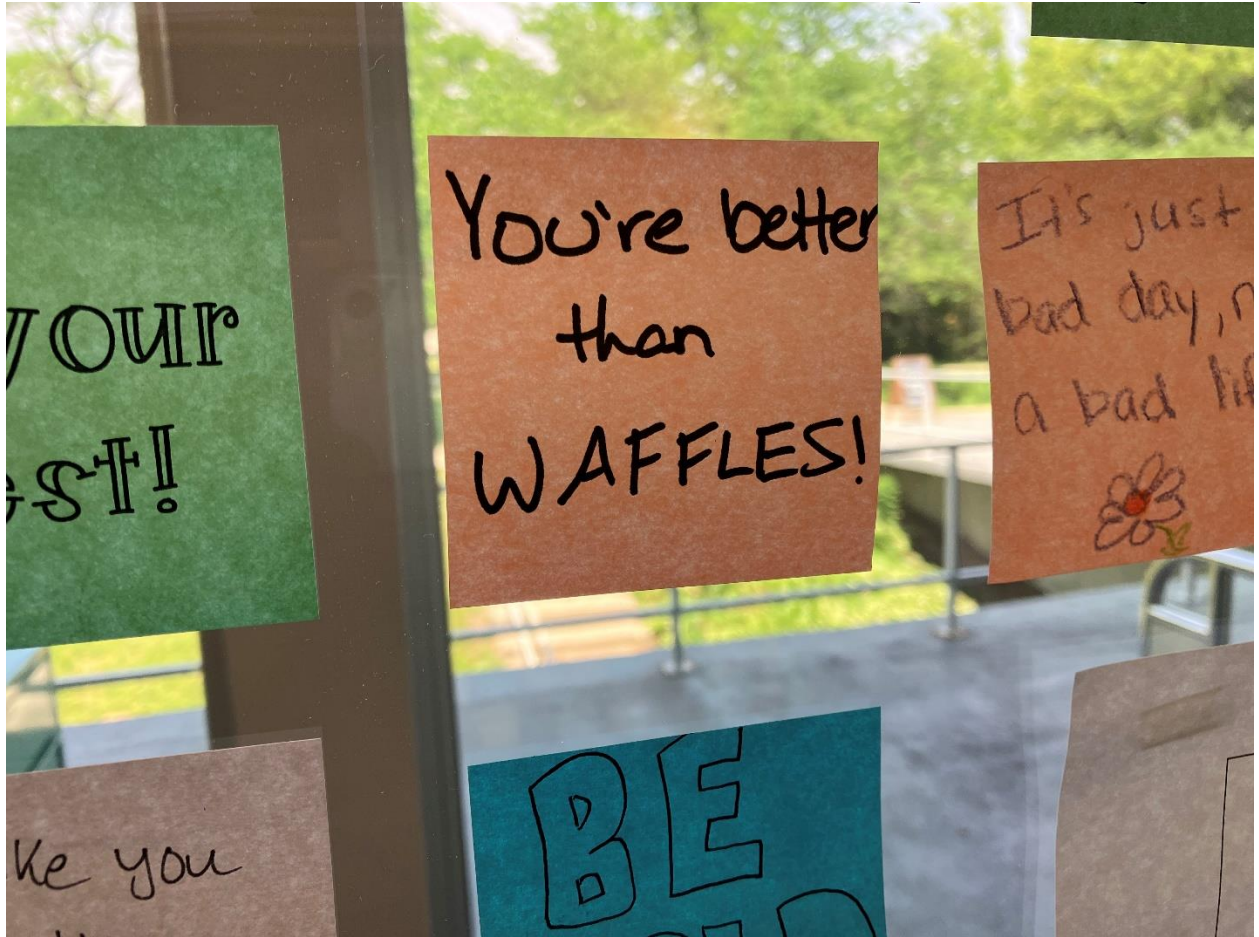


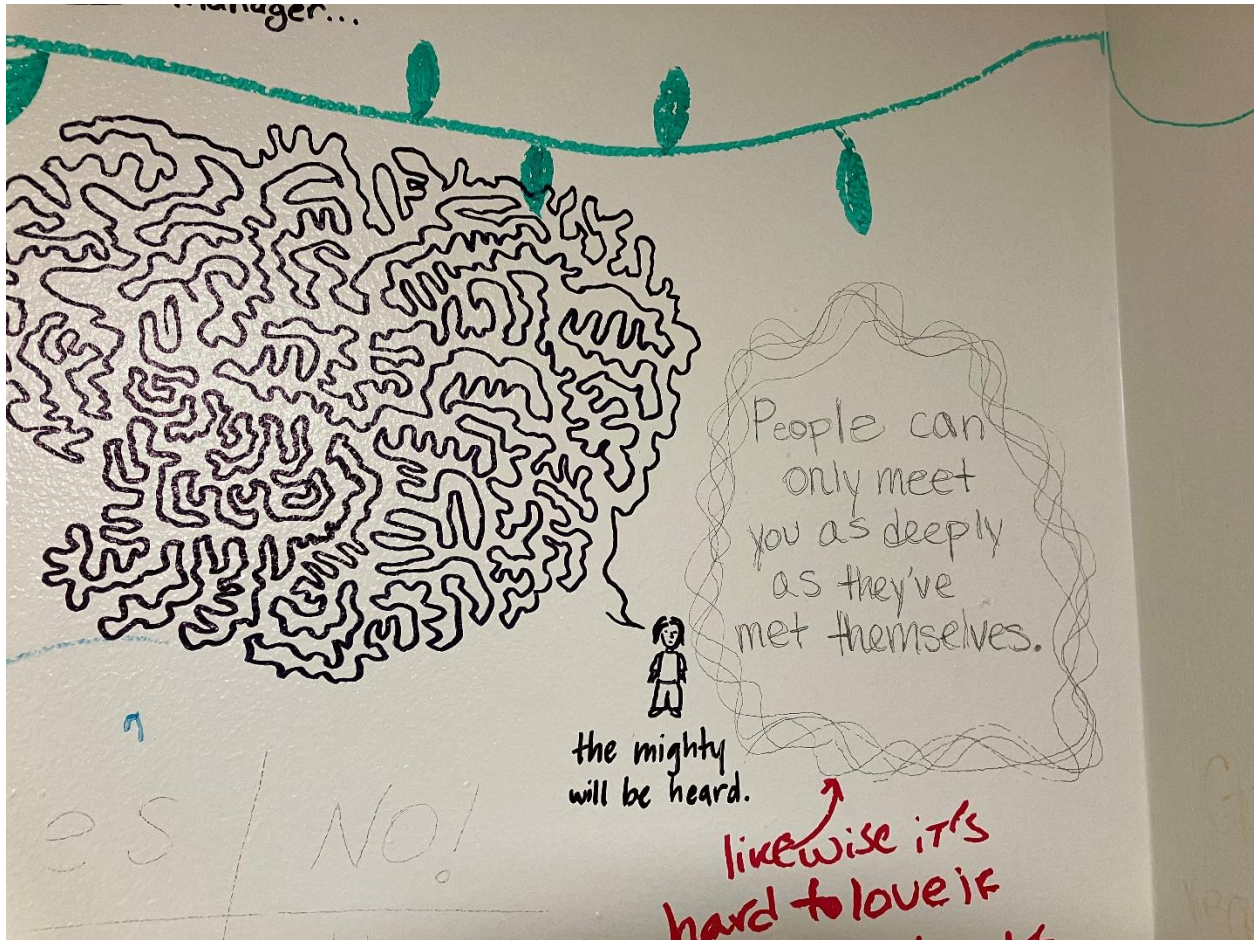


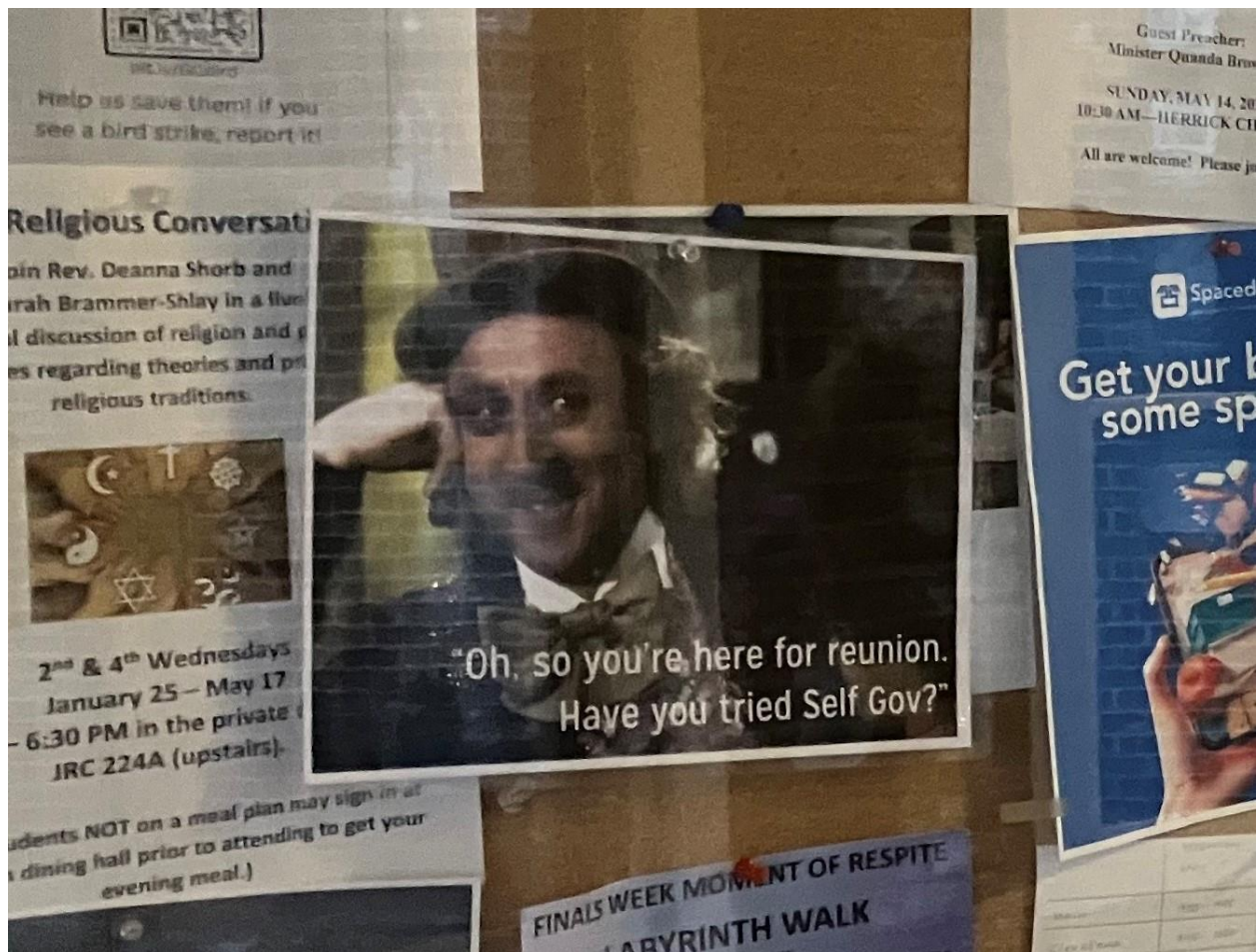
# Flashbacks

<https://open.spotify.com/playlist/3SBNtMzVCJCbnsw1Flgel>

No.	Track Name	Artist Name(s)
1	Available	Korede Bello
2	About the Money (feat. Young Thug)	T.I.,Young Thug
3	Tropicana	Show Dem Camp,Flash
4	KANA	Olamide,Wizkid
5	Amapiano	Asake,Olamide
6	Murcielago	Young Paris
7	U Mad	VIC MENSA,Kanye West
8	Hollup	Mr Eazi,Dammy Krane,Joey B
9	Tonga	Joey B,Sarkodie
10	Shabba (feat. A\$AP Rocky)	A\$AP Ferg,A\$AP Rocky
11	Increase My Faith	Brian Courtney Wilson
12	[wonder working] - Neon Feather Remix	All Creatures,Neon Feather
13	Party In The U.S.A.	Miley Cyrus
14	Sin Poderte Hablar	Willie Colón
15	Never Too Much	Luther Vandross
16	Vixen	Miguel
17	Tease Me	Lianne La Havas
18	Wake Up Alone - Original Recording	Amy Winehouse
19	Come Running To Me	Kurt Elling
20	Get Away	The Internet
21	Really Love	D'Angelo
22	If I Ain't Got You	Firedrill!
23	Amin	Ayra Starr
24	Best of Me	Anthony Hamilton
25	On Bended Knee	Boyz II Men
26	4 Seasons Of Loneliness	Boyz II Men
27	Pass You By	Boyz II Men
28	DKT	Oxlade
29	No Love, Lately	Parker Louis







# FRIENDSHIP

is a mirror to presence and a testament to forgiveness. Friendship not only helps us see ourselves through another's eyes, but can be sustained over the years only with someone who has repeatedly forgiven us for our trespasses as we must find it in ourselves to forgive them in turn. A friend knows our difficulties and shadows and remains in sight, a companion to our vulnerabilities more than our triumphs, when we are under the strange illusion we do not need them. An undercurrent of real friendship is a blessing exactly because its elemental form is rediscovered again and again through understanding and mercy. All friendships of any length are based on a continued, mutual forgiveness. Without tolerance and mercy all friendships die.

In the course of the years a close friendship will always reveal the shadow in the other as much as ourselves, to remain friends we must know the other and their difficulties and even their sins and encourage the best in them, not through critique but through addressing the better part of them, the leading creative edge of their incarnation, thus subtly discouraging what makes them smaller, less generous, less of themselves.

Through the eyes of a real friendship an individual is larger than their everyday actions, and through the eyes of another we receive a greater sense of our own personhood, one we can aspire to, the one in whom they have most faith. Friendship is a moving frontier of understanding not only of the self and the other but also, of a possible and as yet un-lived, future.

Friendship is the great hidden transmuter of all relationship: it can transform a troubled marriage, make honorable a professional rivalry, make sense of heartbreak and unrequited love and become the newly discovered ground for a mature parent-child relationship.

The dynamic of friendship is almost always underestimated as a constant force in human life: a diminishing circle of friends is the first terrible diagnostic of a life in deep trouble: of overwork, of too much emphasis on a professional identity, of forgetting who will be there when our armored personalities run into the inevitable natural disasters and vulnerabilities found in even the most average existence.

Through the eyes of a friend we especially learn to remain at least a little interesting to others. When we flatten our personalities and lose our curiosity in the life of the world or of another, friendship loses spirit and animation; boredom is the second great killer of friendship. Through the natural surprises of a relationship held through the passage of years we recognize the greater surprising circles of which we are a part and the faithfulness that leads to a wider sense of revelation independent of *human* relationship: to learn to be friends with the earth and the sky, with the horizon and with the seasons, even with the disappearances of winter and in that faithfulness, take the difficult path of becoming a good friend to our own going.

Friendship transcends disappearance: an enduring friendship goes on after death, the exchange only transmuted by absence, the relationship advancing and maturing in a silent internal conversational way even after one half of the bond has passed on.

But no matter the medicinal virtues of being a true friend or sustaining a long close relationship with another, the ultimate touchstone of friendship is not improvement, neither of the other nor of the self, the ultimate touchstone is witness, the privilege of having been *seen* by someone and the equal privilege of being granted the sight of the essence of another, to have walked with them and to have believed in them, and sometimes just to have accompanied them for however brief a span, on a journey impossible to accomplish alone.

David Whyte, *Consolations: The Solace, Nourishment, and Underlying Meaning of Everyday Words* (2020)

