**Entry Information**

Title of Entry: "Sweetest Thing"

Statement – typed 250 words or less describing the meaning behind your entry and what inspired you. Use the space below or attach a typed document to your submission form.

“Sweetest Thing” is a reflective piece that I wrote in response to the brokenness that I have observed around me. I wrote it last year to address the often overlooked inner conflicts that people experience. Many songs allude to external and tangible problems in the world, like homelessness, starvation, death, violence, abuse, etc., but they leave out the emotional, human component. I wanted to shed light on the underlying, unspoken struggles like self-doubt, depression, loneliness, obsession with appearance and self-image, and a missing sense of belonging that creep into our thoughts despite our attempts to suppress their influence on our lives. Lines such as “When music’s played/ But there are no ears,” attempt to bring the simple, “sweetest things” to attention. Even if “You think you’re sure / Your world is ruined,” and you “Think you might be falling apart,” there is always a greater picture, and comfort can be found in that universal sentiment. I believe that songs and art in general act as outlets that enable people to ground themselves in the world, and as a musician, it is partly my role to provide this medium of connection. If my recording of “Sweetest Thing” is able to comfort and console just one person in a time of doubt, I consider that a success.