

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,

Storytelling Behind every injustice and act of violence lies an (often unspoken) set of assumptions and beliefs about how the world works. And behind every “miracle” lies a person who dared to believe another world was possible. Our lives expand—or contract—depending on the stories we tell ourselves, and we get to choose which world we wish to inhabit by becoming conscious of which stories we want to share, amplify and embody each and every day. We do not get to choose the moments we are born into, but we are able to choose how we respond. And as story-makers and culture-hackers, our words and our actions hold incredible power. They are the muscles of hope. We were made for these times.

—<https://weweremadeforthesetimes.net>

Three Soulful Stories and Songs about dis/connection

Erin Barker: Forgiveness all around—almost <https://youtu.be/B-9Lyb0Lg3A> 11:04

“All in a Family,” Loudon Wainwright III (w/Lucy Wainwright Roche)

<https://youtu.be/nRMD0rfZ3QE> 2:36

Lyrics: <https://genius.com/Loudon-wainwright-iii-all-in-a-family-lyrics>

Nothing that is worth doing can be achieved in our lifetime; therefore we must be saved by hope. Nothing which is true or beautiful or good makes complete sense in any immediate context of history; therefore we must be saved by faith. Nothing we do, however virtuous, can be accomplished alone; therefore we must be saved by love. No virtuous act is quite as virtuous from the standpoint of our friend or foe as it is from our standpoint. Therefore we must be saved by the final form of love which is forgiveness.

—Reinhold Niebuhr, The Irony of American History

Amanda Palmer: Give, receive, and ask fearlessly TED Talk https://youtu.be/xMj_P_6H69g 13:47

“Please Don’t Pass Me By,” Leonard Cohen <https://youtu.be/6OutkMZHoDA?t=146> 10:29

Katie Makkai, National Poetry Slam, The word pretty is unworthy of everything you are

<https://youtu.be/M6wJl37N9C0> 3:28

He, captivated by youth and beauty, and that appearance of good humour which youth and beauty generally give, had married a woman whose weak understanding and illiberal mind had very early in their marriage put an end to all real affection for her. Respect, esteem and confidence had vanished forever; and all his views of domestic happiness were overthrown. —Jane Austen, Pride and Prejudice

“Come Healing,” Leonard Cohen (Live in Dublin) <https://youtu.be/MUB1O2cT2gM> 4:00

Lyrics: <https://www.leonardcohen.com/track/come-healing>

Music for the fun of it

“Guantanamera,” Playing For Change, https://youtu.be/blUSVALW_Z4 7:39

“Before I die, I want to share these verses of my soul” The song features over 75 Cuban musicians around the world, from Havana and Santiago to Miami, Barcelona and Tokyo.

“C Jam Blues,” Oscar Peterson <https://youtu.be/NTJhHn-TuDY> 9:06

Oscar Peterson on Piano, Ray Brown on Bass, Ed Thigpen on Drums (Denmark, 1964)

Namasté,

Alice and Steve