

Throughout my current and long journey that has upended my life recently, I have been and am still enduring. There is one constant for me that is a lifeline. Music. Jimmy Buffett's "Bubbles Up," and "Breathe in, Breathe out, Move On" have both been my anthems that bring tears to my eyes still. They represent hope, resilience, and moving forward when life gets too much.

I posted on Facebook that I can't even find the bubbles. I was referencing my emotional fight, and countering the lyrics from "Bubbles Up." Buffett beautifully wrote, *Bubbles up. They will point you towards home, no matter how deep or how far you roam. They will show you the surface, the plot and the purpose. So when the the journey is long, just know that you are loved. There is light above...*

That is how badly I was lost. I am pulling out of this phase of life now, but those words will resonate with me forever. I can say I now have my bearings and found the bubbles. I am following them to the surface and the light.

I wear a watch described in Move on... that was given to me on my birthday by a dear friend. I had once mentioned wanting one but I couldn't find one that actually had no moving hands or numbers as the song described. She did find one. And I will never forget her effort and caring to find it and gift it. This watch described in the song, only says NOW. So when I wear it, I actually have no idea what time it is. It is a reminder to turn back your focus on the moment you are in now. The watch is accurate and is never wrong.

This brings me to the music I have depended on the most while suffering these last few months. The lyrics depict my life, my emotions and it in a lot of ways chronicles a relationship and history. Coldplay's album, *Moon Music*, is in my opinion a masterpiece. It is all about love, different types of love that all tie together. If it was an old LP, I would have worn it out by now. Twice.

The album has a sequence to it so it should be listened to in order and not on shuffle.

The first track, "Moon Music" is melodic. It begins like a lullaby and the vocals reflect quiet and loneliness. It fits my mood perfectly when I am asking God why. It ends with my prayer for a friend and companion, which God will fulfill for me.

This song's lyrics cannot be summarized in my opinion because that would diminish the artistry. They must be in full for you to read. I will put them here in full and add my thoughts along with the lines.

*"Once upon a time,
I tried to get myself together*

Be more like the sky and welcome every kind of weather

Be more eagle-like and find the flight in every feather

Once upon a time, but I'm still tryin' to get better

(My journey has been to be a better, a good man, and I am still trying)

Maybe I'm just crazy,

I should just be a brick in the wall

Sit and watch the TV,

Blame everyone else for it all

(Sometimes we all ask why do we even try. It seems that it is easier to give in and conform to the world)

But I'm tryin' to trust in the heavens above

(My faith in God waivers, like everyone's, but mine swings extreme)

And I'm tryin' to trust in a world full of love

(My instructions from God are to not give up on love, to write about it like I have been, and continue to do so. This is one of those times.)

Fire and water

And constantly dream

Of the balance of things

And the music between

(A tornado of emotions have been taking me over in the last few months. Tears out of nowhere, thoughts and emotions swirling out of control. Music has been my compass.)

Is anyone out there? I'm close to the end

Is anyone out there? I just need a friend

(Before the recent devastating events that are challenging me, I was alone at night praying for God to please put someone in front of me I can see, that I can connect with. I asked for a friend and I asked for a companion. I told God I was lonely so much that my body hurt.)

God, surprisingly has given me friends where there were none. He does listen and answer prayers. I still yearn for that one special girl for me.

The next song on this album, “feelslikeimfallinginlove” is about falling in love with someone and being aware of what can go wrong. The lyrics reflect the hesitancy of letting your emotions run freely, the possible ramifications of loving and, fulfilling the void in your life. Being alone.

It starts with:

*I know that this could hurt me bad
I know that this could feel like that
But I just can't stop
Let my defenses drop.*

I did throw the windows wide and let someone on my windowsill inside once, as the song suggests. That is an act of faith as well, but do not forget that there are no promises.

The song is brutally honest. The lyrics ponder the reality of meeting someone and and beginning to fall for them almost immediately. The song enters into the logic that people can get hurt and torn apart when falling in love. But it also follows with:

*It feels like
I'm falling' in love
You've thrown me a lifeline
And this is for a lifetime, I know.*

As a man who in his pursuit to be a good man, I still abide by the mission I have. Never stop believing in love. This means to me that when in love, do not give up on it. There are those hard times, complicated ones at that. In love, or moving that way, it is not easy at times. I cannot give up on love. That brings us to the next song on this album that I want to talk about. “We Pray.”

“We Pray” is a very upbeat transition among the songs that sandwich it. I received a text a friend of mine to listen to this song. I did. It made me feel alive. I was enthralled. I felt the need to pick up the pace in my prayer life.

This song led me to a curiosity. I know of Coldplay and haven't followed the group, but I found my self uncharacteristically drawn to the urge to listen to the whole album. It made me cry. It opened me up to face all of my fears and desires. It helped me sleep. I touched me in ways that here I am telling you about it and how it relates. It is really about love.

The next song I have to highlight is "Jupiter." To set the stage, it is about a girl who feels out of place in this world. She asks the questions like, should I pretend *to be somebody way less extraordinary* to fit in, and she asks *am I bad? Am I wrong? Am I weird in the head?* She wonders what is wrong with her. She often longs to either keep being herself, or die.

This is actually one of the most emotionally draining songs for me. It is painful to empathize that someone is living in this kind of pain, has thoughts of death, and feels lost. She thinks she should not be a part of this world. But she does have an audience.

Angels intercede with Jupiter's anguish and her feelings of hopelessness. Jupiter is faced with a message from above in the night where she longed for heaven. It is simple, *Never give up*.

That is only the beginning of what those angels sang to her. They tell her to say, *I love who I love; Love who you love*. She hears them and takes the message to heart. She responds, *Oh, I'm okay, Oh, I'm okay*.

The final verse, is repetitive and for a reason. To demonstrate the sincerity of the message, and of love.

*Who you love, love
Love, love, love
Who you love
Love, love
Who you love, love*

Again, I say do not give up on love.

When you listen to this song, there are some strange unintelligible lyrics toward the end. They to are repetitive for the same reason as the final lyrics above. Repetition leads to enlightenment and a positive reinforcement.

Both of these sentences repeated many times, are from the Zulu language. I had to look that up on Google. I think this is pretty cool. The messages are so telling and beautiful. Why Zulu, I don't know. Except that they sound beautiful and mean so much.

Ngiyakuthanda ngenyaniso means, *I really love you.*

yam yonke sthandwa sami that follows the above means, *All of you, my love.*

Together, these words of love are maybe the most powerful I have ever read. When paired together for the purpose of expressing the depth of your love, I can only imagine how Jupiter felt. It would also change my life hearing them from angels, and it honestly does change my outlook from listening to the song.

I won't ever give up on love, or stop writing about it. I often think about love as being the glue that binds everything God as created.

I admittedly was led to write this because recently I spoke and acted in a manner that deeply conflicts with love and understanding. I felt the need to pick back up my pen and write about love again after a break. But I am one to repent and learn from my mistakes. I accept the consequences as painful as that can be. I pray I have not damaged something good. That is on me if I did.