

“Mem’ries, light the corners of my mind. Misty water-colored mem’ries, of the way we were.”

Can you hear Barbra Streisand singing that one? And if so, does it bring you back to certain times, experiences or people?

It’s marvelous the way music can elicit so many positive feelings...

- Many couples have a favorite song – and if we don’t, sometimes a special someone will loan us theirs (like in the movie *My Best Friend’s Wedding*.) Canon in D was played at our wedding and has always been special to us.
- Certain songs remind you of special people. When my roommates and I had parties in college days, “Celebration” by Kool and the Gang was frequently heard blasting from the stereo. Even typing the previous sentence brings a smile to my face and reminders of those guys.
- The front of our Cline Clan Cookbook lists favorite hymns of my grandparents and other cherished family members. Singing “their songs” brings back wonderful moments.

What songs have particular meaning in your life? Please take a minute to jot down a few song titles on the newspaper or another sheet of paper and then come back to finish reading this column.

[[You aren’t continuing to read the column before writing your list of songs, are you? :-)]]

Were any of the songs you’ve listed popular when you were a teenager? I’m betting at least one is. If you are religious/spiritual, is one of the songs in a hymnal, WOW recording or popular spiritual tune?

The “About Me” section of www.BinderOfALifetime.com includes questions about songs. In particular we ask for memorable songs in childhood, as a teen, as a young adult, ..., now. We then ask people to write a few sentences about each song describing 1) the specific time in your life the song brings you to; 2) what the song means to you; 3) who the song reminds you of; 4) other comments.

For the songs you listed earlier, I’m betting that someone special in your life past, present or future would be interested in your answers to those questions. Can you spare a few minutes losing yourself in those favorite songs and writing a few thoughts? I’m betting you’ll be glad you did (and if you don’t have recordings of the songs handy, check out the free version of Spotify at www.Spotify.com .)

There is plenty of research around the topic of music and memories. This BBC Culture article includes commentary about the connection of music with memories:

<http://www.bbc.com/culture/story/20140417-why-does-music-evoke-memories>

It’s fascinating to think about what this connection of music and memory could mean longer-term. Particularly pleasing is the commentary at the end: “Campen is optimistic about the future work: ‘People worry a lot today about forgetting and the problems with memory. But the beauty is today we are beginning to help with remembering.’ For many, that will be music to their ears.”

Maybe “our music” will indeed help us to spur, share, save and savor memories.

Enjoy the day, the songs...and the memories!

Steve Long, an Anderson Township resident, is an “aspiring memory missionary.” He and wife Kim are having fun with Long Memories efforts (www.LongMemories.info), focusing on helping others in “Making, Capturing, Organizing and Sharing Memories...Now and (Virtually) Forever!”