

## Talking Points & Resources

**Please note:** The page numbers in this section indicate the article location in *Pathways* magazine.

### Letting Music Awaken Our Dreams

Letter from the Editor – Jeanne Ohm, D.C.

*Pathways* #46, page 4



### Talking Points

- Author Jeanne Ohm, DC grew up in the '70s where they celebrated passionate, meaningful music. Two songs that reflected the youth's perspective on parenting were "Father and Son" by Cat Stevens and "Teach Your Children Well" by Crosby, Stills, Nash and Young.
- Ohm remembers, "The voice of the father in Cat Stevens's song captured the essence of a placating status quo: *'Just relax, take it easy/You're still young, that's your fault/There's so much you have to know.'* From our youthful place of freedom-to-be, this advice was restrictive, and the words of the son—*'If they were right, I'd agree/but it's them they know, not me/Now there's a way and I know/that I have to go away'*—was an undefined resolution to follow an inner drive for expression." (4) How can we relate to both the father and the son?
- Now, as a parent, do you remember your childhood dreams? How can we help our children by relating to them rather than turning them away?
- How does the yearning of freedom from child relate to us now? Are there freedoms we still yearn for ourselves and our children that aren't being heard?

### Resources

Full references for each article are available at <http://pathwaystofamilywellness.org/references.html>

Crosby, Stills, Nash and Young sing "Teach Your Children Well"

<https://www.youtube.com/watch?v=ztVaqZajq-l>

Cat Stevens sings "Father and Son" <https://www.youtube.com/watch?v=kea0ghm7Z4E>