

# NIROSHINI

MINDFULNESS EXPERT  
AUTHOR  
DJ

Interview

CHRISTOPHER  
DINES

[www.niroshini360.com](http://www.niroshini360.com)

"IN TIMES OF CHANGE LEARNERS  
INHERIT THE EARTH; WHILE THE  
LEARNED FIND THEMSELVES  
BEAUTIFULLY EQUIPPED TO DEAL  
WITH A WORLD THAT NO LONGER  
EXISTS" ~ ERIC HOFFER

MINI MAGAZINE

# Christopher Dines

CHRISTOPHER DINES'S JOURNEY EPITOMISES THE ESSENCE OF TRANSFORMATION AND GROWTH, EMBODYING THE NATURAL CYCLE OF LIFE, DEATH AND REBIRTH IN HIS CAREER AND PERSONAL EVOLUTION.



His early years were marked by a meteoric rise in the electronic music scene, where under the pseudonyms Chris Lopez and Kris Lopez, he carved out a niche for himself. His talent behind the decks led him to play at some of the most coveted venues and events across the globe, including the Ministry of Sound, Defected In The House at Pacha in London and London Fashion Week, to name a few. His tours across Southeast Asia and Southern Europe between 2004-2006, playing at venues like 1/5 in Hong Kong and Q-Bar in Bangkok, further established his mastery as a DJ.

However, Christopher's journey took a significant turn, as he delved into the realms of mindfulness and spirituality. This phase of his life was marked by introspection and a profound transformation that saw him becoming a mindfulness expert and prolific author.

With eight books to his name, Christopher's work in this field has been influential, helping others find peace, balance and a deeper understanding of themselves and their place in the world. This pivot from the electrifying energy of the music scene, to the tranquil and reflective domain of mindfulness, highlights his remarkable ability to reinvent himself and embrace change.

Now, Christopher stands at the precipice of another exciting chapter, as he endeavours to re-enter the music scene, bringing with him a fresh perspective and a wealth of experience from his journey through mindfulness and authorship. This return is not merely a revival of his past but a renaissance, promising to infuse the music industry with a unique blend of his musical talent and the deep insights gained from his spiritual journey. As he re-enters his roots in the music scene, Christopher's set to redefine what it means to be a DJ in today's world, merging beats with a deeper sense of being and in doing so offering a new, enriched experience to his audience.

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## *Born and bred in Northwest London*

I was born and bred in Northwest London – born in Harrow, well technically Brent on the boarder – my birth certificate says Harrow! I have fond memories and really enjoy going back – just walking around where I used to hang out with my friends as a child and in my teenage years.

I am mixed race – dad is Anglo-Irish which goes back sometime and mum is Kenyan. Growing up in Northwest London, I was exposed to a wide variety of customs and different approaches. I appreciate that this was the case even more so in adulthood because I really enjoy travelling so experiencing different cultures and customs made it a lot easier for me to do that, as well as living in different countries. I like to keep things fresh in many respects!

# *Warm spirited and up for a craic!*

I idolised my dad. I love and respect my mum and have grown to respect her even more in adulthood. My grandparents were hardworking, I loved spending time with them. I adored my grandma – she passed away when I was 13. My grandad was very chilled around me and my brother – he was warm spirited and up for a craic!



# *Whatcha Gonna do with my Lovin'*

As a child, I was fascinated watching my dad take records out of sleeves and place a needle on top. In '87, I asked him how he did it. He lifted me up and taught me how to line up a record and turntable in the dining room. The record was Inner City's "Whatcha Gonna do with my Lovin" (Def Mix).

## *Flex 103.6 FM pirate station*

I left school at 15 to pursue my career as a DJ. Prior to that however, I'd facilitated high school parties and DJed at house parties so it wasn't like I was entering another world. It just meant I was committing to it more intensely; I wasn't taking a quantum leap! I knew what I wanted to do and so I thought, "this is all I can focus on and I'm quite good at it so I'll go for it!".

DJ's in the 80s left school at 15 or 16 in the arts and electronic music scene so I wasn't unusual. You didn't need A'levels or a degree to make music or host and play at events. Promoters were only interested in how many people you could bring to an event so it was about creating an audience, following and establishing a reputation.

I DJed at a lot of parties during high school. They were either in halls or pub lounges. I had a few friends over 18 and they would hire the venue. In '99, my friend Richard put his name down, at a pub in Sudbury called The Rising Sun. That was a milestone for me because I hired DJ's from Flex 103.6 FM pirate station. I also hired DJ's from South London to North London. We printed 10,000 flyers and the event hosted 250 people. After that, I then had my own show on the station.



Christopher DJing in Malta, 2004



Christopher DJing at Q-Bar  
Bangkok 2005



# *My addiction wasn't linked to being a DJ*

At 15 I experimented with harder drugs to self-medicate. It was a way for me to alleviate my distress and to feel better in myself. I was battling with depression but didn't realise and didn't have the vocabulary to describe this to anyone or a doctor. There was a stigma around mental illness in the 90s and not enough awareness on addiction like today. People today openly share but it wasn't like that back then. My addiction wasn't linked to being a DJ.

From 17 onwards, I became dependent on alcohol and mood-altering substances. Alcohol was my primary addiction. It got worse when I was 19. I visited my family GP in Harrow – I wept and said I needed help and couldn't stop drinking alcohol. I was sent to an office in Bessborough Road that referred me to Bowden House Clinic psychiatric ward. I met a Scottish drug and alcohol therapist who suggested I attend 12-step fellowships. I was desperate and took what they said onboard. From 19 to 21, I regularly attended however I kept relapsing. I'd stay clean for a month, then go into a pub and start drinking. Just over a week after my 21st birthday, I just decided I'd had enough and reset. I haven't had a drink or used illegal substances since then.

At that moment I started to take my recovery seriously. I got involved with support groups and workshops. As well as a recovery convention in 2006, Marbella, Spain which was the first of its kind. This was during my first 3 years in recovery.

# *I was denying a full human experience*

For the most part, I believed in a higher power of some kind. When I hit rock bottom at 21, I vividly remember pleading and asking for help. No one was in the room at the time. I believe I was pledging to the universe or higher power. From that moment, I definitely felt more at ease in myself. I feel most connected to a higher power when I'm in nature and/or listening to music.

I had a sense of deep and persistent emptiness and inner suffocation which I felt around my chest. I didn't feel like I belonged and felt something was missing. I was around a lot of people leading up to my rock bottom but because I was numbing my emotions, I couldn't fully connect with people. Even though I was engaging in conversation, I was denying a full human experience by numbing out.

When I started to feel connected again, it was being around people but in a different way; I was feeling my feelings again. I started to feel a bit more comfortable in my body and my communication with people improved.

# *Toxic shame, guilt and self-forgiveness*

According to the late John Bradshaw, shame is a natural response which could be described as guilt. The way he describes it, if an individual feels as if they've done something wrong, done something against their own values or harmed someone – this is healthy. Toxic shame however is internalised morbid beliefs – “I’m the problem” – so rather than feeling I’ve done something wrong – “I’m wrong to the core”. He describes guilt as shame. If you go back hundreds of years, shame is described as what we call guilt in the 21st century.

Self-forgiveness is important otherwise you are directing vitriol inwards. Harboursing self-loathing is not conducive to a fulfilling and tranquil life and it’s just unproductive. In the end, it doesn’t serve anyone. There comes a time when you have to accept humanness and that people make mistakes – and try to move forward.

# *Frozen grief*

When my grandma died when I was 13, it crushed me. She was really like the true sense of a grandma – another mother – I adored her. I was already smoking marijuana and drinking at the weekend – *there was more of a drinking culture in London then* – so when she passed suddenly of a heart attack, I didn't process it – I drank on it. I smoked and avoided going there. At her funeral, I didn't weep. I had frozen grief which is grief that isn't expressed and is damaging. In England, in the past 10 years, we have been encouraged to express grief – in '97 when she died, it was all about having a "stiff upper lip". There was no mass circulation of speaking publicly about grief. It wasn't until I was 24, that I was ready to re-visit that period, grieve that period and honour her memory.

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Dublin 1950s

"My grandma holding my dad".

# *Controlled MDMA*

In my early recovery, I had bouts of excessive guilt around using alcohol and MDMA to alleviate my depression. If you had asked me at 10 if I'd consider using E or MDMA, I would have said no. There have been more trials and evidence that controlled MDMA can help with PTSD and severe depression – those studies really helped me.

# *Insurance policy*

To this day, I still attend support groups. I've worked in rehab centres and my first-hand experience is that there isn't a cure for alcoholism.

I've seen examples in a professional and personal capacity when an individual will have 10 years of abstinence and then decide to drink again and end up being worse off and have died because of this – or they have serious health problems.

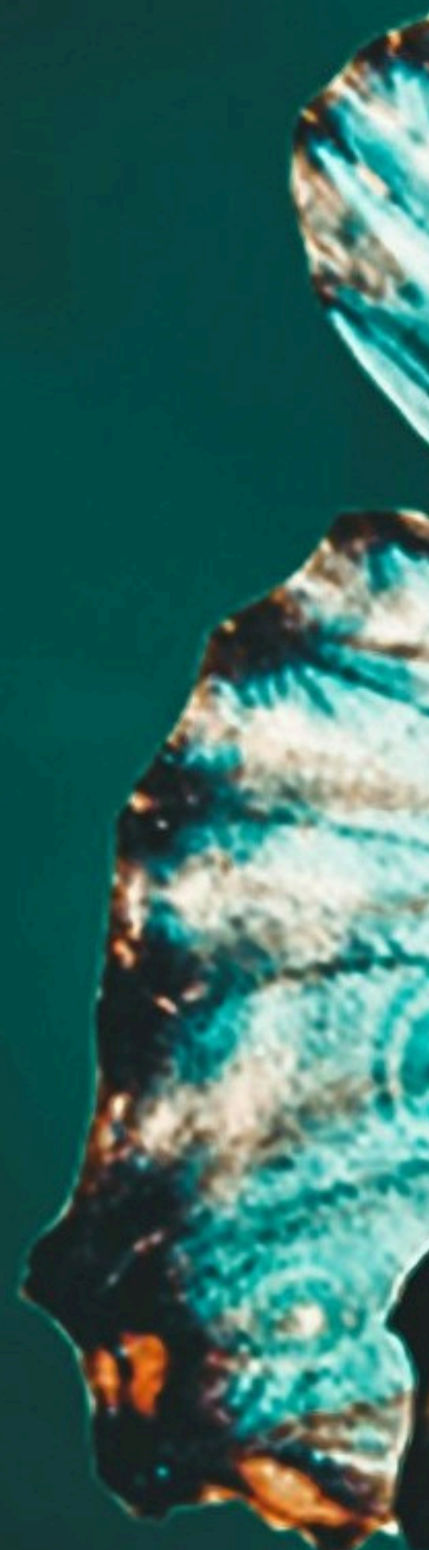
I've seen drug addicts who have re-built their lives, then stopped attending mutual aid groups and are worse off.

I remember I have a history of dependency and that's why I still attend support groups – it's an insurance policy. It's also however my way to assist someone else, to help and give back.

# *SuCasa Beats*

Christopher's influence on electronic and dance music at SuCasa Beats was profound. As co-founder and head of A&R, he shaped the label's sound and direction by scouting and commissioning talent, resulting in a diverse catalogue featuring artists like Afro Medusa, Steal Vybe, Marlon D & Martino, Onyx "Soul 2 Soul," and Pablo Martinez (Samba La Casa). His remixes of tracks like Afro Medusa's "Beautiful Thing" and "Pasilda Part 2: Come a Little Closer" showcased his innovative production style, while his original productions, like "Addicted" featuring Aisling Stephenson, solidified his reputation as a talented producer. Christopher's collaborations with artists like Afro Medusa highlighted his creative synergy and lasting impact on the music industry.

I always wanted a record label, both physical and digital format. I had an opportunity to commission tracks, songs and events around the label. I was in recovery so I was really enthusiastic about life. It was very exciting; I had turned a new page, new chapter – it is a pleasant memory.





# *Jesse Saunders*

Jesse Saunders is a significant figure in the history of house music. Hailing from Chicago, he is an innovative DJ, producer and record label owner. As one of the pioneers of house music, he played a crucial role in its emergence during the early 80s. His groundbreaking track, "On and On", released in '84, is widely regarded as the first-ever house music record.

Jesse's work laid the foundation for a global musical movement, influencing countless producers and DJs worldwide. In addition to his musical contributions, he founded record labels and organised events, further developing the house music scene.

Jesse's legacy is that of a visionary artist who not only created a genre but also nurtured and propagated it.

Jesse Saunders released "On and On" in '84 which was considered the first house record pressed on vinyl. There were things circulating on tape but this was the first on vinyl.

It was the Thai New Year in Bangkok, April 2005 – I was DJing and met him and stayed in contact. Months later, I sent him my white label promo that I co-produced with Article P, "Night by Night". He wanted to license it to Broken Records that he launched in '96. That was a highlight for me and something I'm proud of – It was a bit surreal!





**Splash  
'Night By Night'  
Limited 300 Press Promo**

A - Vocal

B1 - Instrumental

B2 - P Marti 'Dub Mix'

**Produced By: Kris Lopez & Article P for Splash  
Productions 2005.**

"This was the promo vinyl we independently released before Jesse Saunders signed it to his digital label, Broken Records. Typically, digital releases in the mid-2000s, went straight to online distribution companies like Traxsource without covers".

# *Hanging up my headphones*

Christopher's decision to "retire" from the dance music industry in 2006, after 3 years of intensive international touring, marked a significant turning point in his career and life.

Christopher's departure from the dance music industry was not an end but a transformation of his creative journey. It opened up avenues for him to explore other passions and interests that had been sidelined due to his music career. Many artists who take such a bold step often engage in a period of self-reflection and discovery, leading them to new forms of artistic expression or even entirely different careers. For Christopher, this meant delving into the realms of mindfulness, meditation and personal development, areas which he has since become an acclaimed author and workshop facilitator.



Touring was thrilling, exciting and at times exhausting. I was quite tired leading up to "hanging up my headphones" so to speak. I even enjoyed going from airport to airport, as they symbolised freedom. It was definitely nerve racking at times... I remember playing at 1/5 for the first time and missed the flight from Bangkok so I literally got to Hong Kong and took my luggage to the club. I was running on excitement and adrenaline – I didn't know what to expect.

*Writing is a different experience to making music, it's a different vehicle but is still a way for me to express myself...*

Christopher is a renowned author for his work in mindfulness, addiction recovery and personal development. His literary contributions provide deep insights into the human psyche, emphasising the importance of self-awareness, compassion and the journey towards personal transformation. With a compassionate and reflective writing style, Christopher has successfully reached a wide audience, offering guidance and support to those seeking to improve their mental and emotional well-being.

Christopher has published several significant works, including "Mindfulness Burnout Prevention" (MBP), an authoritative guide that addresses the epidemic of burnout in various professional sectors. Through this book, he introduces mindfulness practices tailored to help individuals prevent burnout, manage stress and achieve a healthier work-life balance. Another notable publication is "The Kindness Habit", co-authored with Dr. Barbara Mariposa which explores the transformative power of kindness in overcoming addiction. It provides practical advice on how kindness can be a pivotal aspect of healing.

His bibliography also includes titles such as "A Ticket to Prosperity: Spiritual Lessons for an Abundant Life" which combines spiritual wisdom, with practical advice to guide readers toward a prosperous life, both materially and spiritually.

Furthermore, Christopher's "Manifest Your Bliss: A Spiritual Guide to Inner Peace", focuses on harnessing inner peace as a foundation for manifesting joy and fulfilment in one's life. Across all his works, Christopher emphasises the importance of mindfulness, self-reflection and the power of positive change, making his books valuable resources for anyone on the path to personal development and self-improvement.



I was very enthusiastic about the prospects of recovery. I was going to a lot of conventions. In the 3rd year of my recovery, I was invited to assist at meditation workshops. I got into meditation when I was in Thailand. I then started to write blogs for my newsletter, "a moment of clarity" and eventually started to write longer articles. After that I began my journey as an author.

Writing is a different experience to making music, it's a different vehicle but is still a way for me to express myself.

The newsletter shared tips on how to manipulate the breath or how meditation could help sustain wellness in recovery.

When I started writing books, I had to revisit the rules of grammar and worked with editors to understand the technicalities. That was really hard as I left school at 15. After a few years, I just developed my own style and now writing is very natural to me.



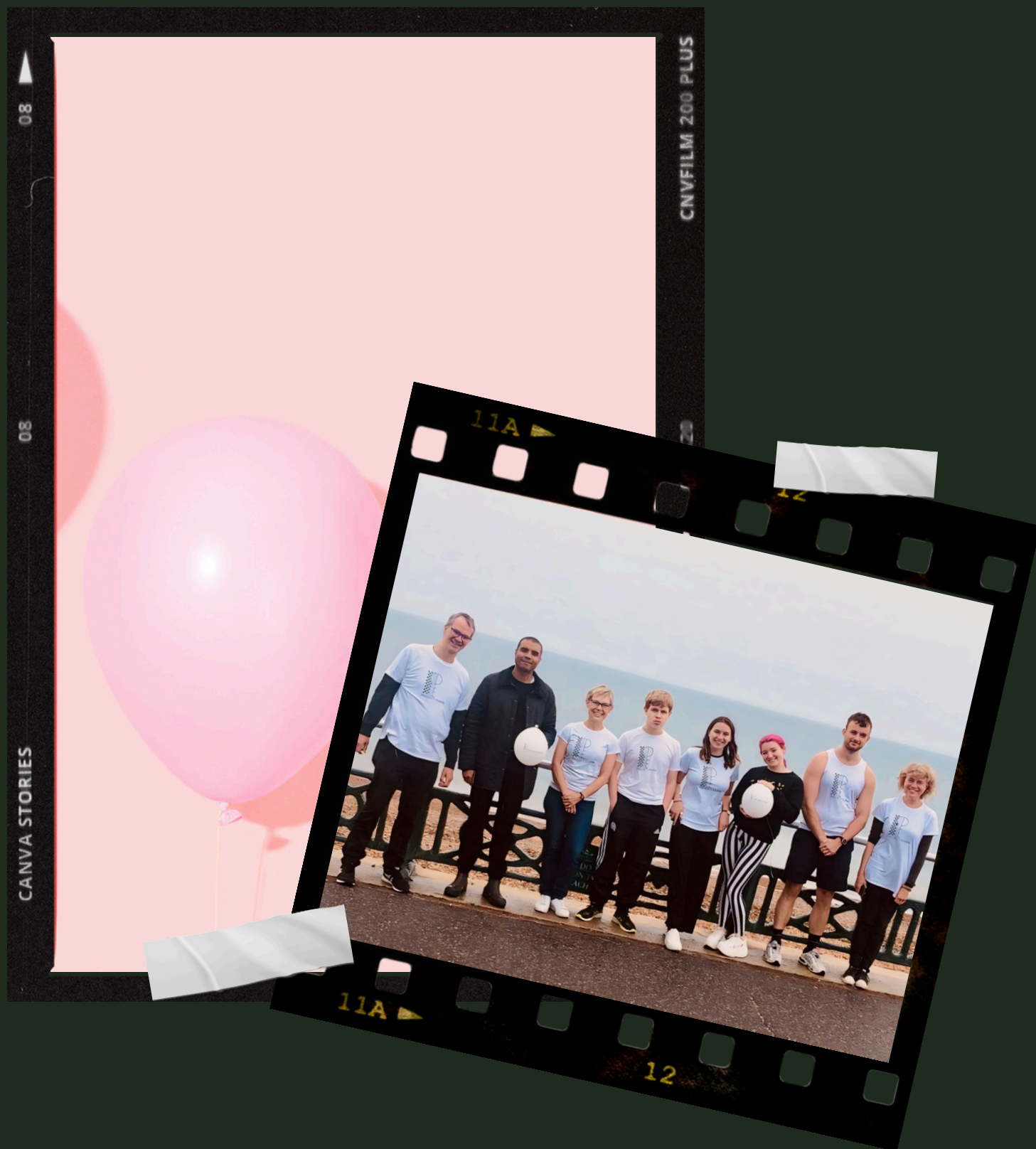
# *Project Eileen*

Project Eileen is driven by a passion for supporting young people through one of life's most challenging subjects. The charity understands that death is a natural part of the human experience and argues that education should reflect this reality. By providing resources, support and a platform for open discussion, Project Eileen aims to create a safe space, where young individuals can explore their thoughts and feelings about death, bereavement and loss.

Project Eileen launched in 2019 and is a fantastic charity, assisting young people navigate both bereavement and death. The materials are designed for 12–16-year-olds. They provide free online courses and films for state and independent schools. The first film they had was by historian Antony Thomas.

I shared the impact my grandma's death had on me. If the charity had been around when I was 13, at least I would have had an idea of what was happening to me.





Team Project Eileen in Brighton  
June 2021



Christopher lecturing at University of Derby, 2021

# *It's brain hygiene*

Christopher's journey into the depths of science and pure mathematics, under the mentorship of Professor Piers Bursill-Hall from Cambridge University, marks a fascinating exploration into the foundational elements of human knowledge. Together they have ventured beyond the mere equations and experiments of contemporary science, reaching back into the roots of philosophical and mathematical thought with the study of figures such as Parmenides, a pre-Socratic Greek natural philosopher from the 6th century BC. Parmenides is renowned for his contributions to philosophical thought, particularly regarding the nature of existence which has deeply influenced the realms of metaphysics and epistemology, fields that are crucial for the development of scientific thought.



Professor Piers Bursill-Hall invited me to a summer series. I attended and really enjoyed the topics and subject: pure mathematics and science. I then had the opportunity to be tutored by him every Sunday for 3 years. We communicated a few days ago, to have another tutorial session in a couple of weeks.

We look at how nature works and study philosophers at that time – it blows my mind. It is challenging at times learning about pure mathematics. It's good for the brain to learn about different subjects and strengthens long-term memory – it's brain hygiene.



*I have a perception of  
reincarnation periodically  
happening to me...*

Michael J McEvoy is a multifaceted composer, musician and arranger whose contributions to music span across genres and mediums. His work encompasses film scores, television soundtracks and albums, showcasing his versatility and depth as a composer. His musical journey is a testimony to his broad range of influences and his ability to blend them into unique compositions that resonate with audiences worldwide.

As of next year, I've decided to make electronic music again. I've re-connected with one of my first mentors, composer Michael J McEvoy. I've known Michael since I was 19 – he always encouraged me to persist with music. He has been keeping me up-to-date with how things work now because with AI involved, the music industry is a different landscape.

I have a perception of reincarnation periodically happening to me.

I want to release chill out and progressive trance suitable for hot yoga, beach parties and festivals.



*I picked up some soil in my hands and just knew I wasn't in Europe - it just felt different...*

The Mingus Mountain retreat is an annual event that has garnered attention and participation from individuals seeking spiritual renewal, nature immersion and community engagement. It offers a unique blend of activities designed to foster personal growth, spiritual deepening and physical rejuvenation. Attendees are treated to a variety of workshops, meditation sessions and outdoor activities that capitalise on the breathtaking surroundings and the tranquil atmosphere of the mountain.

Mingus Mountain retreat is committed to creating a space, where individuals from various backgrounds can come together to share experiences, learn from one another and build lasting connections. The retreat's programme typically includes sessions on mindfulness, yoga and other spiritual practices alongside guided hikes, nature walks and opportunities for quiet reflection in the natural world. This blend of physical, mental and spiritual activities is carefully curated, to support participants in their journey towards inner peace and self-discovery.

In 2017, I was invited to lead a mindfulness workshop for 3.5 hours and a meditation in Arizona. It was an awesome experience.

It was their 32nd retreat held on Mingus Mountain. There were people recovering from addiction and complex PTSD too. There were locals who attended but also people from Canada and Washington.

I picked up some soil in my hands and just knew I wasn't in Europe - it just felt different.

I was so happy to meet new people and I was thrilled to be of service.

There was a profound atmosphere, looking out across Mingus Mountain. Mingus Mountain is in the Black Hills mountain range. It is located within the Prescott National Forest, where there are bears and mountain lions. There was definitely a sense of awe.



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Christopher leading a mindfulness retreat at Mingus Mountain, Arizona, September 2017.

# *About Christopher's latest book*

I'm soon to publish a historical fiction book.

It's a crime romance novel, set in 80s Manhattan and in 90s London. It's during the founding years of electronic dance music. It's about a Londoner who moves to Manhattan, seeking to explore the scene. It wasn't an industry back then and they have to navigate the nightlife pitfalls.



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## *Favourite quote*

"In times of change learners inherit the earth; while the learned find themselves beautifully equipped to deal with a world that no longer exists" ~ Eric Hoffer, American moral and social philosopher

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## *Note from founder of Níroshíní Míni Magazine, Melissa Day...*

Christopher Dines stands as a beacon of authenticity and resilience in a world often masked by facades. His journey through the depths of addiction and back into the light is not just a personal victory but a symbol of the power of genuine transformation. Christopher's openness about his struggles is not merely for the sake of transparency but serves as a lifeline to thousands who find themselves in the throes of their battles. His story is a potent reminder that the path to true self-discovery, is paved with honesty and the courage to face oneself.

The essence of Christopher's success lies not only in his talent but in his unwavering commitment to growth and self-awareness. His ability to reinvent himself, mastering new skills with each phase of his life, speaks volumes about his resilience. It's this sense of curiosity and the desire to continuously evolve that has propelled him forward, turning challenges into stepping stones.

Christopher's response to the opportunity for an interview reflects his character perfectly — kind, considerate and genuinely appreciative of the chance to share his story.

As he ventures into the next chapter of his music career, there's a palpable sense of anticipation for the impact he will make. With his track record of transformation and the ability to touch lives deeply, Christopher is poised to leave a memorable mark yet again on the music industry, characterised by the same grace and authenticity that have become his hallmark.

# Zoom Talking Therapy



## About Us

We mix and match different modalities, into a therapy "talking style setting" for, one-to-one sessions, couples and groups (families/friends/work colleagues). The structure of the session, is based upon Inner Child Therapy.

## Contact Us

Email  
[info@niroshini.com](mailto:info@niroshini.com)

Instagram  
[niroshini360](https://www.instagram.com/niroshini360)



  
**NIROSHINI**  
COSMETIC ACUPUNCTURE

The ultimate non-surgical facelift



## OUR SERVICE

A luxury treatment, for those seeking a non-surgical facelift and an answer to fine lines, wrinkles, sagging skin and a wide range of skin blemishes and conditions. Thirty + needles may be inserted into the face, to help stimulate collagen and improve muscle tone. The Niroshini Cosmetic Acupuncture Ritual, also includes Facial Acupuncture, facial acupressure, Western and Oriental facial massage and Metamorphic Technique.

### About the inclusion of Facial Acupuncture

This form of acupuncture, aims to boost your health and the benefits can aid specific ailments, stress or general well-being. There are acupuncture points in the face, that correspond to all the major meridians, energy pathways and organs of the body. Fine needles are inserted into the face around the brows, the nose, the chin, the mouth; wherever is needed. Melissa uses her experience as a Reiki Practitioner and Acupuncturist, to guide the placing of the needles. Every combination of needles is different, from person to person and from one treatment to the next.