We have the capacity to learn in a variety of ways. Most often our learning is tied to words, concepts and images. Usually these modalities are the core of our learning new and useful things.

Another methodology to learning however, is through music. Think about it – how powerful music is in our everyday lives. You probably know the words to many songs, and some music can send you back to another place in time. Music can set, and influence moods.

To this end, I have assembled some songs that we may use to frame, augment, or support some of the concepts we will discuss in our session today. Keep this handout handy and I will refer to it when we get to that portion of the discussion.
You Get What You Give

The New Radicals

Wake up kids
We've got the dreamers disease
Age fourteen we got you down on your knees
So polite, you're busy still saying please
Frienemies, who when you're down ain't your friend
Every night we smash their Mercedes-Benz
First we run, and then we laugh 'til we cry

But when the night is falling
You cannot find the light
You feel your dreams are dying
Hold tight

You've got the music in you
Don't let go
You've got the music in you
One dance left
This world is gonna pull through
Don't give up
You've got a reason to live
Can't forget
We only get what we give

I'm comin' home baby
You're tops,
Give it to me now

Four a.m. we ran a miracle mile
We're flat broke,
But hey we do it in style
The bad rich
God's flying in for your trial
But when the night is falling
You cannot find a friend (friend)
You feel your tree is breaking
Just then

You've got the music in you
Don't let go
You've got the music in you
One dance left
This world is gonna pull through
Don't give up
You've got a reason to live
Can't forget
We only get what we give

This whole damn world, could fall apart
You'll be ok, follow your heart
You're in harms way, I'm right behind
Now say you're mine

You've got the music in you
Don't let go
You've got the music in you
One dance left
This world is gonna pull through
Don't give up
You've got a reason to live
Can't forget
We only get what we give

Don't let go
I feel the music in you
Don't let go
Fly high
What's real, can't die
You only get what you give
You are gonna get what you give
"No Such Thing"

John Mayer

"Welcome to the real world"
She said to me condescendingly
Take a seat, take your life
Plot it out in black and white

Well, I never lived the dream of the prom kings
And the drama queens
I'd like to think the best of me
Is still hiding up my sleeve

They love to tell you
Stay inside the lines
But something's better
On the other side

I wanna run through the halls of my high school
I wanna scream at the top of my lungs
I just found out there's no such thing as the real world
Just a lie you've got to rise above

So the good boys and girls
Take the so called right track
Faded white hats
Grabbing credits and maybe transfers

They read all the books but they can't find the answers
And all of our parents, they're getting older
I wonder if they've wished for anything better
While in their memories tiny tragedies

They love to tell you
Stay inside the lines
But something's better
On the other side

I wanna run through the halls of my high school
I wanna scream at the top of my lungs
I just found out there's no such thing as the real world
Just a lie you got to rise above

I am invincible
I am invincible
I am invincible
As long as I'm alive

I wanna run through the halls of my high school
I wanna scream at the top of my lungs
I just found out there's no such thing as the real world
Just a lie you've got to rise above

I just can't wait 'til my ten year reunion
I'm gonna bust down the double doors
And when I stand on these tables before you
You will know what all this time was for
Like A Seed

Kenny Rankin

All of the people
look at the children
play in the morning sun
All of the people
Look at the children
wishing that they were one

La lala lala la la la
la lala lala la la la
la lala lala la la la
la lala lala la la la

There's a feeling that's lying here sleeping
like a seed in the earth
There's a new day
a new day and a new way

We're all gonna rise together (we're all gonna rise together)
We're all gonna fly forever (we're all gonna fly forever)
Over all the shiny cities (over all the shiny cities)
And there'll be nothin' left to hide (nothin' left to hide)
all will be known.

We're goin' home (we're goin' home)
We're goin' home (we're goin' home)
Goin' home (we're goin' home)
Goin' home
Goin' home (we're goin' home)

Hey I've got to say that (we're goin' home) I'm on my way and I'm goin' home.

Sometimes when this feelin' arises (sometimes when this feelin' arises)
and everything is too much in place (everything is too much in place)
There's no room to move (got no room to move)
And nowhere to run.

We just got to keep our souls free (we just got to keep our souls free)
We just got to live and let it be (got to live and let it be)
Love and trust your sisters and brothers (love and trust your sisters and brothers)
And there'll be nothin' left to hide (nothin' left to hide)
All will be known
We're goin' home (we're going home)
We're goin' home (we're goin' home)
goin' home, (we're goin' home)
goin' home,
goin' home, (we're goin' home)
Yeah I've got to say that (we're goin' home) I'm on my way and I'm goin' home....
(we're goin' home)
Goin' home
And I've got to say that (we're goin' home) I'm on my way and we're goin home.

(We're goin' home)
We're goin' home.
We're goin home)
We're goin home.
Yeah we're on our way and I've got to say...
(we're goin home)
That's we're goin' home..

yeah we're goin home
On my way....

The More I See You

The more I see you,
The more I want you.
Somehow this feeling,
Just grows and grows.
With every sign, I become more mad about you,
More lost with out you, and so it goes.
Can you imagine, how much I love you.
The more I see you, as time goes by.
I know the only one for me can only be you.
My arms won’t free you; and my heart won’t try.
What A Wonderful World

Bob Thiele and George Weiss

I see trees of green, red roses too
I see them bloom for me and you
And I think to myself
What a wonderful world

I see skies of blue and clouds of white
The bright blessed day and the dark sacred night
And I think to myself
What a wonderful world

The colors of the rainbow
So pretty in the sky
Are also on the faces
Of people goin' by

I see friends shakin' hands
Sayin', "How do you do?"
They're really sayin'
"I love you"

I hear babies cry, I watch them grow
They'll learn much more than I'll ever know
And I think to myself
What a wonderful world
**Hay Baby**

Hay, hay hay baby, I want to know wo wo, If you’ll be my girl

Hay, hay hay baby, I want to know wo wo, if you’ll be my girl.

When I see you walkin down the street; I say that’s the kind of girl I’d like to meet.

She’s so pretty, Lord she’s fine; I want to make her mine all mine.

Hay, hay hay baby, I want to know wo wo, If you’ll be my girl

Hay, hay hay hay baby. I want to know wo wo, if you’ll be my girl.

**Heart and Soul**

Heart and soul, I fell in love with you, heart and soul, the way a fool would do, Mladly

Because you held me tight, and stole a kiss in the night

Heart and soul, I begged to be adored, lost control, and tumbled overboard, Gladly

That magic night we kissed, there in the moon mist

Oh but your lips were thrilling, much too thrilling; Never before were mine so faintly willing

But now I see what one embrace can do; that little kiss you stole – held all my heart and soul.