

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 Stories paired with three Soulful Songs

Three very different stories from The Moth about letting go and about revelation. The songs are joyous, and the titles, more than the lyrics, go with the story.

Tricia Rose Burt: Letting go of toxic things <https://youtu.be/BroMNFxpqzU> 12:54

“I Saw The Light,” Earl Scruggs and Friends <https://youtu.be/Ts1N2snAHZY> 3:43

Aryana Rose: Loving someone enough to let them go https://youtu.be/LdBoaJ5GN_4 07:36

“I’ll Fly Away,” Nashville Jam <https://youtu.be/Hp31PYP3vvgg> 5:30

Al Sharpton: Letting go of the script <https://youtu.be/q8MyrJZjolo> 12:35

“This Train Is Bound for Glory,” Mumford and Sons, Edward Sharpe,

The Old Crow Medicine Show <https://youtu.be/Kb2uciHpe4U?t=21> 7:28

If you’ve gotten this far and listened to all the songs and stories, try these to cool down:

“Oferta Agradável a Ti,” Cassiane, Lee David Santos, Sax <https://youtu.be/dPDSOibh4mA> 4:13

“Walk With Me,” Alice Coltrane, from *Translinear Light* <https://youtu.be/HuT1zEgJPj4> 7:50

Namasté,

Alice and Steve