

Michelle's Quotes

Definition of grace: *unmerited divine assistance given to humans for their regeneration or sanctification*

- Miriam Webster

*I go down to the shore in the morning
and depending on the hour the waves
are rolling in or moving out,
and I say, oh, I am miserable,
what shall-
What should I do? And the sea says
in its lovely voice:
Excuse me, I have work to do.*

- Mary Oliver

Roger's Quotes

From the book Spirit into Sound: The Magic of Music
Written and Compiled by Mickey Hart and Fredric Lieberman

*Music give a soul to the universe,
wings to the mind,
flight to the imagination,
a charm to sadness,
gaiety and life to everything.
It is the essence of order,
and leads to all that is good,
Just and beautiful,
of which it is the invisible,
but never less,
dazzling, passionate, and eternal form.*

- Plato

*There is a difference between
music that is occasional
and music that enhances human consciousness,
music that is simply for having
and music that is for being.*

- John Blacking

*Music is the electrical soil
In which the spirit
lives,
 thinks,
 and invents.*

- Ludwig van Beethoven

*He who lets his breath,
hence his life force,
flow consentingly as a willing sound,
from the depths of his body,
sings his life;
for singing means to affirm life,
to free oneself,
and thereby to bring happiness
and prosperity to oneself,
and consequently to one's fellow men.*

-Marius Schneider

*I have to create.
I have to dig in the earth;
I have to make something grow;
I have to bake something;
I have to write something;
I have to sing something;
I have to put something out.
It's not a need to prove anything.
It's just my way of life.*

- Bette Midler

Bonus Quote

We will not go back to normal. Normal never was. Our pre-corona existence was not normal other than we normalized greed, inequity, exhaustion, depletion, extraction, disconnection, confusion, rage, hoarding, hate and lack. We should not long to return, my friends. We are being given the opportunity to stitch a new garment. One that fits all of humanity and nature.

- Sonya Renee Taylor