

## Quotes about the Power of Music

*"It's not just to dance to. This is important. This can go beyond dictatorships. Beyond censorship. Beyond ignorance. It can also be a way of solidarity. Not just dancing."*

*Ruben Blades on Salsa and Latin Jazz*

*"The music operated as a kind of litany against fear. Mass meeting offered a context in which the mystique of fear could be chipped away."*

*Charles Payne – I've Got the Light of Freedom*

*"... It would be hard to overestimate the significance of the music of the movement. The changing fortunes of the movement and the morale of its participants could have been gauged by the intensity of the singing at the meetings ... Ministers knew that a good choir was a good recruiting device."*

*Charles Payne – I've Got the Light of Freedom*

*"While one third of Colombians are of African descent, these roots are not always reflected in the country's national cultural identity. Through Choc Quib Town's positive energy and socially-conscious message, the group looks to spread awareness about a culture that is often ignored. "Music from the Pacific coast is sort of lost among the things people generally associate with Colombia - cocaine, coffee, salsa, cumbia - they don't know much about what we call 'the Africa inside Colombia,'" ...*

*Interview with Choc Quib Town*

# ANCHORING/ABUNDANCE



## Developing Your Personal Playlist 15 minutes

### Instructions

Think of the 4 M's of Music (Meaning, Medicine, Memory, and Motivation). Think of a specific, powerful incident or time where you experienced each of the 4 M's. Choose a song to represent each of those experiences and write them here.

**Medicine:** \_\_\_\_\_ **Meaning:** \_\_\_\_\_

**Motivation:** \_\_\_\_\_ **Memory:** \_\_\_\_\_

Choose one of the songs and sing or recite a line or verse for the group.

Fill in this chart with more songs for each experience. When you find that you need one of these experiences in your life, sing or play these songs to re-create the experience for yourself.

Medicine	Meaning	Motivation	Memory

## Developing a Playlist to Create SPACE for Others 20-25 minutes

### Instructions

Imagine that all of you are a part of a big family. A family member whom you love dearly is getting married. Each of you is responsible for the music for different parts of the wedding festivities. Choose which part of the wedding you want to plan.

- Engagement Party – You need to find music that is inspiring and **motivating** for the couple
- Rehearsal Dinner – You need to find music that evokes **memories** of the couple's journey together
- Wedding Ceremony – You need to find music that reflects the **meaning** of the commitment they are making
- Reception – You need to find music that is joyful and celebrates the couple, making them and the guests feel good (**medicine**)

Take 10 minutes to think of songs that reflect the “M” word for your part of the ceremony. Share your list with the group. Use your phone or the computer to find one of the songs and play and excerpt of the song for the full group.

### Take Away

Think of a group that you lead, and **what aspect(s) of the power of music the group needs**. Take time to compile your playlist for the group to meet that need.

# Music and Movement

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