

MUSIC AND READINGS for HUMANITY¹

A Humanitarian Creed - “Love kindness. Build community. Believe in Humanity.”

Journey of Life

Readings: The White Paper - *Section B: The Journey of Life*²

Music: Cat Stevens Journey medley or American Discovery Symphony (ADS) 5th Movement³

Healing Nature

Readings: Uncivilized Journeys - *Section A: On the Path to Recovery*⁴

Music: John Denver Nature medley or ADS 1st Movement

Kindness and Community

Readings: Uncivilized Altruism - *Section A: A Penny Spent*

Music: The Bards of Balance songs of Community, Friendship covers, or ADS 3rd Movement

Meant for Joy

Readings: Uncivilized Joy - *Section A: Joy of Living*

Music: ADS 4th Movement or Joy covers

Systemic Problems

Readings: Pandering and Punditry - *Entry #32: Caveat Emptor!*⁵

Music: The Bards of Balance songs of Protest

Civilized Abnormalities

Readings: The White Paper - *Section F. Paternalism and Groupthink*

Music: Social Justice covers

Care Partners

Readings: Humanity Hiker Blog Post (05/11/2018) - I ‘uv ‘oo⁶

Music: Love covers

Reflections

Readings: The Way of Chuang Tzu - When Life was Full⁷

Music: Humility, Faith and Courage by The Bards of Balance and various covers

¹ My music and writings can be purchased from my humanitarian eCommerce site (kirksinclair.com)

² The White Paper and other essays are from the Unenlightened Wisdom Project, a ten year endeavor that journeys the reader from brain health to democracy. (www.unenlightenedwisdom.com)

³ The American Discovery Symphony tells the story of a 5,000 mile, year long walk across the country along the American Discovery Trail. ([YouTube.com/HumanityHiker](https://www.youtube.com/ HumanityHiker))

⁴ Brain Health is the first volume of essays for the Unenlightened Wisdom Project

⁵ Pandering and Punditry is a journal kept during the 2024 Election Year.

⁶ Humanity Hiker shares the story of living with the adversity of early onset Alzheimer’s (www.humanityhiker.com)

⁷ From a collection of poems by Lao Tzu, compiled by Thomas Merton.