company he owns—Jesse creates across **soul-reggae, spoken word, electronic dance music, and guided meditations**, crafting a body of work designed not only to entertain, but to heal, uplift, and connect on a deeply human level.

As both **the artist and the producer-owner behind Soul Frequency Records**, Jesse is shaping a sound, a message, and a movement that is deeply personal, purpose-driven, and globally resonant. His work lives at the intersection of rhythm, resilience, sensuality, spirituality, and service. Some songs move like medicine. Others dance like survival.

At the center of Jesse's creative mission is a deep commitment to **suicide awareness**, emotional resilience, courageous listening, and helping people feel less alone in the moments that matter most. His songs explore grief, desire, restoration, identity, hope, liberation, and the sacred mess of being fully human. They do not pretend darkness is not real; they meet it with hope, truth, rhythm, and return.

Jesse's voice and message extend far beyond music alone. He is also known for his work as a speaker and thought leader whose platform centers on the life-saving power of **curiosity and courageous listening**. His growing public presence includes **TEDx, DEBx, and Global Possibility stages with Jaymin Patel**, along with live storytelling and transformational talks designed to awaken audiences to their worth, their voice, and their capacity to heal. His message is clear and unforgettable: **listening saves lives**.

That same mission flows through his wider media and storytelling world. Jesse is the creator of **The Turning Stones Show, The Emotional Man: Listening to Suicide**, and the **Focus Four Me Podcast**, featuring four-minute meditations designed to support reflection, regulation, and reconnection. Across these and other platforms, he explores healing, emotional truth, spiritual growth, trauma recovery, identity, grief, and the courage it takes to stay present in a complicated world. Whether through a keynote, a podcast, a song, a meditation, or a soul-deep conversation, his work invites people to come back into relationship with themselves and each other in ways that are honest, embodied, and transformative.

His artistry is deeply informed by his work in the body. With **over 30,000 hours of hands-on bodywork experience**, Jesse has spent decades helping people navigate **chronic pain, professional athletes' performance optimization, emotional health, and whole-person healing in mind, body, and spirit**. He learned early what many people discover only after a breaking point: pain is rarely just physical. The body keeps receipts. Breath holds history. And when a person finally feels seen, heard, and safe, everything begins to change. His work has

focused not only on relieving pain and improving performance, but on helping people listen more deeply to what the body is communicating—so the body can align with its expanding soul mission.

This mission is not theoretical for him. It is lived. In 2007, Jesse learned that **a family member** was planning to end their life. He did not have a script for that moment—only terror, love, and a decision that would shape everything that came after: do not panic, do not fix, get curious. He asked questions. He stayed present. He listened. Years later, Jesse faced suicidal ideation himself during one of the darkest seasons of his life and experienced firsthand what it means to be listened back into breath, back into body, and back into choice. That vow lives underneath all of his work: **listening saves lives**.

Musically, Jesse's path is rooted in a lifelong love of music, performance, and emotional expression. Long before building his current recording catalog, he nurtured his voice and stage presence as a **tenor performer with the Phoenix Metropolitan Gay Men's Chorus**, performing across multiple seasons and deepening his connection to harmony, storytelling, community, and the power of music to bring people together. That performance foundation still breathes through his work today.

Jesse now moves fluidly across genres and audiences. His **reggae-infused spoken-word and soul-rooted message music** brings warmth, intimacy, cinematic lift, and story. His **electronic dance tracks** bring celebration, sensuality, movement, and freedom—created with deep love for the **LGBTQ community**, while remaining open to a broad, diverse, and global audience. His **meditations and restorative audio experiences** offer nervous-system support, spaciousness, and grounded reflection for those needing a quieter path back to themselves. This range is not a contradiction. It is the point.

His debut album, ***Listening Saves Lives***, anchors a larger musical arc: the **Listening Saves Lives trilogy**, followed by ***Are You Listening?*** and ***The Listeners***. Together, these projects expand Jesse's core mission through story, rhythm, emotional truth, and human connection—inviting listeners not only to hear the music, but to hear one another more deeply. The trilogy is more than an album cycle; it is a call to presence, curiosity, and courageous care.

He is also expanding into the electronic space with ***Halo & Harness***, an April 5th, 2026 release created for dance season, celebration, and liberation. Designed to include **DJ-ready tracks**, the project brings energy, movement, and intention to the dance floor while centering the power of community, curiosity, and connection. Created with deep love for the LGBTQ community, ***Halo & Harness*** is built on a simple belief: when people listen to one another, ask better questions, and choose deeper curiosity over assumption, lives can change. Every life matters.

This work is also legacy. Jesse is the son of **Barbara and Russell Ferrell**, the sibling of **five sisters and two brothers**, the father of **Andrew and Makayla**, and the proud grandfather of **Gabrielle and Noah**. These relationships are part of the emotional architecture of his voice. They shape the tenderness, grit, devotion, and perspective that run through his work. He is also a published author and speaker connected to his mother's book, ***The Soul Garden: A***

Seasonal Path for Healing Through Loss and Grief, extending his commitment to healing and remembrance through both page and performance.

Jesse is married to **Miguel Pavón Calva**, and together they are building a creative life shaped by devotion, movement, and global perspective. Their rhythm spans **Mexico City, Mérida, Yucatán**, and **Phoenix**, where Jesse continues to maintain his practice. They are creative partners, travelers, and builders—turning hard chapters into art, story, and medicine.

With an expanding international presence, Jesse James Ferrell continues to build a creative legacy that crosses platforms, genres, and borders. His work has been featured by **Legendary Arabia**, with **Vogue Monaco** and **Forbes Vancouver** tied to his debut album release, ***Listening Saves Lives***, on **March 18th, 2026**.

Across every medium—music, speaking, podcasting, storytelling, production, authorship, performance, and healing-centered media—his mission remains the same:

to awaken, to connect, and to remind people that listening saves lives.