



Power Song – a Wellness Activity

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Time: 20 – 40 minutes depending on group size Set up: chairs in circle, cloth and a few instruments in center

Like a power animal, we all have power songs. Songs support us, bring healing, uplift, comfort and teach or remind us of what we need to feel successful and alive. In Music Medicine, power songs represent the music of the heart; melody; the direction of the East; and the element of fire. Here is one of my power songs - <https://youtu.be/A2g3jACrc-o> Cherokee Morning Song

What songs ignite your spirit, empower your heart?

1. Share your own power song, something that inspires and empowers you. It could be an original composition or a favorite song by an artist. Sing a few lines or the chorus and invite the group to join you. Form a pit band, invite percussion and soft egg shakers, etc.
2. Give everyone time to reflect on their power song. You can play a soft kalimba, strumstick or chimes to hold the space. Do not play music with words as it interferes with the creative process.

** Another variation is to allow everyone to write their power song. This can be done using a popular tune and changing the lyrics. This might require more time.
3. Have group members pair up and share their song with a partner. Limit it to 10 minutes, 5 minutes each, and ring a bell or



singing bowl to signal when to finish. Ask if anyone wants to share with the whole circle and invite the group to sing along. It's amazing to have someone stand in the middle of the whole group singing their power song to them, as a practice of receiving.

4. Finish with helpful hints in using your power song. Give 4 examples -

- a. sing it in the shower
- b. sing it in the car
- c. listen to it when you need healing (PRN)
- d. Sing it to greet the day

5. Bring the focus outside the self, into the planet, community, etc. What power songs do you know for the earth? What power songs represent your spiritual beliefs? What power songs represent women's empowerment or personal growth?

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