



Chalice Circle Packet

June 2021



Awakening

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Unity Church-Unitarian, St. Paul, Minnesota

Unityunitarian.org

Awakening

As spring gives way to summer and the budding natural world awakens, refulgent and green, I recall this poem by Hafiz:

What is this precious love and laughter
 Budding in our hearts?
 It is the glorious sound
 Of a soul waking up! ¹

Awakening, Merriam-Webster tells us, means waking up from sleep or a rousing from indifference and inaction or a moment of sudden awareness. All of which, like the budding of love in our hearts, seems a glorious and desirable thing. Except that, sometimes, it is not. Have you ever been roused from sleep, unwilling to leave either the dreams you were inhabiting or the comfort and safety of your bed? Have you ever been metaphorically asleep to some unwanted truth and resisted its call to action or awareness? Have you ever been awakened to one new awareness only to shut down, saying enough already, when another new awareness followed it?

As story tells it, a Hindu initiate of Vedanta had just awakened to the illusion of separation between beings. "God is all, and all is God," he proclaimed and ventured joyfully into the day. He was following a path through the jungle when an elephant and rider approached from the other direction. The rider shouted at the man to step out of the way, but the man kept walking, knowing he was God and the elephant was God, and assuming this to be a test of his newfound awareness. From atop the elephant, the mahout shouted louder and more urgently as they drew closer on the narrow path, until suddenly the initiate was knocked into the ditch, bruised and confused.

Seeking an explanation, he returned to his teacher, who said, Yes, it's true – you are God and the elephant is God. But why did you not listen to the warning of the mahout, who is also God and was telling you to move off the path?

Spiritual awakening is not a one-time event. Nor is it a blissful status achieved for all time. It might be better understood as a lifelong process, a way of being that continually disturbs our indifference and continually enlarges our awareness, sometimes uncomfortably.

¹ Hafiz, *The Gift: Poems by Hafiz, the Great Sufi Master*, trans. Daniel Ladinsky (New York: Penguin Putnam, 1999).

The spiritual teacher Anthony de Mello once said the first step to awakening is to acknowledge that we don't want to wake up and are likely resisting it. "The second step," he said, "is a readiness to understand, to listen, to challenge your whole belief system. Not just your religious beliefs, your political beliefs, your social beliefs, your psychological beliefs, but all of them."

"... In order to wake up," he said, "the one thing you need most is not energy or strength, or youthfulness, or even great intelligence. The thing you need most of all is the readiness to learn something new." ²

If there's one thing we've been asked to do in the past year and a half – day after day after day – it is to learn something new. To let each new awareness open us to another and another and yet another, even when we haven't wanted to keep opening. To listen, to understand, to challenge our beliefs and consider them from new angles. How do we make ourselves ready for that?

I take inspiration from the natural world just outside my door, watching the dirt where I have transplanted gifts from the gardens of friends and from our old house. Remembering bulbs and root bundles tucked into pockets in the soil here, I've been waiting for new shoots to appear. For the plants, of course, the dirt all around them is different. The patterns of sunlight and rain have been changed. A few have met their end to the hunger of squirrels and rabbits or to my improper planting. But most, I have been delighted to witness, have learned how to awaken to a new season in this new place. Each in its own time has reached its roots down to claim what it needs from the darkness below. And each in its own time has stretched new shoots into the daylight to declare what it needs from above. The fiddleheads have loosened their tight fists. The hostas have opened the ears of their leaves. The lilies have slipped their slender exclamation points into a brand new sentence still in the making.

Reaching back into the Old English origins of the word "awakening," I find these roots: "to spring into being, arise, originate." Knowing nothing comes from nothing, I search back to ancestors and old teachings in my own origins. I reach inward to the knowledge carried in old bulbs and root systems buried in my bones. And I stretch up and out, toward the light falling on my small patch of soil today, letting the buds of my heart open to love and to laughter – and also to tears. Like this I am making myself ready, day after day, to learn what it is to live here, to love now, to offer my own new shoots to the garden and seasons unfolding around me.

By **Karen Hering** on behalf of this month's theme team: Ahmed Anzaldúa, Drew Danielson, Ray Hommeyer, KP Hong, Ruth MacKenzie, and Laura Park.

² Anthony de Mello, *Awareness*, (New York: Image Books, Doubleday, 1992).

Spiritual Practices

Option A

Awakening to the Presence of the Holy

A Meditation and Practice by Mark Nepo

“Consider how the sun continually lights our daily world, yet we cannot see light except in what it touches. Though the sun burns constantly and holds everything living within its pull, though it sends its power across millions of miles, it is unseen for all that way, until it hits a simple blade of grass or makes the web of a spider a golden patch of lace.

“In the same way, the presence of God [or the holy] powerfully moves between us unseen, only visible in the brief moment we are lighted, in those enlivened moments we know as love.

“For just as we can look at the spider web and never see its beauty until it reveals itself in sudden light, we can look upon the nearest face, again and again, never seeing the beauty in each other, until one or both of us is suddenly revealed. Spirits show themselves in just this way, or rather our gentleness of heart allows us to see and be seen.

“It makes our search for love a humble one. For what is there to do but grow in the open and wait.”

 “Take something familiar to you, something you see daily—your shoes, your comb, your letter opener—and place it outside in the light.

“Now leave it be for the moment. Take a few minutes to meditate on the general presence of love as you experience it.

“After a while, look with your heart’s eye on the familiar object in the sun.

- Note how it seems to come alive.
- Realize your heart is now in the sun
- Feel how it has come alive.”³

³ Mark Nepo, *The Book of Awakening: Having the Life You Want by Being Present to the Life You Have* (Conari Press, San Francisco, CA, 2011), 204.

Option B

Walking (Movement) Meditation

Walking meditation is a moving form of mindfulness. It brings your mind and body to one moment, one place while using movement as a tool for concentration. If you have physical limitations or cannot walk, you can adapt this practice by identifying a movement you can do comfortably. This might be sitting in a comfortable chair with your feet on the floor, and sliding one foot a little bit forward and back, and then repeating the movement with the other foot.

The powerful awakening in this exercise is matching movement with your breath. It is in this synchronization and concentration that one often awakens into new perceptions of the world around and the world within.

Find a place outside or in. The space does not have to be large or long. The purpose of this practice is not to travel far but travel deep into the experience of yourself and the space around you.

If you are walking, break your walking into four basic components of each step:

- a) the lifting of one foot;
- b) the moving of the foot a bit forward of where you're standing;
- c) the placing of the foot on the floor, heel first;
- d) the shifting of the weight of the body onto the forward leg as the back heel lifts, while the toes of that foot remain touching the floor or the ground.

Then the cycle continues, as you:

- a) lift your back foot totally off the ground;
- b) observe the back foot as it swings forward and lowers;
- c) observe the back foot as it makes contact with the ground, heel first;
- d) feel the weight shift onto that foot as the body moves forward.

If you are sitting, break your movement down to sliding one foot slowly forward, and then sliding the same foot slowly back. Then repeat with the other foot, going back and forth.

As you are experiencing walking or whatever movement you've chosen, match your breath to the movement. Inhaling as you take one step or move one foot forward when sitting. Exhaling as you take the next step as you move. If sitting, moving your foot back into place.

You will find that your movement will slow in order to synchronize your breath with a step or the movement you've chosen. Your breathing may slow even further, and so your steps/movements will slow as well.

Observe. Experiment. Be curious.

Continue for 5 mins or 30 mins, or as much as you'd like. Whatever feels right.

Sense your thinking/chattering mind fall away and awaken to what is happening within you and beyond you.

Option C

Awakening to the Blessing of Your Body

Our bodies are a blessing. And yet many of us struggle with being present in our bodies, or liking our bodies, or feeling comfortable in our bodies. This practice from the Rev. Jane E. Vennard, is a way of awakening into the sacredness of our embodiment.

“Find a place where you can sit comfortably and be undisturbed. You may wish to light a candle to mark this sacred time and place.

Begin by attending to your breathing. Simply notice the breath flowing naturally in and out. **Bless your breath.**

Turn your attention to your heartbeat. You may want to find your pulse or put your hand over your heart. Feel the steadiness of this life force. **Bless your heart.**

Begin to focus on your feet—not just thinking about them but experiencing them. Feel your toes. Feel the pressure of your feet on the floor. Remember all your feet have done for you. **Bless your feet.**

Look closely at your hands. Notice how they have aged. Make fists, open your hands, palm up, turn them over. Press them together, rest them in your lap. Think of all the people your hands have touched, all the things your hands have made. Remember that your hands are used for giving and receiving. **Bless your hands.**

Continue this rhythm of noticing, remembering, and blessing with other parts of your body—your back, your shoulders, your stomach, your genitals, your eyes, your ears. Take all the time you need.

When the blessing is complete, sit quietly, attending to what it is like to feel so fully blessed. When you are ready, blow out the candle, and arise to go into the world as a blessing to others.”⁴

How does it feel to be awake and alive?

⁴ Rev. Jane E. Vennard, *Fully Awake and Truly Alive: Spiritual Practices to Nurture Your Soul* (SkyLight Paths, Woodstock, VT, 2013), 14.

Questions to Ponder

Read through the questions below and notice which one(s) resonate with you. One or more of the questions might seem particularly compelling – or some might stir resistance in you. Either of these reactions might make the question fruitful to consider. Choose just one and take time to consider it, over several days if possible. Write it down on a piece of paper you carry in your pocket. Or take a picture of that paper with your phone. Or record it in your journal – and spend some time, each day if you can, reflecting on it in writing or otherwise, noticing where it leads you and what you learn from it and your response to it.

1. Think of a time when you were struck by an event or an exchange that opened your heart/mind/body to a new understanding or way. What did awakening feel like?
2. Where do you think you're still asleep in your way of life?
3. What holds you back from waking up?
4. If waking up is “the readiness to learn something new,” as Anthony de Mello posits, where and how do you learn the best?
5. What spiritual practices have you found to awaken and enliven you?
6. Does your speed or rhythm of life have anything to do with opportunities for awakening?
7. The Buddha lists seven factors of awakening: **mindfulness** (to maintain awareness of reality), **investigation** of the nature of reality, **energy** (determination, effort), **joy** or **rapture**, **relaxation** or **tranquility** (of both body and mind), **concentration**, (a calm, one-pointed state of mind or clear awareness), and **equanimity** (to accept reality as-it-is without craving or aversion). All are intertwined in our spiritual awakening. To which factor(s) do you naturally gravitate? Which factor(s) are challenging?
8. In what ways has love awakened you?
9. Does waking up naturally lead to transformation?
10. Rev. Karen writes: “Spiritual awakening is not a one time event.” Where in your life are you practicing the life long practice of waking up?

Resources

Recommended Resources for Personal Exploration & Reflection

The following resources are not required reading. They will not be analyzed in our circles. Instead they are here to companion you on your journey this month, get your thinking started and open you to new ways of thinking about what it means to develop a spiritual practice of curiosity.

Word Definitions & Roots

Awakening

An act of waking from sleep. An act or moment of becoming suddenly aware of something.

Word Origin

Old English *awæcnan*, "to spring into being, arise, originate," Transitive meaning "to rouse from sleep" is recorded from 1510s; figurative sense of "stir up, rouse to activity" is from c. 1600.

Wise Words

Don't ask what the world needs.

Ask what makes you come alive and go do it.

Because what the world needs is more people who have come alive.

~Howard Thurman.

I looked a hundred times and all I saw was dust. The sun broke through and flecks of gold filled the air.

~Mark Nepo

I want to yell at some of the people I run into, 'If you think you're woke, it's because someone woke you up, so thank the human alarm clocks.' It's easy now to assume that one's perspectives on race, gender, orientation, and the rest are signs of inherent virtue, but a lot of ideas currently in circulation are gifts that arrived recently, through the labors of others.

~Rebecca Solnit

People usually consider walking on water or in thin air a miracle. But I think the real miracle is not to walk either on water or in thin air, but to walk on earth. Every day we are engaged in a miracle which we don't even recognize: a blue sky, white clouds, green leaves, the black, curious eyes of a child -- our own two eyes. All is a miracle."

~Thich Nhat Hanh

Poetry and Prayers

Lie Down

Lie down with your belly to the ground,
 like an old dog in the sun. Smell
 the greenness of the cloverleaf, feel the
 damp
 earth through your clothes, let an ant
 wander the uncharted territory
 of your skin. Lie down
 with your belly to the ground. Melt into
 the earth's contours like a harmless snake.
 All else is mere bravado.
 Let your mind resolve itself
 in a tangle of grass.
 Lie down with your belly
 to the ground, flat out, on ground level.
 Prostrate yourself before the soil
 you will someday enter.
 Stop doing.
 Stop judging, fearing, trying.
 This is not dying, but the way to live
 in a world of change and gravity.
 Let go. Let your burdens drop.
 Let your grief-charge bleed off
 into the ground.
 Lie down with your belly to the ground
 and then rise up
 with the earth still in you.

~**Nancy Paddock**

I Am So Woke..

I am so woke I stuff my head with cotton
 balls to watch Game of Thrones. Block the
 misogyny, the— you have dragons but can't
 have prominent Black or Asian people
 (aside from the ones rechained before their
 death)

my arguments are now just

a circle

I called out a sexist friend and ended it
 feeling sorry for him because "it's the
 patriarchy!"

I am a part time twitter activist. The 1%
 have me a professional nihilist
 a solid 4/10 every day started to avoid
 everybody in case they say ...**anything**

I am so woke I have [Kamehameha](#) into my
 final form as a proud Black woman who is
 only accepting advances from Black people,

fatigued at being seen as either textbook or
 fetish... woke enough to admit that that's a
 lie — but black people get priority seating
 and VIP access

Tired of cancelling people over something
 they said 7 years ago because people
 change! But also being cynical because
 people never change!

I am so woke even I barely say the n-word. I
 can taste the blood of the dead each time it
 tries to come out.

Woke to know colonisation wasn't essential
 for the spread of religion and is 100% why
 African spirituality is deemed evil.

Woke to media outrage being the
 cheapest advertisement strategy

woke to know the reason you miss
the old Beyoncé is because she's
talking about this black shit.

Woke that I apologise internally
before I call a woman a bitch

I am so woke that I have stopped
calling myself woke
and happy I'm no longer in a
sunken place even if ignorance
was bliss

~Zuva (spoken word artist)

Winter Poem

once a snowflake fell
on my brow, and I loved
It so much and I kissed
It and it was happy and called its cousins
and brothers, and a web
of snow engulfed me then
I reached to love them all
and I squeezed them and they became
a spring rain and I stood perfectly
still and was a flower.

~Nikki Giovanni

Let Something Essential Happen to Me

"O God,
Let something essential happen to me,
something more than interesting or
entertaining, or thoughtful.
O God,
Let something essential happen to me,
something awesome, something real. Speak
to my condition, O God, and change me
somewhere inside where it matters, a
change that will burn and tremble and heal
and explode me into tears or laughter or
love that throbs or screams or keeps a

terrible, cleansing silence and dares the
dangerous deeds.

Let something happen in me which is my
real self, God..."

~Ted Loeder

Warrior Spirit Prayer of Awakening

May all beings be granted with the strength,
determination and wisdom to extinguish
anger and reject violence as a way.

May all suffering cease and may I seek, find
and fully realize the love and compassion
that already lives within me and allow them
to inspire and permeate my every action.

May I exercise the precious gift of choice
and the power to change that makes me
uniquely human and is the only true path to
liberation.

May I swiftly reach complete, effortless
freedom so that my fearless, unhindered
action be of benefit to all.

May I lead the life of a warrior.

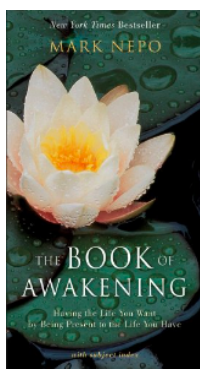
~Rev. Angel Kyodo Williams

Music

For a playlist inspired by the opening reflection
on this month's theme and prepared by a Unity
member, visit this Spotify link. (Note: you may
have to register for a free Spotify account to
listen to more than 30 seconds of each song.)

<https://open.spotify.com/playlist/3MXTXe0GtzfZYlynDjYVTi?si=cad983edbb2f4404&nd=1>

Books



**[The Book of Awakening:
Having the Life You Want
by Being Present to the
Life You Have](#)**

Mark Nepo

Philosopher-poet and cancer survivor, Mark provides daily meditations and practices to reclaim

our aliveness and move through our lives awake.

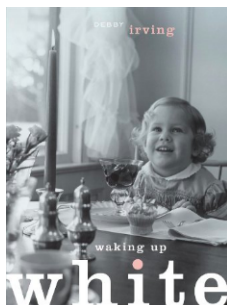


**[Pleasure Activism: The
Politics of Feeling Good](#)**

adrienne marie brown

How do we make social justice the most pleasurable human experience? How can we awaken within ourselves

desires that make it impossible to settle for anything less than a fulfilling life? Author and editor adrienne maree brown finds the answer in something she calls “pleasure activism,” a politics of healing and happiness that explodes the dour myth that changing the world is just another form of work.

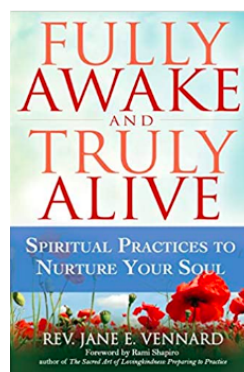


**[Waking Up White: and
Finding Myself in the
Story of Race](#)**

Debbie Irving

Waking Up White is the book Irving wishes

someone had handed her decades ago. By sharing her sometimes cringe-worthy struggle to understand racism and racial tensions, she offers a fresh perspective on bias, stereotypes, manners, and tolerance. As Irving unpacks her own long-held beliefs about colorblindness, being a good person, and wanting to help people of color, she reveals how each of these well-intentioned mindsets actually perpetuated her ill-conceived ideas about race.

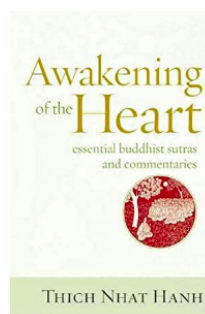


**[Fully Awake and Truly
Alive: Spiritual
Practices To Nurture
Your Soul](#)**

Rev. Jane E. Vennard

With stories from her personal life and her experience as a spiritual director, Rev.

Jane Vennard illustrates the joys and frustrations of spiritual practice, with insights from various religious traditions and exercises and meditations for your journey.



**[Awakening of the Heart :
Essential Buddhist Sutras
and Commentaries](#)**

Thich Nhat Hahn

Awakening of the Heart captures the heart of Buddhist wisdom and

Thich Nhat Hanh's unique

talent to make the Buddha's teachings accessible and applicable to our daily lives and times. This is a wonderful gift for

anyone looking to deepen their practice and understanding of the teachings, as well as a unique resource to understand the fundamentals of Buddhism from its source.

Videos and Podcasts

[Ongoing Awakening - Three Watches](#)

Pamela Weiss

San Francisco Insight Meditation

Community: SFI Sunday Nights

<https://www.dharmaseed.org/talks/player/65515.html>

[My Stroke of Insight](#)

Jill Bolte Taylor

In this 20 minutes long video,

Neuroanatomist Jill Bolte Taylor talks about

how she one day realized she was having a massive stroke : an opportunity few brain scientists would wish for. As it happened -- as she felt her brain functions slip away one by one, speech, movement, understanding – she talks about awakening.

https://www.ted.com/talks/jill_bolte_taylor_my_stroke_of_insight

Movies



Spirited Away is Hayao Miyazaki's masterpiece. The story of a young girl who is set adrift, cruelly abandoned by her parents who indulge in their desires, alone in a strange spirit world, Spirited Away portrays coming of age

and waking up to what lies behind and below the material world (Darryl A. Armstrong).

⁵<https://play.hbomax.com/page/urn:hbo:page:GXrHanAQBunUYOAEAAAB3:type:feature>



Malcolm X Spike Lee uses three spiritual awakenings to frame the story of Malcolm X's life. Malcolm was raised in a Christian household but was never a committed follower. Serving a prison sentence, he

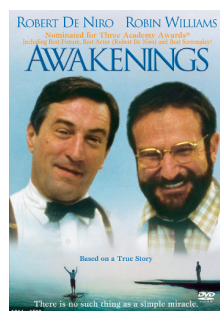
experienced his first spiritual awakening. We see the vision that led him toward the decision to join the Nation of Islam. This

⁵ The recommendations, and descriptions noted by author, come from an online article from the journal, *Image*, an organization that fosters contemporary art and writing that grapples with the mystery at the heart of religious faith. Twenty five films about Awakening are written about in the article.

<https://imagejournal.org/top-25-films-on-waking-up/>

awakening forms his early activism and resistance. When disappointed by Elijah Mohammed, his mentor, he distanced himself from the Nation of Islam and took a pilgrimage to Mecca, his second awakening, where he begins to explore questions of inclusivity. Shortly before his murder, he walked outside a Christian church where a woman told him she's praying for him. His response to this presents his third spiritual awakening (Ed Bertram).

https://www.imdb.com/title/tt0104797/?ref=fn_al_tt_1



Awakenings

A film based on Oliver Sacks's 1973 memoir. It tells the story of a fictional character, neurologist Dr. Malcolm Sayer, who is based on Sacks and played by Robin Williams. In 1969,

he discovered beneficial effects of the drug L-Dopa. He administers it to catatonic patients who survived the 1917–1928 epidemic of encephalitis lethargica, as they awaken to a new world.

https://www.imdb.com/title/tt0099077/?ref=fn_al_tt_1



[Pan's Labyrinth](#)

A quote attributed to Chesterton, although heavily paraphrased from his original words, reads: "Fairytales do not tell children that dragons exist; children already know dragons exist. Fairytales tell children that dragons can be killed." *Pan's Labyrinth*,

Guillermo del Toro's fairytale for adults, reminds us of the power and beauty of fairytales as a way to triumph over both spiritual and physical adversity. When young Ofelia's (Ivana Baquero) mother remarries a sadistic general of the fascist army during the Spanish Civil War, the girl discovers a mysterious labyrinth and faun, both of which serve as a means of her waking up not only to the harsh realities of her daily life, but more importantly to the ways she can avoid succumbing to them (Evan Cogswell).

https://www.imdb.com/title/tt0457430/?ref_=nv_sr_srsrg_0

Playlist

Charlie Parker What is this thing called love?

Charles Parker Jr. (August 29, 1920 – March 12, 1955), nicknamed "**Bird**" and "**Yardbird**", was an American jazz saxophonist, band leader and composer. Parker was a highly influential soloist and leading figure in the development of bebop, a form of jazz characterized by fast tempos, virtuosic technique, and advanced harmonies. Parker was a blazingly fast virtuoso and introduced revolutionary harmonic ideas into jazz, including rapid passing chords, new variants of altered chords, and chord substitutions. Primarily a player of the alto saxophone, Parker's tone ranged from clean and penetrating to sweet and somber.

Richard Thompson I can't wake up to save my life

Richard Thompson OBE (born 3 April 1949) is an English singer, songwriter, and guitarist.

Thompson first gained prominence in the late 1960s as the lead guitarist and songwriter for the folk rock group Fairport Convention, which he had co-founded in 1967. After departing the group in 1971, Thompson released his debut solo album *Henry the Human Fly* in 1972. The next year, he formed a duo with his then-wife Linda Thompson, which produced six albums, including the critically acclaimed *I Want to See the Bright Lights Tonight* (1974) and *Shoot Out the Lights* (1982). After the dissolution of the duo, Thompson revived his solo career with the release of *Hand of Kindness* in 1983. He has released a total of eighteen solo studio albums. Three of his albums—*Rumor and Sigh* (1991), *You? Me? Us?* (1996), and *Dream Attic* (2010)—have been nominated for Grammy Awards, while *Still* (2015) was his first UK Top Ten album. He continues to write and record new material regularly and had frequently performed at venues throughout the world, although the COVID-19 pandemic forced him to suspend his touring.

Avicii Wake Me Up

Tim Bergling (Swedish: [ˈtɪmː bærjlɪŋ] [ⓘ] [ⓘ]listen); 8 September 1989 – 20 April 2018), known by his stage name **Avicii** ([əˈviːtʃi] [ⓘ] *ə-VEE-chee*, Swedish: [aˈvɪtːɑ̃]), was a Swedish DJ, remixer, record producer, musician, and songwriter.

At the age of 16, Bergling began posting his remixes on electronic music forums, which led to his first record deal. He rose to prominence in 2011 with his single "Levels". His debut studio album, *True* (2013), blended electronic music with elements of multiple genres and received generally positive reviews. It peaked in the top ten in more than fifteen countries and topped international charts; the lead single, "Wake Me Up", topped most music markets in Europe and reached number four in the United States

The Who Bargain

The Who are an English rock band formed in London in 1964. Their classic lineup consisted of lead singer Roger Daltrey, guitarist and singer Pete Townshend, bass guitarist and singer John Entwistle, and drummer Keith Moon. They are considered one of the most influential rock bands of the 20th century and have sold over 100 million records worldwide. Their contributions to rock music include the development of the Marshall stack, large PA systems, the use of the synthesizer, Entwistle and Moon's influential playing styles, Townshend's feedback and power chord guitar technique, and the development of the rock opera. They are cited as an influence by many hard rock, punk rock and mod bands, and their songs still receive regular exposure.

The Roots Don't Feel Right

The Roots are an American hip hop band, formed in 1987 by Tariq "Black Thought" Trotter and Ahmir "Questlove" Thompson in Philadelphia, Pennsylvania, United States. The Roots serve as the house band on NBC's *The Tonight Show Starring Jimmy Fallon*, having served in the same role on *Late Night with Jimmy Fallon* from 2009 to 2014.

Tracy Chapman A New Beginning

Tracy Chapman (born March 30, 1964) is an American singer-songwriter, known for her hits "Fast Car" and "Give Me One Reason", along with other singles "Talkin' 'bout a Revolution", "Baby Can I Hold You", and "Crossroads". She is a multi-platinum and four-time Grammy Award–winning artist.

Badfinger Day After Day

Badfinger were a British rock band formed in Swansea, Wales, who were active from the 1960s to the 1980s. Their best-known lineup consisted of Pete Ham, Mike Gibbins, Tom Evans, and Joey Molland. They are recognised for their influence on the 1970s power pop genre. It is estimated that the band sold 14 million albums.

David Bowie How does the grass grow?

David Robert Jones OAL (8 January 1947 – 10 January 2016), known professionally as **David Bowie** (/ˈboʊi/ *BOH-ee*), was an English singer-songwriter and actor. A leading figure in the music industry, Bowie is regarded as one of the most influential musicians of the 20th century. He was acclaimed by critics and musicians, particularly for his innovative work during the 1970s. His career was marked by reinvention and visual presentation, with his music and stagecraft having a significant impact on popular music. During his lifetime, his record sales, estimated at over 100 million records worldwide, made him one of the best-selling music artists of all time. In the UK, he was awarded ten platinum album certifications, eleven gold and eight silver, and released eleven number-one albums. In the US, he received five platinum and nine gold certifications. He was inducted into the Rock and Roll Hall of Fame in 1996. *Rolling Stone* placed him among its list of the 100 Greatest Artists of All Time and named him the "Greatest Rock Star Ever" following his death in 2016.

Peter, Paul, and Mary Too Much of Nothing

Peter, Paul and Mary were an American folk group formed in New York City in 1961, during the American folk music revival phenomenon. The trio was composed of tenor Peter Yarrow, baritone Noel Paul Stookey and contralto Mary Travers. The group's repertoire included songs written by Yarrow and Stookey, early songs by Bob Dylan, as well as covers of other folk musicians. After the death of Travers in 2009, Yarrow and Stookey continued to perform as a duo under their individual names.

Curtis Mayfield People Get Ready

Curtis Lee Mayfield (June 3, 1942 – December 26, 1999) was an American singer-songwriter, guitarist, and record producer, and one of the most influential musicians behind soul and politically conscious African-American music. He first achieved success and recognition with the Rock and Roll Hall of Fame-inducted group The Impressions during the civil rights movement of the late 1950s and 1960s, and later worked as a solo artist.