



# Joy in the Journey: Using Music to Grow Through Loss

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View and/or download the slides from today's presentation at  
<http://joyfulnoisesllc.com/links.html>

## Action Items

How will you incorporate music more intentionally to help you grow through loss in your life?

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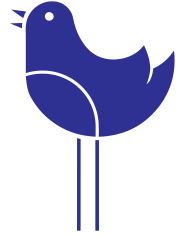
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If you have any questions or comments, please contact me.

(Special thanks to Julie Palmieri of Serenade Designs for this handout format!)



When do you listen to music? Why?

What song, artist or style of music energizes you? Why?

What song, artist or style of music relaxes you? Why?

How do you use music to enhance or change your energy level or mood?

# Let It Be

The Beatles (Paul McCartney) ©1970

When I find myself in times of trouble, Mother Mary comes to me  
Speaking words of wisdom...let it be.  
And in my hour of darkness she is standing right in front of me  
Speaking words of wisdom...let it be.  
Let it be, let it be, let it be, let it be.  
Whisper words of wisdom...let it be.

And when the broken-hearted people living in the world agree,  
There will be an answer...let it be.  
For though they may be parted, there is still a chance that they will see  
There will be an answer...let it be.

Let it be, let it be, let it be, let it be.  
There will be an answer...let it be.  
Let it be, let it be, let it be, let it be.  
Whisper words of wisdom...let it be.

And when the night is cloudy there is still a light that shines on me,  
Shine until tomorrow...let it be.  
I wake up to the sound of music, Mother Mary comes to me  
Speaking words of wisdom...let it be.

Let it be, let it be, let it be, let it be.  
There will be an answer...let it be.  
Let it be, let it be, let it be, let it be.  
Whisper words of wisdom...let it be.

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When I find myself in times of trouble, \_\_\_\_\_

Speaking words of wisdom \_\_\_\_\_

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Speaking words of wisdom \_\_\_\_\_

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Whisper words of wisdom \_\_\_\_\_

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There will be an answer \_\_\_\_\_

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There will be an answer \_\_\_\_\_

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There will be an answer \_\_\_\_\_

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Whisper words of wisdom \_\_\_\_\_

