



Arren Sidney King

October 28, 1989 - May 29, 2023

Arren Sidney King, age 33 passed from this life, into the welcoming arms of his “Higher Power” on May 29, 2023. He was born Oct. 28, 1989 in DeKalb, Illinois. He studied at T-H-E Rec W in Chillicothe, Ohio where he became certified in audio engineering and recording. He was formerly employed by Basics and Beyond in Nashville, as a personal trainer and thought highly of his co workers and had a special interest in all his clients and had the utmost respect for his boss Dan DeFigio. He believed in the precepts and virtues of Buddhism, he believed and experienced, that, “The human life is one of suffering”. Believing in and practicing meditation, mindfulness, equanimity, loving kindness, compassion, sympathetic joy, benevolence, righteousness, propriety, wisdom, and sincerity. He attended and led many sessions at One Dharma, Wild Heart, Nashville Mindfulness, Padmasamhava Buddhist Center of Tennessee, Transcendental Meditation, Nashville Zen Center and Against the Stream in Nashville and Los Angeles, California, where he made many friends and acquaintances.

He was preceded in death by his father, Albert S King, and leaves behind his mother, Linda, (stepfather Thomas) Smith of Silver Point, Tn. and two brothers, Chris Mannes, (wife Angela) of Estill, Springs, Tennessee, and Tim Mannes of Sycamore, Illinois, one nephew Jason Mannes of Mt. Juliet, Tn., along with his best friend and companion “Poppy”, many friends in Winchester and Nashville, Tn., as well as those in Los Angeles, Ca. His hobbies were recording, surfing, swimming, hiking and taking care of his cacti, sunflowers

and Jalapeños and helping others. No services have been scheduled at this time and cremation arrangements are being handled by Phillips-Robinson Funeral Home Nashville, Tennessee.

I am a source of love,
I am a source of light,
I am happy with who I am,
I am secure in my identity, and
My sense of my true self.

-Namaste

Tribute Wall

FR

“ I'll never forget our endless talks and good time in Los Angeles ,
thank you for being the sweetest man and such a gentlemen to me
Arren 😞



Frida - November 14, 2024 at 01:46 AM

SM

“ I am just now learning of Arren's passing and I wanted to say that I
am thinking of his family and loved ones. I met Arren through a
music fan-base and he quickly became very important to me.

S M - March 28, 2024 at 08:39 AM

AW

“ I can not express the sadness in my heart after learning about the news of losing more than a dear friend, but rather a brother. I will never forget hanging out together when we were kids, behind the Oldham theater, and of course, the good ol' skate nights at Starlight. After moving away for a few years, we kinda broke off contact, but after I moved back, we reconnected, not by happenstance, because I thoroughly believe everything happens for a reason. We each shared a deep love for music, and many times, it was the perfect therapy. As we grew older, we each had our own battles to fight, as do we all, but I can definitely say that I truly appreciated the willing and listening ear as well as the kind words of hope and support. I will never truly and fully understand all of the obstacles or difficulties because each and every one of us is a unique situation, but I do know that God knows and He loves us more than life itself. That being said, I do not pretend to know God's plan. Therefore, I will continue to trust in Him and believe that in time, regardless of how much this hurts my heart, He will open my eyes and provide me with reason and purpose. I will never forget. No, nor will I take any true friendship for granted. My heart and prayers will continue to go out for the family and loved ones. RIP 🙏❤️🙏

Adam Wallace - June 14, 2023 at 04:40 AM

AC

“ Love you Arren! You were a shining light at Wild Heart Meditation Center. I always appreciated your gentleness and empathy. You always had such deep perspectives to share and have helped so many by showing up and being yourself. You got me motivated to go to the gym, and I'm still going strong today. Much love! May you Rest In Peace

Andrew Chapman - June 07, 2023 at 08:47 AM

LS

“ *I love you, I will see you..*”



Linda Smith - June 04, 2023 at 08:46 AM