

## EMERGING FROM THE PITS

*We all have times in our lives when we feel to be on the bottom of the heap. When in that emotional space we crave relief. We might be experiencing grief, feelings of unworthiness, abandonment, loss, shame or fear. These tough times create some of the very lowest energy vibrations that life has to offer.*

*At these low points, your psyche would likely reject suggestions for any upbeat positivity. You need to ease yourself up and out, not force it. To move up the emotional ladder, create a playlist comprised of songs that lift you to a slightly higher vibration. To affect this state of mind, it's helpful to choose music that hints of a prescription for hope and support.*

*Below are two suggested Play Lists for this emotional state. As you take in List A, and then ease into List B, sense the mellow build from "life is the pits" up to a hint of "feeling the possibilities" in life once again.*

*Whether you use the suggested lists or create your own, it's wise to open with a couple songs that resonate with your present pain. Next, move slightly up the scale with songs that either get behind and nudge you forward, or tunes that jump ahead of where you are and draw you higher up the emotional scale. This combination of emotional resonance will assist you through the pits and out the other side, easing you gently back into the hopeful rhythm of life!*

### LIST A: CLIMBING OUT

Why	Annie Lennox	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
Calling All Angels	Jane Siberry/k.dlang	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
Let Me Fall	Josh Groban	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
Blank Page	Christina Aguilera	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
Bend In The Road	Donavan Frankenreiter	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
It's Gonna Get Better	CeCeWinans	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
Desperado	The Eagles	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
Isn't Life Strange	Moody Blues	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
Exhale	Whitney Houston	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
Let It Be	Beatles	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
When You Believe	Whitney Houston & Mariah Carey	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
Blackbird	The Beatles	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
Time Is A Healer	Eva Cassidy	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
Survivor Song	Joel Rafael Band	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
The Pretender	Jackson Browne	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>

Superwoman	Alicia Keys	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
Here I Go Again	Whitesnake	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
Here Comes The Sun	The Beatles		<a href="#">Download on iTunes</a>

## LIST B: RELIEF JUST AHEAD

The Voice Within	Christina Aguilera	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
The House That Built Me	Miranda Lambert	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
Listen	Beyonce	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
A Place In This World	Taylor Swift	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
Times Like These	Jack Johnson	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
You Can Love Yourself	Keb'Mo	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
Break The Shell	India Arie	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
Have A Little Faith	Dakota Blonde		<a href="#">Download on iTunes</a>
I Did Not Know My Own Strength	Whitney Houston	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
Win	Brian McKnight	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
Coming Out of the Dark	Gloria Estefan	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
If I Were Brave	Jana Stanfield	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
Good Rain	Trevor Hall	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
Hold On	Good Charlotte	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
Why Is It So Hard	Madonna	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
Hope	Idina Menzel	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
One Day	Matisyahu	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>

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### COUNTRY

A Crooked Road	Darrell Scott	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
Doctor Good Doctor	Guy Clark	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
Hello Mr. Heartache	Dixie Chicks	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
I Will Rise Up/Ain't No More Cane	Lyle Lovett	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>

The Invisible Man	Darrell Scott	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
Keeping The Faith	Mary Chapin Carpenter	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
The Last Thing I Needed	Willie Nelson	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
Love Can Build a Bridge	The Judds	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
Margaritaville	Jimmy Buffet	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
The Open Door	Darrell Scott	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
A Place In The World	Mary Chapin Carpenter	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
A Place In The World For A Gambler	Dan Fogelbert	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
Peace In The Valley	Anne Murray	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
Someday	Darrell Scott	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
Still Got A Ways To Go	Darrell Scott	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
There's A Stone Around My Belly	Darrell Scott	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>

## FOLK

Angel	Sarah McLachlan	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
Don't Laugh At Me	Peter Pau	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
Beautiful	Carole King	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
Gets You Down	Court yard Hounds	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
Song of Bernadette	Jennifer Warnes	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
The Higher You Climb	Dan Fogelberg	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
I Want To Live	John Denver	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
I've Got A Name	Jim Croce	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
Little Glass Of Wine	Jesse Winchester	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
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Off The Ground	Christine Kane	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
The Shit Song	Louden Wainwright III	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
Some Days Are Diamonds	John Denver	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
That's What Makes You Strong	Jesse Winchester	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
These Days	Tom Rush	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
A Thousand Girls	Christine Kane	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>
Time Stands Still	Joel Rafael Band	<a href="#">Buy at Amazon</a>	<a href="#">Download on iTunes</a>

To Live Is To Fly

Guy Clark

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To The Morning

Dan Fogelberg

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Tower of Song

Leonard Cohen

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Neil Diamond  
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Cyndi Lauper  
Superchick  
Barbra Streisand  
Adele  
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Asleep  
Back On My Feet Again  
Behind Closed Doors  
Carry That Weight  
Feelin' Stronger Everyday  
The Final Cut  
Getting Better  
Help!  
Helplessly Hoping  
How Come the World Won't Stop  
I'm A Loser  
I Still Haven't Found What I'm Looking For  
I Want To Know What Love Is  
Learn To Fly  
Lonely People  
Long As I Can See The Light  
Nowhere Man  
Secrets  
See The Changes  
Strong Enough  
Take It To The Limit

Pearl Jam  
The Smiths  
The Babys  
Rise Against  
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Chicago  
Pink Floyd  
The Beatles  
The Beatles  
Crosby Stills & Nash  
Anastacia  
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U2  
Foreigner  
Foo Fighters  
America  
Creedence Clearwater Revival  
The Beatles  
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Crosby Stills & Nash  
Sheryl Crow  
The Eagles





Thoughtless  
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Hold My Hand  
I Will Always Love You  
Just Like You  
Never Give Up  
Not Afraid  
Not Gon' Cry  
Ooh Child  
Reach Out, I'll Be There  
Remember The Tin man  
Smile Please  
Song of Bernadette  
Standing Stone  
Theme from Valley of the Dolls  
Tired Of Being Alone

Tracy Chapman  
Hootie & The Blowfish  
Whitney Houston  
Keb' Mo'  
Yolanda Adams  
Eminem  
Mary J. Blige  
The Five Stairsteps  
The Four Tops  
Tracy Chapman  
Stevie Wonder  
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