 *Finding Me in Music, TIA*

CAPSTONE PROJECT ARTIFACT
Barbara Nussbaum

WORKBOOK
Becoming an African Lion/ess: an example of working towards empowerment through an intentional playlist.

INTRODUCTION AND BACKGROUND

The purpose of this workbook is to offer a resource to you the reader. It offers a practical methodology for self-study and seeks to present a series of trauma-informed practices and exercises for using music as a pathway to empowerment. This is presented in a workbook form in order to offer additional guidance to users.

The idea of Becoming an African Lion/ess is used as a creative way to develop yourself as an empowered person. This resource is offered as a detailed workbook for a proposed pilot course for teachers, *Finding Me in Music, a Trauma Informed approach*[1].

The goal of this workbook is four-fold.

- First, it provides a meaningful way for you to increase your level of self-awareness in service of cultivating personal agency.
- Second, it offers practical experience of knowing how to listen to music differently and to use music within the structure of an intentional playlist.
- Third, it provides you with an opportunity to slow down and access your interior world in an intentional and empowering way.

[1] From the book Personal Growth African Style (Nussbaum, B, Palsule S et al 2010) In its original form, this was a 5- page exercise developed by Barbara Nussbaum and has been applied as a tool for leadership development in the USA, Portugal, Zimbabwe and in South Africa. It was first published in 2010.

- Fourthly, it gives you a practical tool to acknowledge your vulnerabilities while also choosing to move beyond them. Because the focus is on empowerment, it gives you an opportunity to name and claim your potential and strengths in an embodied musical form. Once created, this playlist can help to support your well-being and resilience as a teacher.

About working with music .

Why music? Music offers an invitation to acknowledge question marks and uncertainties, as well as providing an anchor to experience the stability of your inner being. "Music has the potential to dissolve and transform the hardness of the heart and create the possibility for human beings to own the paradoxes, the ambiguities, the dreams and the fears in their lives to engage in profound connection both with themselves and others."[2] It is in the deepening of discovery of self through music that inner strengths can be named and claimed..

"Music is a language which is large and generous enough to hold the spiritual and the secular, dissonance and harmony, paradox and ambiguity and to integrate body, mind, heart and spirit. Music expresses the universal, the sacred and the profane, the revolutionary and the conservative, power and vulnerability, the gross and the subtle, joy and sadness."[3] When used with awareness and intention, as a mirror of life music can be profoundly liberating. It holds the potential for surfacing truth and as such, it holds the potential to sow the seeds of renewal for increased agency and empowerment. [4]

Goal of Workbook: The aim of this workbook is to offer you the scaffolding and structure to curate an intentional playlist. It is designed to hone your skills in to listening to music differently and expand and to strengthen your own sense of empowerment and agency.

[2] Nussbaum, B (2018)
[3] Nussbaum, B (2018)
[4] Adapted from Nussbaum, B (2018)

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Music is a powerful medium for listening to yourself and listening to others. In this workbook, you are invited to listen to yourself with awareness. You are also invited to give yourself permission to be fully authentic. Trauma informed pedagogy calls for cultural humility and authenticity, voice and choice. You may have historical roots in a particular culture and country, and you may, at the same time also resonate with music from other cultures. You may have been forced to move involuntarily to another country as a refugee. You will know when you want to choose genres from your own culture and in your own language, or whether you want to include tracks from the treasure chest of music from anywhere in the world. The invitation here is to choose any music in any language, from any country and any era in time.

Offering choice: As you work through the questions, your song choices can either include lyrics or not. You can choose several tracks to answer each question. You are also welcome to modify the question and add your own questions – ones that make sense for your own reflective process. Your learning will be more impactful, and your empowerment more embodied, when you resonate with every track. Through the guidelines that follow, you are invited to pay attention to your reflective process, as well as your physical and emotional responses. The aim is to ensure that you select the artist and the version and artist you love most. The exercises in this workbook invite you to discover music which gives you the dignity that arises from intrapersonal resonance[5] – supporting your lived experience and bodily felt sense to select music you deeply connect with. When using music this way, the music becomes both a mirror and a bridge to your inner world, your senses, your breathing, your emotions, the rhythm you feel and your imagination. The more you connect with the music, physically, emotionally, intellectually and spiritually, the greater the potential impact of this work.

[5] A term coined by music therapist, Dr Ken Bruscia.

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The structure provided offers you a certain amount of safety, yet there is also an invitation for flexibility and creative license so that you can honour your own reflective process and narrative. In trauma informed education, a key consideration related to empowerment is voice and choice. If you do not identify with the Lion/ess as a metaphor, what other animal or bird might you choose? You are welcome to adapt the exercise to a creature of your choice.
The workbook is designed to accompany a course. If you want to try using the workbook on your own. Pace yourself carefully. If you are engaging with the goals of this learning process, finding one music track to answer a single question could take you hours.[6] There are also moments when you will intuitively find your particular music track in ten seconds.

Trust and Transparency

Because we all differ in age, culture, neurobiology, emotional make up, energy levels and musical preferences, a piece of music that feels settling or soothing for me may feel unsettling or irritating or activating for you. This is natural and inevitable. Our listening is shaped by who we are, where we come from, and how our nervous systems experience sound and music. These are a few of the many factors.

In the spirit of learning, trust, and transparency, I will sometimes be offering examples of the music I might choose when responding to the reflective questions in this workbook. By sharing what I hear in the music — and how I make meaning from it — you will gain insight into my own listening process and the inner landscapes that certain pieces evoke for me. These are offered in order to illustrate what an answer could be to a question. My hope is that in finding your own answers, you will learn something about your own music preferences and learning style.

[6] In my own teaching, I invite participants to choose a single theme or question and take a week to come up with one song.

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It is important to reiterate that we are all wired differently. We are shaped by our cultures, religions, countries of origin, generations, religions, geographies, trauma histories and resilience histories, identities, and lived experiences. We each listen through our own preferences, biases, nervous systems and neurobiological patterns. We also draw on different forms of intelligence — emotional, somatic, kinesthetic, visual, verbal, mathematical, musical, imaginative, cognitive — when making sense of music. Listening to music is very subjective.

Because of this, the examples I share are **neither** prescriptions, recommendations, **nor** suggestions for what *you* should listen to. Some of my choices may feel unfamiliar, irritating, jarring, old-fashioned, too western too soppy, too slow, or simply not to your taste. That is completely expected. The purpose of sharing my music is not to influence your choices, but to model openness, vulnerability, confidence, and the practice of listening inwardly and making meaning with honesty and authenticity.

These examples are offered as a window into seeing and hearing how music embodies inner states of being for me — how it can soothe, regulate, inspire, steady, or mirror emotional truths. My hope is that this transparency supports you in discovering your own sonic language, your own emotional resonances, and your own pathways to self-understanding.

The whole point of sharing in this way is to **role-model trust, transparency, and self-reflection**, and to demonstrate the power of music to help each of us and all of us build our own unique inner sanctuary and inner voices of power. In your own way, you will learn to listen to yourself and music differently, and navigate vulnerability, honour sadness, rekindle hope, and cultivate self-leadership. Your task is not to agree with my choices, but to learn about listening to music in a nuanced way and to notice what arises in you. When you make your own music choices, you are, of course, completely free to follow the desires and call of your own listening preferences and mood with curiosity and care.

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Trauma-Informed Safety Note

As you engage with the musical reflections in this workbook, please remember that music can evoke strong emotions, memories, and sensations. This is completely natural. Each person's nervous system responds differently, and there is no "right" or "expected" way to feel.

You are invited to move at a pace that feels safe and manageable for you. If a piece of music stirs discomfort, overwhelm, or unexpected emotion, you may pause, take a break, skip the example, or return to it later — or not at all. Your wellbeing comes first. You are always have a choice. You decide what you listen to, how long you listen, and whether you wish to continue, and when you need to pace yourself while working through the workbook. [7] You may also choose to listen with the volume low or simply read the reflection without engaging with the music. To support your learning in listening to the music of others, during the course, I will include additional **guidelines for listening**. These include suspending judgement, listening with an open heart and mind; listening with respect and reverence for another.

If you notice either tuning out the music, feeling bored or activation in your body — tension, irritation, restlessness, sadness, or anything else — gently orient to your surroundings, take a few slow breaths, or place your attention on something grounding (your feet on the floor, your hands resting, or paying attention to a familiar object in the room). The purpose of this work is not to push you into emotional territory you are not ready for. It is to support you in discovering your own inner sanctuary, at your own pace, with gentleness and self-compassion. You are encouraged to honour your limits, trust your intuition, choose tolerance, and widen your window of tolerance if you can and engage only in ways that feel supportive and steadying for you.

[7] In my Finding Us in Music workshops, I recommend listening to the song of another for a minimum of two minutes and a maximum of 3 minutes if others are in the room. In your own company, you may work out after 10 seconds you do not wish to listen any longer.

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I now move from orientation and introduction to the work, to the task of creating your own intentional playlist.

QUESTIONS, GUIDELINES AND TECHNICAL SUGGESTIONS FOR WORKING WITH AN INTENTIONAL PLAYLIST

A. PURPOSE OF QUESTIONS AND CHOOSING MUSIC

Purpose of Questions

The questions in the workbook encourage you to reflect and slow down and take time for yourself. And then invite in your very personal way of making meaning and interpreting what a song or instrumental track means for you. Embedded in the questions, are also invitations for creativity, access to your own imagination experience of attuning to the flow of your emotions and the rhythm of your breathing. There is an in- built opportunity for you to embody your experience in a conscious and discerning way. Listening to music with inner clarity and conscious intention will also facilitate integration of your brain and body, heart and spirit.

How to choose music:

Here is an example related to self-compassion. How can you discover and build the capacity to hold and honour yourself with great appreciation, care, and lovingkindness? Take your time to think about a quality related to that part of you that is compassionate and loving to yourself. Choose music which feels deeply comforting to you, attuned to how self-compassion feels to you. What piece of music helps you feel held and loved, evokes self- compassion This instrumental piece by Frederic de La Rue is called Eyes of the Heart. It gives me the experience of sensing that the eyes of my heart are loving and gentle, whether my heart is looking at me

or you. https://open.spotify.com/track/7w9s2cqdLWIFPkZCoxqhqZ?si=bf6903d889f04888. This is a You Tube version. https://www.youtube.com/watch?v=Qqmbq1YPUlI.

Because the choice of particular music track is very personal and subjective, here are at least two ways to select your track of music:

- One way is to decide on the quality you wish to discover – whether it is self-compassion; comfort, offering lovingkindness to yourself. And then look for a track of music which best expresses it. Examples of the music could be : how you embody your own ability for positive self -talk and self-soothing in tough moments; or activate a loving presence to yourself even during times of uncertainty and loss. What music track sounds like the person you are, or aspire to be, the person who is full of self-compassion? Another approach, for those who are spiritual or religious, may be to access resources within you that give voice to prayer. This track, by Celine Dion and Andrea Bocelli, The Prayer, helps me find a way to reach out to a higher power. The words and the music bring the comfort and reassurance that come from above. On difficult days, this music helps me transcend my own fears and limitations. https://www.youtube.com/watch?v=W8DGuvab_Lc

- Or, you may know intuitively that a piece of music is YOUR song of self- compassion. If so, reflect on why you resonate with that song. *What qualities of compassion does this particular song inspires within you. What moves you about the song? How does this music enable you to feel held in a loving way, or evoke the part of you that can offer self-compassion? What line of the song or instrumental track sounds like the qualities of compassion and kindness you are activating for yourself?* The lyrics, the instruments, the melody, the rhythm, the whole?

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B. QUESTIONS FOR BECOMING AN AFRICAN LION/ESS

This section offers questions designed to inspire your own experiences and inform your listening, your choices and meaning making. We begin with the question – how to you create a safe space?

1. Creating a safe space Your songs of safety, self -regulation and sanctuary.

Safety is an essential first step. As teachers you are creating a learning sanctuary for your students yet, it is important first to create a sanctuary within yourself. So, before you begin this reflective process, first connect with yourself and give yourself permission to both discover and create find places of safety within you. As you select your music choices, create a music playlist. In your journal, write down what each track means to you and why you chose it. This will support the overall impact of your journey, because you are integrating thinking and feeling.

The Biological Reset: *Which track communicates immediate safety to your nervous system and helps you breathe more easily*?[8]

The Heart Sanctuary: *Which music feels like a "loving sanctuary" that honours the question: How is your heart?*

The Generative Space: *What music allows you to slow down into a quiet, spacious, reflective state of mind? Or alternatively what music opens up wide horizons and galaxies of twinkly stars to activate your imagination?*

[8] https://open.spotify.com/track/6f5tOyAyk2JuuDSGqpfzLV?si=f1507bb569044549

Reverence by Frederic de la Rue, captures for me, a safe space, which feels not only safe, but offers a chance to breathe in and out slowly. The same track would work to answer the question below – how is my heart? My heart feels regulated, full, alive and hopeful. The sounds of the sea, with the dolphins close by give me a feeling of spaciousness and joy.

The Power of Choice: Which track helps you shift out of "survival mode" and reclaim the power to choose your own internal state? Self -regulation is about reclaiming the power to choose to create your own state. Is your sanctuary a small intimate space within you, or are you imagining you as a lion/ess whose sanctuary is the vast horizons and space in the African bush?

I now move on to thinking about other people and the roles they have played in your life.

2. Honouring people who have inspired you and shaped you.

During different times of your life, it is likely that a number of people have shown up to support you. As you contemplate your own life's journey as a teacher, consider which people have inspired and shaped who you are. There may be other people to whom you feel connected and who have helped you feel seen for who you are – the kind of people who have helped you connect with yourself. A grandparent, a mentor, a community?

The Beacon of Inspiration:

Which song captures the essence of someone who has always inspired you to step into your potential. Or a leader or mentor you don't know but who inspires you. *Think of a person who embodies hope; what is the specific quality they carry (resilience, kindness, fierce grace) that you hear reflected in this music?*

The warmth of your community?

How does the warmth of your community feel in music? *Choose a track that mirrors the energy of the people who ground you. Is it a steady rhythm that speaks to the longstanding role they have played in your life, or particular song they sang in your church, synagogue, mosque or other*

community rituals? What instrument or harmony, or choir represents that feeling of being part of a community?

A Shared Sanctuary: *Pick a track that represents the safety you feel when you are seen and understood by colleagues or mentors.* [9]

I now go back to you!

3. Honouring yourself – your talents and your strengths

What are the main strengths or qualities you want to acknowledge in yourself as a teacher. If the metaphor is helpful to you, as you become an African Lion/Lioness, what songs, what music, inspires you to claim your agency? *What is the music that activates your strengths and empowers you as a human being?*[10] *What is your lion/ess song?*

Your place of belonging. *What is a quality within yourself that gives you a sense of home? Forget your role as an educator for a moment. What is a part of your personality—your curiosity, your*

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[9] https://open.spotify.com/track/7qzqrwIQLXTkPdVnKIEMRe?si=f9c1649a96944cdc

This track called Minuit by Paul Winter feels like the warmth of my imagined global community. People who share the same values are singing and dancing together in harmony. The melody feels warm and loving .The rhythm of the voices complement the beat of the drum and other instruments. I feel that I belong and part of a nurturing community.

[10] https://open.spotify.com/track/7BeilvYoS5UEHuzwDX2cB8?si=2c0f0e5bf285427a

This song Touma (Wimowe) is by Mory Kante, a west African musician born in Guinea. The song was originally called Mbube, composed by Solomon Linde in South Africa 1939. Many years ago, I resonated with this version, because of its dynamic and expansive meaning "Lion" evokes literal and symbolic resonances: masculine strength, communal resilience, joy and rhythms and the desire to dance. It remains one of the most recorded songs ever to come out of the African continent. The African Lioness that I once aspired to be, is dynamic, strong and connected to community. Today I would probably choose a different creature – a dolphin who is less driven but empowered through attunement to others.

resilience, or your quiet inner world—that you cherish most? Which track celebrates this private version of you where you know you belong?

Your Inner Resources: *What track celebrates a personal quality you cherish in yourself—something that belongs only to you, not your job?*

The Power of your Agency: *What music mirrors your internal power to reclaim your peace when the world feels chaotic?* [11]

Imagining the future: *What music carries the possibility of your own future joy and flourishing, separate from your school's walls?*

The choice to envision boldness

Outside of your school's walls, what is your "wildest dream" for your own life and flourishing? *Dr Mays Imad reminds us that hope is a cognitive necessity. What is a vision you hold for your own joy, growth, and contribution to the world? What music carries the energy of your future, unburdened self?*

Accepting vulnerabilities. Part of being human, is acknowledging your vulnerabilities and limitations in tough moments. *What song honours your current vulnerability and allows you to feel safe in your own skin today?* [12]

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[11] *https://open.spotify.com/track/4dpufyK2lWWG0Nb71zuEpV?si=238c52052baa479b*

I believe by the Bachelors, for me affirms the power of my stand for hope, faith and belief in a higher power. On most days, I can access this strong connection and belief.

[12] https://open.spotify.com/track/48UpQ84TKrjoM5twZHdyWD?si=a299fe7544a947dc

4. Acknowledging vulnerabilities

Teachers are human beings, often being shock absorbers holding space for traumatised students. What track of music, whether its about historical trauma, or a residual personal trauma acknowledges that you are a human being with scars? There are many examples of music all over the world, which acknowledge the existence of vulnerability and yet both in the words and in the music.[13] There are other songs that offer a partial or full resolution of the pain, or loss, or whatever the scar.

Acknowledging your humanity: What track simply recognizes the reality of your vulnerability and "scars" without pulling you back into a raw or overwhelmed state?

The Soundtrack of Resilience: Which music acknowledges a difficult history—personal or collective—yet carries a rhythm of acceptance steady endurance? For me, it would be Anthem by Leonard Cohen.

https://open.spotify.com/track/7aAE5KL20Uycf3dswsaHjp?si=c039cc3f9cd74eb7

"Forget your perfect offering, there is a crack in everything, that's how the light gets in."

Partial Healing: What song feels like the partial healing of an emotional scar? Music that doesn't claim everything is perfect but lets you know you are on a path of healing.[14] Or a song which

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This track Schubert Impromptu 899, D 90 Op 3 honours and accepts vulnerability, and provides safety. The structure and repetitive rhythms of the music is comforting and grounding to my ear. The music itself allows in residues of sadness, yet also gives expression to hope, and offers partial resolution to the sadness and even acceptance. There are layers to the safety. As a child, my mother was a pianist and would often play beautiful classical music – so for me, it offers the safety and familiarity of being home.

[13] In one workshop, a participant chose the song by REM Everybody hurts.
[14] The same Schubert track could also apply as my answer to this question.

accepts your own limits with dignity. I recall a song by Lebo M, Deeper Meaning[15] in which he admits with grace, that he cannot change the world, he can only change himself.
https://open.spotify.com/track/5UDV7gDlP3o1JclpeeuYvA?si=LgHh2w0eT16Q0pGGWkNOGg

The Safe Container: Which track provides a musical sanctuary where you can sit with your humanity and feel "held" rather than "broken"?

5. Overcoming your weaknesses, doubts, and fears

Everybody has experienced doubts, weaknesses or fears that they have overcome or accepted. Choose a piece of music which embodies either your commitment to change or your self - mastery. Part of the journey of agency is to acknowledge how you overcame fear, doubt, hurt, and to remember and claim the voice of your mastery and inner strength. According to a pedagogy of hope, **the ability to shift into agency.** is a major predictor of health. When teachers feel they have hobbies, or practices (boxing, praying, walking, singing) to shift their internal state, their brain moves from a "threat" response to a "challenge" response. Choose a song for the strategies you use for your agency and decision to self- manage.

***Empowering your body*:** What track captures the energy of your "active" restoration?

Whether it's the discipline of walking or running, or the power of boxing, or the joy of movement or dancing—choose music that feels like you taking charge of your physical state.

Finding Stillness: Which music supports your quieter strategies for survival?

Think of the tracks that facilitate your prayer, meditation, or deep breathing—the sounds that help you find a "sanctuary of silence" in a loud world.

[15] Lebo M's lyrics acknowledges, *"I can change myself"* . He imagines a different inner possibility. It is an act of acceptance and imagination — envisioning a more humane, grounded, dignified way of being within himself.. The words accept limitation, but the music is upbeat, showing the dignity of his choice.

Endurance or renewal anthem: What song represents your conscious decision to keep going? *Dr Mays Imad describes hope as an "active choice." Pick a track that feels like your determination to break through barriers when your resilience is tested. Or alternatively, which track reveals a moment of renewal*[16]

Choosing service or Connection: What music reminds you of the service to community that sustains you? *If your strength comes from helping others or feeling connected to a higher purpose, choose a track that reflects that expansive, outward-reaching energy.*

6. How do you want to be remembered?

"People will forget what you said, people will forget what you did, but people will never forget how you made them feel." Maya Angelou

Your Core Self: What music reminds you of the essence of who you are? *Think of the person who loves specific hobbies, has a unique sense of wonder, or simply enjoys the world or is fascinated by people. Choose a track that celebrates your core identity—the "you" that exists beyond the classroom walls.*

Remembering your dignity and sovereignty

What song helps you reclaim your sovereignty when you feel worn down by your students or the administration? *Empowerment is about claiming the power to choose your own state. Pick*

[16] https://open.spotify.com/track/0k5yvkrbkjJIZOMKJvLem0?si=9e84c8bc55484a12 Amor Cinza. (Gray Love) The song describes a grey horizon and insists that grey is not an ending but a beginning. The lyrics celebrates grey as a noble and sacred colour – the colour of the ashes of spiritual renewal, and the phoenix rising. I hear dignity and sovereignty in the song, and for me the stable rhythms and flow, the trust that when one chapter is over, when one door closes, another door opens. My inner sovereignty and resilience goes beyond the limitations of a job.
On a lighter note, there are moments when I have enjoyed the country and western song. Take this Job and shove it, by Johnny Paycheck, https://open.spotify.com/track/4XbxeoBeQnwpsyJyZEMoWc?si=72e281e6198d4258 The lyrics are self-explanatory and helped me remember what I really wanted to do when I was not enjoying a job while living in Texas,

a track that that helps you reclaim your inner sovereignty and reminds you that you belong to ***you****, not to your job.*[17]

Your hidden scars: **What music acknowledges the hidden scars you have healed?** You are a "shock absorber" in your work, but you have your own life's weather to contend with. *Choose a track that honours your personal resilience and the quiet way you have healed yourself over the years, without requiring you to share that story with anyone else.*

Being the sunshine of your life: re-imagining the feeling of your own success:

What is the "boldest vision" you have for your own personal flourishing and joy? Hope isn't just for the classroom; it's a cognitive necessity for a life well-lived. *What music expresses the energy of the adventures, the peace, the success or the growth you want for* ***yourself*** *in the coming years?*

7. **The Soundtrack of Your Sovereignty**

This isn't about how others see you; it's about how it **feels** to be inside your own skin when you are at your most confident and grounded. It is the music of your own internal homecoming.

The Internal Shift: How do you feel when you are no longer in "survival mode"? *When you are the calm centre of the storm, what is the specific texture of that feeling? Is it a contained feeling of serenity or a high-energy directed pulse of passion and purpose.*

[17] https://open.spotify.com/track/1XCbALFB4TWQ11SxgOqA9W?si=88825c66eaf94d42. Yanni's track In the Mirror is my go to song to remember what feels like inner sovereignty. The music embodies the eternal well spring of love, generosity and harmony and the desire to reach out and offer whatever gifts I have to inspire and nourish others. Listening to the music, I hear that the music flows in different intensities, yet it is always like an eternal spring flowing up and out because it is connected to its soul source. My soul source. What is the music of your soul source?

The Experience of Self Mastery: Honour your present self, of imagine your future self—a person who knows what self-mastery feels like. *What music embodies that version of you?*[18]

The Music of Your Eternal Spring: Choose a track that acts as a mirror or a bridge to this feeling. Whenever you hear it, it reminds your body and your heart that this empowered state is possible and belongs to you.

8. What else emerges for you as a way to close out this process.

What other questions do you want to ask yourself, or what kind of closing statements do you want to make in order to give you a sense of completion.

IMPORTANT NOTE. Feel free ignore questions and to focus on the questions you are drawn to. You may also want to modify or add your own questions, according to the way you think and relevant to the circumstances of your life experience. You are free to even change the animal – you may feel more empowered as a giraffe, or a dolphin, an eagle or a hummingbird.

C. PRACTICAL GUIDELINES FOR CURATING THE PLAYLIST

Here are suggested guidelines for creating your playlist. As far as possible, be true to yourself in selecting appropriate music to express what you feel. *Only use music you really love and enjoy and that is personally meaningful and inspiring*. Part of expressing your agency is honouring

[18] https://open.spotify.com/track/77E8LRBTsUnb0xdpkM8MeQ?si=680b2c7ef68240c0

Come See the Paradise, from the movie of that name (1990) by Randy Edelman. The feeling of this music is dignity, inner strength and sovereignty. I imagine moments in the past and perhaps the future. In the past it was walking towards a stage during graduation. I imagine a moment when I may receive an award. The internal feeling is that I know who I am and I have achieved something truly worthwhile, as a result of my own agency and effort.

your inner truth. If you do not genuinely love the piece of music you have chosen, do not include it. Don't think, plan, or work too hard at this. It should be fun! Think of yourself as an integrated whole, where you are in harmony with the particular version of the song, or instrumental track.

Allow yourself creative licence. For example, you may not like all the words of a song, but one line may really appeal to you and accurately embody what you want to say. It is fine to pick that song just for that line. For example, there is a South African version of a famous Joan Baez song called Thula Sizwe, 'I Shall Be Released' which has the line: *I see my light come shining, from the west until the east, any day now, any day now, I shall be released*. This version is sung by Miriam Makeba and Nina Simone.
https://open.spotify.com/album/28whMtpMbbEI2M1DqojLDo?si=_lYQeUuZQOOXrXnE2Xw2Ng

You may not feel connected with every line in the song. But this one line might support you to stand in your power, how you can envision your confidence, your belief in your own strength and talent. You can have in mind what it is you are being released from or what you need to let go of that no longer serves you. It is nervousness or fear, lack of confidence, unhealthy ego, or holding on too strongly to self-limiting beliefs? I know that there have been moments in my own life, when this song has given me hope. You may prefer another line in this song, "every man deserves protection". It all depends on what lands for you on a particular day.

Take your time. This is a playlist that you may want to keep for a while. Take your time choosing the songs that work for you and the ones that *you* like. You may find there are several playlists emerging from this workbook.

Give yourself permission to listen to and edit the playlist: Ensure that you resonate with every track, and that you like the version you have created.

Do not be limited by language. If the feeling of the music matches the image or feeling you are trying to articulate do not worry if it is sung in Spanish or some other language you do not understand. Listen for what you hear in the music, whatever the language.

Go beyond the music you may know. If you have something you want to express and don't have or cannot find the right music, ask friends and colleagues what music they might choose for a certain theme. You could also check out Spotify or Apple music (or other platform) inserting a particular theme and see if the apps can suggest new songs, that may resonate with you.

D. SUGGESTIONS TO INTEGRATE THE FULL POTENTIAL OF THE EXERCISE

From your journal and following the order of tracks on your playlist write a few sentences per track to embody and internalise what the music means to you.

Embodying the meaning of a particular song is more likely when you write down how you are connecting the dots. This will help you stand for your narrative and integrate how you have made meaning of each track. For example, you may have a brother, father or grandmother who was involved in a political struggle and loves certain freedom songs. In your narrative notes you would write something along the lines of: 'My grandfather has always taken a stand for social justice and liberation. He was a member of the Freedom Charter. I want to honour his generosity and beliefs in freedom by playing *Nkosi Sikelel' iAfrika,* a song he always loves to hear. Like my grandfather, I am an activist for freedom and justice.'

Seek help from other people. You may be surprised how well other people know you. If you know and trust someone, you could ask what song track they would pick for you and why they chose it to describe a particular strength you have.

Your song. (Optional) If you know that a particular song is an anthem, you could begin and end with the same song/track. This could represent *your* song – the teacher you are becoming. It

should be a piece of music that really motivates and inspires you and is personally meaningful. It could be **your theme song,** for this moment in your life.

Voice and Choice: You are expressing your own voice; you are making your own choices to be fully expressive of how you are feeling. **The playlist is intended to be for your own use.** It is not necessary to share your playlist with others. Whether you share or not is completely up to you. In the pilot course, you will have opportunities to share your song in a dyad.

References

Nussbaum, B, Palsule S, Mkhize V:(2010) Personal Growth African Style (Penguin South Africa)

Nussbaum, B: (2018) Finding US in Music™ A Method for Deeper Group Engagement That Integrates MUSIC with Ubuntu, Contemplation and Reflection in Handbook for Individual and Organizational Transformation, editor, J Neal (Springer, New York).