

Thaddaeus Washington

Founder of Mind Music

Thaddaeus Washington is a musician, songwriter, and the founder of MIND Music — but his journey to mindfulness wasn't a straight path. It was forged through lived experience.

Growing up, Thaddaeus never received formal instruction in mindfulness or meditation. What he did receive was music. Drawn early to the guitar playing of his father, Lenny, he picked up the instrument at 13 — already having developed his ear as a drummer in his local church. Without ever learning to read music formally, he cultivated a rare gift for playing by ear, one his jazz band teacher recognized and encouraged. That gift carried him from local stages to larger ones, including the honor of performing the national anthem at NBA games.

But beneath the music, there was a quieter story. After his parents' divorce, a younger Thaddaeus struggled — with focus, anxiety, depression, and the restlessness that made school feel impossible. He was expelled. He was diagnosed with ADHD. He was, in many ways, exactly the kind of child that the world struggles to reach. No one handed him the tools of stillness. No one introduced him to the power of the present moment.

That introduction came decades later — during COVID — when Thaddaeus encountered mindfulness and meditation for the first time as an adult. What followed wasn't just personal transformation. It was a calling.

He began to understand that what he had needed as a child — peace, presence, a way to quiet the noise — was what so many people were still searching for. And that music, his music, could be a vehicle to help them find it. That realization gave birth to MIND Music.

MIND Music is not background music. It is not simply meditation music. It is a mindfulness wellness experience — soulful, intentional sound designed to meet people wherever they are and help them return to themselves. Rooted in his own healing and informed by ongoing research, study, and partnership-building, Thaddaeus approaches this work with the hunger of someone who knows firsthand what's at stake.

Through school programs bringing mindfulness experiences directly to K–8 students, professional development sessions for educators and staff, live wellness experiences, and growing partnerships with healthcare organizations and treatment centers, MIND Music

is expanding its reach — because Thaddaeus understands that the child who can't sit still, the adult managing chronic pain, the first responder carrying invisible weight, and the person fighting their way through recovery all share something in common: they need access to stillness, and they deserve it.

Every day, Thaddaeus is learning, growing, and building — driven by a simple but powerful conviction: that a more mindful world is possible, one moment at a time.