

Courtney Nord, Political Science; Liberal Arts Major at COC

My submission is a song I wrote a few months ago. Linked is the YouTube music video for the song called "HUSH". I wrote my graduation speech based on the same themes of this song for the EOPS program celebration. The song feels sociologically relevant because it feels like the remedy for anxiety, rushing, and overall worry. As a college student I have slowly learned to embrace rest and letting things into God's hands. I am studying and working my way up to being an entertainment/ music licensing attorney and I find myself caught up in work or worry all the time. Writing hush is a message I hope to give to all who stumble upon it- "no one says we need all the answers, no one says that we have to know". We can only try our hardest and give every relationship we have compassion and understanding. Beyond our control lies the valley of our doubts, as a political science major the conflicts all over the globe as well as domestically can leave us tangled and confused. HUSH is an introspective and grounding back to center which I think is the first step to any collective solution. It is my valued belief that we must sometimes abandon a realist's approach to solutions and think more liberally, more feminist, more caring and more introspective. I understand that my sociological relevancy is more theoretical with this submission, but that is how my mind works. This perspective can help us approach political and social issues with a more compassionate mind all while valuing understanding and reciprocity in relationships.

Link to Music submission: [\(48\) HUSH \(Official Music Video\) - YouTube](#)

Written lyrics:

Here is the written words:

calm me down

tell me what it's about

fall between trust and the doubt

if all the ends don't meet

tell me what it means

fall between the lines

of what I have and what I need

and all I need is some company

and all I have

is the ground beneath my feet

Hush

no one says we need all the answers

no one says we have to know

Hush now

slow down

rest now

no one says we need all the answers

no one says we have to know

Hush now

slow down

rest now

CREDITS:

Music and lyrics written by Courtney Nord

Production and mixing by Adam Teller

Non-exclusive footage license from Artlist.io

footage arranged and edited by Courtney Nord

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<http://courtneynord.rocks> Website