

•10 Confessions And Secrets of a Singer-Songwriter Who Became a Muse



Confessions:

1. *I really had no comprehension how all the stuff I was doing had an impact on my health until I no longer had a choice but to stop doing nearly everything...*
2. *I kept doing everything I could to not think about what was happening to my body. My mantra was Just... Keep... Going...*
3. *I didn't know how to reconcile my desire to connect and present my public face as an artist with my want to hold back my private health issues!*
4. *Rather than watch my dreams die, I discovered and chased new dreams and learned to keep dreams alive!*
5. *I instinctively turned to music when I needed it most! (Music is My Lifeline!)*
6. *I couldn't handle and didn't want to imagine the road ahead: weeks or months of therapy and rehabilitation. I was waiting for the drugs to kick in.*
7. *I wasn't ready to take on others suffering but perhaps needed to learn compassion first hand.*
8. *I didn't know my story was my story, and that part of it would involve sharing my journey with you!*
9. *It isn't enough to simply accept the DM. I also need to make peace with my limitations.*
10. *I have become a muse-a light in the darkness that is DM-and the universe appears to be listening...*

Secrets:



1. *I awaken and greet each day with total love, gratitude & a positive attitude keeping my spirits high, always having hope!*
2. *I strive to get the best quality of life that I can from each day. I "Do What I Can With What I've Got." I've come to peace with a new baseline and slower pace.*
3. *I have found and live in my place of joy!*
4. *I am constantly believing in and telling myself "I am blessed" and "life is beautiful."*
5. *I do not go this alone! I recognize when I need help, have learned to receive, nurture relationships, have great empathy and compassion for others and have an amazing support system, beautiful loving family, friends and a whole network of connections.*
6. *I make time and opportunity to create and express through music!*
7. *I write about DM to process, share and connect.*
8. *I play, use humor and find ways to smile and laugh (and make others smile and laugh) constantly!*
9. *I truly practice law of attraction and know if you imagine it and truly believe it, you can realize it!*
10. *I see opportunity: I ask "what can I give, what can I learn from this and what can I teach," not "why me," and I refuse to be a victim! I am not the disease!*



What You Got

What-what you got
What-what you got

When life is hurling lemons at your face
when you're an old rat and can't race
and you've just lost your mate to that
obnoxious tramp
and doors are slamming

When all-all you can do
is hide till it's through

You got to do what you can with what you got
you gotta move to the groove with what you got
you got to go-o-o-o with the flow-just take it
slow
and do what you can with what you got
what-what you got

When all you see are stacks of bills to pay
when you can't get out of bed today
and you've been told 30 days is all you get
and you just put down your cat

When all-all you can do
is cry till it's through

You got to do what you can with what you got
you gotta move to the groove with what you got
you got to go-o-o-o with the flow-just take it
slow
and do what you can with what you got

Whether you like it
or like it not
whether he loves you
or loves you not
it's what-what you got
what-what you got

When you no longer fit inside your jeans
when mom is total drama queen
and you're watchin someone else live your
dreams
while tv's your family

When all-all you can do
is bre-ak in two



You got to do what you can with what you got
you gotta move to the groove with what you got
you got to go-o-o-o with the flow-just take it
slow
and do what you can with what you got

You got to do what you can with what you got
you gotta move to the groove with what you got
you got to go-o-o-o with the flow-just take it
slow
and do what you can with what you got
you can't be something that you're not
just go-o-o-o-o-o with what you got
what-what you got

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*JUST... KEEP... GOING... keep writing, keep dreaming, keep
planning, keep playing, keep recording... keep "doing"...*

*"If I had to sum up my head space during the calm before
the storm, those 3 months from June through August
2010, which were anything but calm, three words would
have been my mantra: Just... Keep... Going... keep doing
everything I can to not think about what was happening...
Just... Keep... Going... until... well, I didn't know until what. At
the time, those words Just... Keep... Going... must have been
stuck on repeat like some old broken record, somewhere in
the recesses of my mind..." (Dermatowhat?? (on living with
DM) Pt. 7)*

*"Looking back at my online journal for Jan-June 2010, I
have NO IDEA how I managed to juggle all this music, let
alone life, with the rebellion my body was staging! I think
honestly, I avoided and saw what I wanted to see. Not
listening to my body's whimpers and aches and pains-the
Body who cried wolf so many times I couldn't even tell when
the wolf finally did appear later in the Grimm
version of the fairy tale that was my life...
There was just no way I would let this DM get
the best of me. What a damn stubborn girl.
Relate?" (Dermatowhat?? (on living with DM)
Pt. 6)*

