

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,

#38: Songs and Stories about decluttering our friends list.

Some people are like clouds. When they disappear, it's a brighter day. —Unknown (h/t Gina Pell + Amy Parker)

“Both Sides Now,” Joni Mitchell <https://youtu.be/bcrEqIpi6sg?t=7> 3:30

*But now they only block the sun / They rain and snow on everyone /
So many things I would have done / But clouds got in my way*

You know who your essential people are, thanks to the pandemic, despite the possibility that things might shift after the world opens up. For many of us, the old normal involved a lot of overextending, social obligations, friendships through association, and spending precious time seeing people and going to events that depleted (rather than recharged) our energy. What matters now is conserving energy and doing what we want. This is the new normal we are hoping for. The topic of mindful socializing has been a recurring anxiety-producing conversation. Most people struggle with the quandary of letting someone down with a candid explanation or simply avoiding them until they get the hint. *Is ghosting better than roasting?*

—Gina Pell + Amy Parker, *The What*, Apr 29, 2021, www.j.mp/ginaamy

Don't invite annoying people into your life, and set ground rules for the ones you inherited. —Alan Robert Neal (And don't let people who become annoying stay in your life.)

Get go of the people who dull your shine, poison your spirit, and bring you drama. Cancel your subscription to their issues.

—Steve Maraboli, *Unapologetically You: Reflections on Life and the Human Experience*

“Baghon Main,” Arooj Aftab www.j.mp/BaghonMain 6:44 (free Spotify acct req)

“Mohabbat,” Arooj Aftab <https://youtu.be/iRZ98HXrMO8> 7:42

Album review: <https://pitchfork.com/reviews/albums/arooj-aftab-vulture-prince>

If your compassion doesn't include yourself, it's incomplete.

—**Jack Kornfield**, *Buddha's Little Instruction Book*

If I am not for myself, who will be for me? *But if I am only for myself, what am I? If not now, when?* —**Rabbi Hillel**, *Pirkei Avot* 1:14

Never let someone's opinion become your reality. *Never sacrifice who you are because someone else has a problem with it.* —**Les Brown**

**“In the Wee Small Hours of the Morning,” David Mann/
Shai Maestro & Chris Potter** <https://youtu.be/UeRQWQnCuuY> 11:07

Sometimes we have to break up to stay healthy in our lives.

I think in some blood-related families there can be such toxicity, such violence to the spirit, that it's not healthy to be in that relationship. —**Rev. Dr. Jacqui Lewis**

When I tried to talk to him, *I realized that, though ties of blood made us kin, though I could see a shadow of my face in his face, though there was an echo of my voice in his voice, we were forever strangers, speaking a different language, living on vastly distant planes of reality.* —**Richard Wright**, *Black Boy*

**“Akinla, Allegro non troppo, African Suite,” Fela Sowande/
CBC Vancouver Orchestra** <https://youtu.be/b8G8spK7ROQ> 3:48

You don't ever have to feel guilty *about removing toxic people from your life. It doesn't matter whether someone is a relative, romantic interest, employer, childhood friend, or a new acquaintance—you don't have to make room for people who cause you pain or make you feel small. It's one thing if a person owns up to their behavior and makes an effort to change. But if a person disregards your feelings, ignores your boundaries, and continues to treat you in a harmful way, they need to go.* —**Daniell Koepke**

Toxic people will not be changed *by the alchemy of your kindness. Yes, be kind, but move on swiftly and let life be their educator.* —**Brendon Burchard**

“Blues For Peace,” Bobby Watson

<https://livesessions.npr.org/videos/bobby-watson-blues-for-peace> 6:44

“What is it costing me to be in this relationship?” If the answer is your dreams, identity, or dignity, the cost is too high. —**Dr. Phil McGraw**

Some things that fall into the category of “always an actual issue, regardless of previous experience,” include: trying to isolate you from your friends and family; name-calling; pressuring you for an early commitment; controlling behavior like insisting you check in frequently or monitoring your phone and email; making you responsible for how they feel; using sulking, guilt, or manipulation to get what they want in an argument. —**Danny M. Lavery**, “Dear Prudence,” *Slate*, Aug. 16 2016

“Wedding Waltz,” Valentin Silvestrov/Hélène Grimaud & Camerata Salzburg <https://youtu.be/VDsONFwJoYU> 4:59

When people show you who they are, believe them.
—**Maya Angelou**

People are like stained glass windows; they sparkle and shine when the sun is out, but when the darkness sets in their true beauty is revealed only if there is a light within. —**Elizabeth Kubler-Ross**

“Siete Lágrimas,” Lau Noah
<https://youtu.be/i3wNdgngmgo4> 1:47
<https://launoah.bandcamp.com/album/3> 2:24

To suffer unnecessarily is masochistic rather than heroic.
—**Viktor Frankl**, *Man’s Search for Meaning*

Suffering does not ennoble. It destroys. —**Dorothy Allison**, *Skin*

“What a Wonderful World,” Bob Thiele & George Weiss/UN Jazz Band, Lala Moore, Rossano Sportiello
<https://youtu.be/Vn7sUi7QiUs> 5:16

But oh! the blessing it is to have a friend to whom one can speak fearlessly on any subject; with whom one’s deepest as well as one’s most foolish thoughts come out simply and safely. Oh, the comfort—the inexpressible comfort of feeling safe with a person—having neither to weigh thoughts nor measure words, but pouring them all right out, just as they are, chaff and grain together; certain that a faithful hand will take and sift them, keep what is worth keeping, and then with the breath of kindness blow the rest away.
—**Dinah Maria Mulock Craik**, *A Life For A Life*

Trumpet Concerto in E Major, III. Rondo, Johann Nepomuk Hummel/Alison Balsom

<https://youtu.be/BreyZAedhY4?t=25> 3:49

When you came, you were like red wine and honey,

And the taste of you burnt my mouth with its sweetness.

Now you are like morning bread, Smooth and pleasant.

I hardly taste you at all for I know your savour,

But I am completely nourished.

—**Amy Lowell**, “A Decade,” 1919 (celebrating her relationship with Ada Russell)

“Guantanamo,” Joseito Fernandez, Julián Orbón, Jose Marti/Playing For Change https://youtu.be/blUSVALW_Z4 7:39

With this small key I softly shall unlock

the wide rooms of your silences,

And stand clear of the labyrinth of hurt and shock,

safe in the acres of a speechless land.

Knowing if you but hold me in your thought,

I am well housed, if in your inmost heart

you speak my name I am superbly taught

though girders of all knowledge break apart.

I had not dreamed that any mortal weather

would blow me a love as gracious and wise,

Nor all the larks of April singing together

match the brave music of your quiet eyes.

Beyond all friends have given of light and grace,

Have I been blessed by looking at your face.

—**Sister M. Therese Lentfoehr**, SDS, 1902-1981,

“With this Small Key,” *Moments in Ostia*, 1959

“I’m So Glad Jesus Lifted Me,” Jessy Dixon, Tramaine Hawkins

<https://youtu.be/wGJJ2Q9BgVM> 2:21

I’m so glad that we are in this place / I’m so glad that we can share his grace

I’m so glad that you are here with me / Singing Glory, Hallelujah, Jesus set me free

“I’m So Glad Jesus Set Me Free,” Mibsam Group

<https://youtu.be/PGayuBgkU98?t=28> 5:47

“La Mejor Batucada Del Mundo,” AAINJAA (Bogotá, Columbia)

Funky Afro Colombian and Brazilian drumming

https://youtu.be/MKM_IKRPsR8?t=80 1:41