



Naming my studio; Bean There (Sung That) Music Studio.

I had operated the studio from my home for many years with the assumption that, one day, I would name it.

Nothing really presented itself, and I waited, knowing that the right name would show up, at some point.

Then, one day, I was up in Red Deer. The Kiwanis Festival was going on and my students were in it.

There was such fear about performing that my students were just not doing their best. Nerves were getting in the way and they were not showing how talented they really were. This had been more and more common amongst my students, and I began to ponder on what I needed to do to change this. There had to be a way to teach the students to enjoy the experience instead of falling apart.

Then, in through the email came this story;

A young woman went to her mother and told her about her life and how things were so hard for her. She did not know how she was going to make it and wanted to give up. She was tired of fighting and struggling. It seemed as when one problem was solved, a new one arose.

Her mother took her to the kitchen. She filled three pots with water and placed each on a high fire. Soon the pots came to boil. In the first she placed carrots, in the second she placed eggs, and in the last she placed ground coffee beans. She let them sit and boil, without saying a word.

In about twenty minutes she turned off the burners. She fished the carrots out and placed them in a bowl. She pulled the eggs out and placed them in a bowl. Then she ladled the coffee out and placed it in a bowl.

Turning to her daughter, she asked, "Tell me what you see."

"Carrots, eggs, and coffee," she replied.

Her mother brought her closer and asked her to feel the carrots. She did and noted that they were soft. The mother then asked the daughter to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg. Finally, the mother asked the daughter to sip the coffee. The daughter smiled as she tasted its rich aroma.

The daughter then asked, "What does this mean?"

Her mother explained that each of these objects had faced the same adversity... boiling water. Each had reacted differently. The carrot went in strong, hard, and unrelenting. However, after being subjected to the boiling water, it softened and became weak.

The egg had been fragile. Its thin outer shell had protected its liquid interior, but after sitting in the boiling water, its insides became hardened.

The ground coffee beans were unique, however. After being in the boiling water, they had changed the water.

"Which are you?" she asked her daughter. "When adversity knocks on your door, how do you respond? Are you a carrot, an egg or a coffee bean?"

*Think of this: **Which am I?***

Am I the carrot that seems strong, but with pain and adversity I wilt and become soft and lose my strength?

Am I the egg that starts with a malleable heart, but changes with the heat? Did I have a fluid spirit, but after a death, a breakup, a financial hardship or some other trial, have I become hardened and stiff? Does my shell look the same, but on the inside am I bitter and tough with a stiff spirit and hardened heart?

*Or am I like the **coffee bean**? The bean actually changed the hot water, the very circumstance that brought the pain in the first*

place. **When the water got hot, the beans released their fragrance and flavor. If you are like the bean, when things are at their worst; you get better and change the situation around you.**

When the hour is darkest and **trials are their greatest, do you elevate yourself to another level?** How do you handle adversity? Are you a carrot, an egg or a coffee bean?

*The happiest of people don't necessarily have the best of everything; they just make the most of everything that comes along their way. The brightest future will always be based on a forgotten past; you can't go forward in life until you **let go of your past failures and heartaches.***

This email struck a *chord* with me right away!

I could see the parallel to the stress of performing.

I didn't want my students to fall apart under the stress, nor did I want them to become hardened to performing, and just sing the songs without sensitivity.

I wanted all of my students to become **coffee beans!**

If they were like the coffee beans, then they could learn to love singing for others!

They could realize that they can make a mistake and the world will not store this as unforgivable.

I have used this idea ever since!

I discuss this story, with each of my students.

We draw and discuss the parallels.

I hand out coffee beans to students at the beginning of recitals and have had the joy of watching them get up, and do their best! I ask them to use the stress of the performances to give them focus and energy; to use the pressures of the competitions to help them be their best.

The naming of the studio was a small step from there. There was a song on the radio at the time; Been there, Done that ...A very witty fellow, suggested the twist on that name and my studio name was born☺

Bean (Been) There (Sung That) is true on many levels.

I too have had to battle nerves, and learned to *just love singing.*

I have made mistakes and had to forget about them... shake them off.

I have also sung many of the songs that my students tackle...

So, The Studio finally has a name...

And I love watching my students become Coffee Beans☺