

THE CHOICE  
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Every once in a while a song, poem, or piece of art strikes me. It manages to get around my busy day (and whatever defenses I have thrown up in order to get some work done) and strikes at the heart.

It slows me down from my freight train to nowhere and I end up falling out of my day-today rat race and just being for the moment... pausing in the nick of time to experience a little bit of eternity. And then, of course, my life just goes on.

This new song by my daughter May does that to me. If you have time give it a listen. I include some of the words so that you can follow along.

POWERFUL

By May Erlewine

I've got to keep my head up,  
Because every time I look around,  
This world gets me down, so low.

But I can't just give up,  
The story's still unfolding,  
This world is spinning,  
I know.

[Chorus]  
We are powerful.  
Response: "powerful"  
And tender too.  
Response: "tender too"  
And we've got a lot of work to do.

We are full of pain,  
Response: "painful"  
But we have the choice,  
Response: "the choice"  
To make a joyful noise.  
mmmmm.

It is hard not to feel despair,  
When suffering is everywhere,  
How could one not care,  
And not let it show.

But if I were to wish it away,  
Pretend that is was all OK,

It would be such a waste of my soul,  
Because...

[Chorus]

[Here everyone makes crazy noise]

We all should do this more often.

Michael Erlewine

Here is the music:

<http://vimeo.com/34469152>