**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.


“I Saw The Light,” Earl Scruggs and Friends [https://youtu.be/Ts1N2snAHZY](https://youtu.be/Ts1N2snAHZY) 3:43

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


Al Sharpton: Letting go of the script [https://youtu.be/q8MyrJZjolo](https://youtu.be/q8MyrJZjolo) 12:35


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


_Namasté,_

**Alice and Steve**