

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,

Songs and Stories about leveling the playing field.

“Sing,” Amanda Palmer/Veronica Swift (live version attached) 5:39

(It's the first song in the 10th International Jazz Day All-Star Global Concert <https://youtu.be/U26HonDXRFU?t=10> 2:05:09)

<https://youtu.be/M84bYs8mQFY> (Studio; Swift does not sing Palmer's last verse, not included here.) 5:45

There is this thing that's like touching except you don't touch
Back in the day it just went without saying at all
All the world's history gradually dying of shock
There is this thing that's like talking except you don't talk
You sing / You sing
Sing for the bartender, sing for the janitor, sing
Sing for the cameras, sing for the animals, sing
Sing for the children shooting the children, sing
Sing for the teachers who told you that you couldn't sing
Just sing

There is this thing keeping everyone's lungs and lips locked
It is called fear and it's seeing a great renaissance
After the show you cannot sing whatever you want
But for now let's just pretend we're all gonna get bombed
And sing
Sing cause it's obvious, sing for the astronauts, sing
Sing for the soccer team, sing for the Janjaweed, sing
Sing for the president, sing for the terrorists, sing
Sing for the kid with the phone who refuses to sing
Just sing....



“Sing,” Amanda Palmer

The Dresden Dolls (Amanda Palmer & Brian Viglione) <https://youtu.be/4XUjIXX2j6Y> 4:06

Amanda Palmer <https://youtu.be/zrqoxk8sLiq> 5:07

The Paradoxical Commandments

People are often unreasonable, illogical and self centered.

Forgive them anyway.

If you are kind, people may accuse you of selfish, ulterior motives.

Be kind anyway.

If you are successful, you will win false friends and true enemies.

Succeed anyway.

If you are honest and frank, people may cheat you.

Be honest and frank anyway.

What you spend years building, someone could destroy overnight.

Build anyway.

If you find serenity and happiness, they may be jealous.

Be happy anyway.

People really need help but may attack you if you help them.

Help people anyway.

The good you do today, people will often forget tomorrow.

Do good anyway.

Give the world the best you have, and it may never be enough.

Give the world the best you've got anyway.

You see, in the final analysis, it is between you and God.

It was never between you and them anyway.

—**Kent M. Keith**, © 1968, 2001

If you might get in trouble for trying to level an unjust playing field,

Do what you can to level it anyway.

If you are neutral in situations of injustice, you have chosen the side of the oppressor. —**Desmond Tutu**

“The Sun Shines On Everyone,” Snatam Kaur

https://youtu.be/AO24D_XcTas?t=51 7:30

The sun shines on everyone, it doesn't make choices.

When it rains it rains on everyone, it doesn't make choices.

The One Spirit, lives in everyone, it doesn't make choices.

We pray, we pray for everyone, we don't make choices.

Peace to All, Life to All, Love to All,

Raam Raam Hari Raam Raam Raam Hari Raam

(**Ram:** Raa is sun. Ma is moon. Together, they are Ram, God's creativity. **Hari:** Seed of God.)

[Mantra repeated: <https://soundcloud.com/snatam-kaur-official/ram-ram-hari-ram> 10:22]

The sun to warm and the rain to nourish are given to every-one, regardless: the good and bad, the nice and nasty.

—**Jesus**, Matthew 5:45b, *The Message*, Eugene M. Peterson, adapted

“Kiss The Rain,” Yiruma <https://youtu.be/imGaOIm5HOk> 3:52

Even after all this time, the sun never says to the earth,

“You owe me.” Look what happens with a love like that; it lights the whole sky.

—**Hafiz**, *The Gift*, Daniel Ladinsky

“Whatsoever You Do To The Least of My People”

Willard F Jabusch

from “Rise up and Sing 3rd Edition, Vol. 9” children’s choir not identified

<https://youtu.be/MJN3iNlijSk> 3:16

Cantate Domino, Our Lady of Perpetual Succour, Singapore

https://youtu.be/CsYRDt_Bc8A 3:23

“I was hungry and you fed me, I was thirsty and you gave me a drink, I was homeless and you gave me a room, I was shivering and you gave me clothes, I was sick and you stopped to visit, I was in prison and you came to me.” Then they’re going to say, “What are you talking about? When did we ever see you hungry and feed you, thirsty and give you a drink? And when did we ever see you sick or in prison and come to you?” Then he will say, “I’m telling the solemn truth: Whenever you did one of these things to someone overlooked or ignored, that was me—you did it to me.”

—**Jesus**, Matthew 25:35–40, *the Message*, Eugene M. Peterson

The world is changed by your example, not by your opinion.

—**Paulo Coelho**

“Time Loops,” Helen Sung/Helen Sung Quartet

(Helen Sung, piano; John Ellis, saxophones and flute; David Wong, bass; Kendrick Scott, drums)

<https://youtu.be/Fxoholpie88?t=1880> 31:23

True compassion is more than flinging a coin to a beggar.

It comes to see that an edifice which produces beggars needs restructuring.

—**Martin Luther King, Jr**

Flinging coins and words is so much easier than taking action or changing our behavior.

“Strasbourg St Denis,” Roy Hargrove/Roy Hargrove Quintet

(Roy Hargrove, trumpet; Justin Robinson, alto saxophone; Sullivan Fortner, piano; Quincy Phillips, drums; Ameen Saleem, bass)

https://youtu.be/CQ6dbUmU_o 8:01

“Joyful Motherfkers,” Allison Russell, Jeremy Lindsay**

live <https://youtu.be/7sU1Jx2PDOc> 4:12 (w/intro)

studio, w/lyrics <https://youtu.be/ky27N5IrrUY> 3:11

In spite of a title that may be off-putting for some of you, Allison Russell describes this as “a song of hope” and it’s really a sweet song at heart.

If you’ve got love in your heart, but it’s way down in the dark

You better let it see the sun, this world is almost done....

Hey you, hey you / Who you think I’m talking to? / Show ’em what you got in your heart

“Nunca vas a comprender” (You will Never Understand), Rita Payés/ Rita Payés, guitar, trombone, vocals; Elisabeth Roma, guitar

<https://youtu.be/AySBPCkGyyY> 4:51 Lyrics www.j.mp/ritapayes2

All faiths insist that compassion is the test of true spirituality

and that it brings us into relation with the transcendence we call God, Brahman, Nirvana, or Dao. Each has formulated its own version of what is sometimes called the Golden Rule, “Do not treat others as you would not like them to treat you,” or in its positive form, “Always treat others as you would wish to be treated yourself.” Further, they all insist that you cannot confine your benevolence to your own group; you must have concern for everybody—even your enemies. —Karen Armstrong, Preface, Twelve Steps to a Compassionate Life

“On Wings of Song,” Felix Mendelssohn

(The second of six “Songs for Voice and Piano,” Opus 34, 1834. It is a setting of the poem by Heinrich Heine)

eekwong (piano) https://youtu.be/Yxxj_6gtnyM 1:30

Bevani (flute) <https://youtu.be/SC8RpoXzkcq> 3:38

Angela Gheorghiu (soprano), London PO https://youtu.be/m7S7W_55DAU 2:51

“Águas de Março,” (The Waters of March) (all-time best Brazilian song)

Antônio Carlos Jobim (Info: https://en.wikipedia.org/wiki/Waters_of_March)

Sant Andreu Jazz Band

2015, Alba Armengou and Rita Payes, vocals; Joel Frahm, tenor sax

<https://youtu.be/EazJHMFvQ3s> 4:30

2019, Alba Armengou & Joana Casanova, vocals; Scott Hamilton, tenor sax

<https://youtu.be/z9Qe6HIXPxc> 4:33

Elis Regina <https://youtu.be/WaUogDSmi84> 3:55

Ellis & Tom: <https://youtu.be/ErtOV7y94DY> 3:30

English Lyrics: http://www.remstroyproject.ru/str/tab/waters_of_march.html

Portuguese Lyrics: <https://www.letras.mus.br/tom-jobim/49022>

“Come Sunday,” Omar Thomas/MSU Wind Symphony

<https://youtu.be/vZDB8OhQP4Y> 13:11

Is the criminal justice system a level playing field?

The US has the highest incarceration rate in the world. Black inmates make up nearly 40% of the prison population, and make up 13.40% of the total US population.

Are standardized tests a level playing field?

Standardized tests have become the most effective racist weapon ever devised to objectively degrade Black and Brown minds and legally exclude their bodies from prestigious schools.

—Ibram X. Kendi

Are men and women on a level playing field?

Analyzing the most recent Census Bureau data from 2018, women of all races earned, on average, just 82 cents for every \$1 earned by men of all races. The number of women CEOs on the Fortune 500 list is 38.

Are Palestinians & Israelis on a level playing field? <https://youtu.be/H8882oYzUoo>

Are BiPoC, AAPI, and whites on a level playing? <https://youtu.be/gxboohQNRBg>

<https://youtu.be/kH8vazQEIus?t=62> www.j.mp/CopsCourts

Are LGBTQ and straight people on a level playing field? <https://j.mp/3ozEdjy>

Are you keeping a playing field from being level?

