

Soulful Songs and Stories



With a song and your stories, we co-create a soft place for hard conversations and a brave space for personal and spiritual growth.

Hi Soulful Song Lovers and Story Tellers,

Three Soulful Songs:

Arca: “No Queda Nada” <https://youtu.be/vskShRlPIIk>

“No Queda Nada” means “there’s nothing left”; it’s a Spanish phrase often used in songs to express the ultimate romantic surrender, total immersion with a lover, the height of romance. It’s the final song on Arca’s amazing new album *KiCk i* and one of its few ballads. Alejandra Gherzi and her lover Carlos Sáez would say, “No queda nada,” to each other at the end of every conversation when they first got together. Gherzi builds an incredibly immersive sound world around the phrase in this song, and her tender vocal speaks not only about love for another, but a kind of reconciliation with the self—a true awakening. It’s a gorgeous coda on an album all about becoming whole. —Ann Powers, *NPR*.

Wonderful, even if you don’t speak a word of Spanish. Reminiscent of Enya.

Julianna Barwick: “Healing Is A Miracle” <https://youtu.be/duw5ZCp4Qhk>

Nate Najar: “Sous le ciel de Paris” (Under Paris Skies) <https://youtu.be/1KLlNydFmM>

Three Soulful Stories, one sentence each:

Love is the skillful audacity required to share an inner life. —Gertrude Stein

Love is the extremely hard realization that something other than oneself is real.
—Iris Murdoch

Love is the will to extend one’s self for the purpose of nurturing one’s own or another’s spiritual growth. —bell hooks

One Soulful poem: “Everything is Waiting for You” —David Whyte

Namasté,

Alice and Steve

Everything is Waiting for You



David Whyte

Your great mistake is to act the drama as if you were alone. As if life were a progressive and cunning crime with no witness to the tiny hidden transgressions. To feel abandoned is to deny the intimacy of your surroundings. Surely, even you, at times, have felt the grand array; the swelling presence, and the chorus, crowding out your solo voice. You must note the way the soap dish enables you, or the window latch grants you freedom. Alertness is the hidden discipline of familiarity. The stairs are your mentor of things to come, the doors have always been there to frighten you and invite you, and the tiny speaker in the phone is your dream-ladder to divinity.

Put down the weight of your aloneness and ease into the conversation. The kettle is singing even as it pours you a drink, the cooking pots have left their arrogant aloofness and seen the good in you at last. All the birds and creatures of the world are unutterably themselves. [Everything, everything,] Everything is waiting for you.