

Heartsong @ 1917 This Week – “Facing Realities and Receiving Reassuring Advice”
Wednesday, February 26, 2014, 10:45 a.m. – 12:00 noon
UAB 1917 Clinic, 1st Floor Library, Room 151
Facilitator: Chris Hamlin

Heartsong @ 1917 is a weekly, open discussion about spirituality and finding meaning and purpose in life. Everyone is welcome to attend who is interested in connecting to the spiritual side of life. 1917 Staff are welcome. If you do not want to receive this weekly email, just reply with “unsubscribe” in the subject line.

UAB 1917 CLINIC WEBSITE: <http://www.uab.edu/1917clinic/>

Video: “Let it Be” - The Beatles (Lyrics by Paul McCartney, March, 1970)

<http://www.youtube.com/watch?v=Y4zaofnVhps>

Paul McCartney shares the story of facing the reality that The Beatles was at the point of breaking up; nothing was going right. Restless, after a night of heavy drinking and drugs, he went to bed and in a dream his mother, Mary, appeared to him and said: “Let it be.” When he woke up, he went to his piano and wrote: “When I find myself in times of trouble, Mother Mary comes to me, speaking words of wisdom, let it be.... There will be an answer, let it be.” Obviously, a hit was born. McCartney continues to state that this one song speaks to him whenever he is faced with a major decision or contemplating a major change in his life.

Words on the Theme (all the quotes come from a blog on the meaning of this song)

“I love this song. I play it when I’m depressed and it always helps me to see that there is a way out and there is always someone there during your darkest hour, even if it doesn’t look like there is.”

“My interpretation is that you can’t control people or situations, even if you desperately want to, and for what may feel very good reasons. In relationships we may want to fix or change things, but no matter how much love and communication is given, you cannot change people or control their sometimes shitty and weak choices. After struggling to hold everything together for too long, you finally realize, you actually have no control and that you just have to ‘let it be’. It’s out of your hands. Faith gets you through these times - knowing that you can and will be okay whatever outcome.”

“Oh, I love this song. When I’m confused, I listen to this (lol). I just end up letting everything fall into place and it’s a lot better than trying to change all the ‘circumstances’ and stuff like that. Sure, sometimes you need to do what you need to do, but don’t get so serious about everything. Just do like the frickin song says and let it be.”

As someone who is not into organized religion, I have to say this is without a doubt the most thought-provoking spiritual song I have ever heard.”

“This song is really beautiful and to me it means that everything has a solution. When I am worried, I listen to this song and it inspires me to think positively. Good Song!”

“Let it be is a VERY unique song in that let it be is both the question and answer. He is telling both to let it be; for the answer will come...and that let it be IS the answer. Beautiful, amazing song.”

“I see that interpretation; however, I sense a more optimistic message in the song. In spite of the melancholy music, I think it’s saying, things get tough, yes, and sometimes you can’t do much to change them, yes, but don’t get worked up over things, Let It Be. The answers will come to you eventually. There is an answer if you search for it and maybe, when you least expect it, you will find it.”

References:

<http://songmeanings.com/songs/view/853/>



NEXT

Heartsong@1917

Wednesday, March 05, 2014

10:45a.m., 1st Floor Library, Room 151

Chris Hamlin, Facilitating

Save the Dates

Alabama Heartsong Retreat

April 30 – May 02

Camp McDowell

Planning Meetings

Wednesdays, 12:00 – 1:00 pm

Room 151