

it's all jazz: nurturing resilience through poetry
(poem for Davis Phinney Foundation Summit, 4/2/21)

It's all jazz

improvise

listen

incorporate integrate

improvise

listen

FEEL deeply

play/listen

FEEL further in

further down

play THAT

listen/improvise

FEEL

each

note

each

space

between

FEEL

the way notes runtogether/make-a-phrase

anticipate

improvise

incorporate integrate

LISTEN/play

PLAY/listen

FEEL

anticipate

no wrong notes

only new moments

opportunities

to listen/improvise

TRUST

your ear your heart your voice your deepest affections emotions questions celebrations fears

FEEL

without thinking

FLOW

the way water

always flows

toward free

free expression

free feeling

free spirit

no matter the pain

play THAT

no matter the suffering

play THAT

no matter despair anxiety depression death
play THAT
all the ways you hurt
play THAT
all the little things bring you pleasure joy
play THAT

FEEL it ALL
improvise incorporate
improvise integrate

above all

before all

during the entire set we call this-life

listen

feel

go with that

play

you are the instrument

you are the instrumentalist

you are the source the sound the rhythm-and-flow the music itself

it's all jazz man

it's all jazz woman

there's only this one night

at this particular club called earth

so play

freely play

put it all out there

on the stand for all to hear

leave space for your bandmates too

cuz it's all best when

the jam

is

cookin'

for everybody!