

*Paige Powell Music Blog for February 14, 2021:*

## *The Story Behind the Song, "Lift My Heart"*

I could write a song about the way one of my boyfriends broke my heart, but I **chose** to write about how **happy** and how much **in love** I was at the beginning of our relationship! I remember thinking, "Well, he is nice and so far things are good, but let's wait to see if he's really the one." Meanwhile, **my heart was jumping around shouting, "HE'S HERE! HE'S HERE!"** So much for being in control (not!).

Yes, love is so mysterious and cannot be explained logically. I can't tell you why I feel attracted to one man and not another. I've dated guys and had to break up with them when I realized that I just was not falling in love with them. I heard wise advice from my old pastor, **Brian McLaren**, who said, "You don't want to marry someone because you think you can live with them. You marry them because you can't live without them."

So on this **Valentine's Day**, dear reader, I hope you are in one of those marriages that is a good example to others, like me. I've had the great privilege of knowing some happy couples who have great marriages. They will tell you it's not easy, that you have to work at it and communicate well, but sustaining love is absolutely worth it!"

You can hear my song, "*Lift My Heart*" by going to my website or Spotify, OR you can see my brand new **Music Video** of it on YouTube (just put my name and the song's name in your search)! It is full of spacewalks and rocket liftoff video clips from NASA to illustrate "When you kiss me, how you lift my heart — like a rocket ride — into outer space — like a sonic jet!" I also have a **heart-shaped balloon** that shows up all through the video, including against the backdrop of my live performance of the song. It was a little tricky trying to sync my performance with the studio recording of the song, which is the soundtrack of the music video. I hope you enjoy it!

*Happy Valentine's Day everyone!*

