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.
mmmm.

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