

Find the Joy

by

Tom Heston

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$\text{♩} = 100$

Fadd9 Dm7 B♭

I don't know why it ha - ppened. Where it's go - ing a

4 E♭maj9 Fadd9 Dm7 B♭

mys - ter - y ___ Some where there's an an - swer ___ but the hurt is still ___ in -

8 E♭maj9 Fadd9 Dm7 B♭

side. And time just ___ keeps on pa - ssing ___ I can't es - cape it, I

12 E♭maj9 Fadd9 Dm7 B♭

want-to take you. To - ge - ther ___ we will al - ways be. ___ The love that we have it -

16 E♭maj9 Fadd9 Dm7 B♭

makes us both ___ so Free ___ Just wait and see, ___ love will

20 E♭maj9 Fadd9 Dm7 B♭

keep us to - ge - ther so Ha - ppy. Find the joy. ___ It's

24 E♭maj9 Fadd9 Dm7 B♭

still there. Why do ___ bad things ha - ppen? ___ No rea - son - or rhyme, it's

28 E♭maj9 Fadd9 Dm7 B♭

big - ger than both - of us, To ge - ther - we will find - our way ___ to the light, ___ we'll

32 Ebmaj9 Fadd9 Dm7 Bb
 smile and both be so Free _____ Just wait and see, ___ we're to -

36 Ebmaj9 Fadd9 Dm7 Bb
 ge - ther lau - ghing, and Ha - ppy. _____ We're full of joy. ___ It's

40 Ebmaj9 Fadd9 Dm7 Bb
 out there. Our stor - y _____ is still un - ravel - ing. ___ The ups and downs, - the

44 Ebmaj9 Fadd9 Dm7 Bb
 turn - a - rounds. Tran - scen - ding _____ and ov - er com - ing, ___ No - thing - can stop ___ the -

48 Ebmaj9 Fadd9 Dm7 Bb
 love we share. I don't know why it ha - ppened, but you and - me, ___ it's no

52 Ebmaj9 Fadd9 Dm7 Bb
 mys - te - ry, ___ we're To - ge - ther ___ For - ev - er, ___ we'll wan - der and find our -

56 Ebmaj9 Fadd9 Dm7
 joy, it's ___ still in - side ___ mak ing us Free _____ we're

60 Bb Ebmaj9 Fadd9 Dm7
 full of smiles, we're lau - ghing to - ge - ther and Ha - ppy. We

64 $B\flat$ $E\flat\text{maj}9$ $F\text{add}9$ $Dm7$

found the joy. ___ It's still there. I'm so glad ___ that you ha - ppened. You've

68 $B\flat$ $E\flat\text{maj}9$ $F\text{add}9$ $Dm7$

filled my life, ___ it's ov - ver flow - ing. I'll stay by ___ your side for - e - ver, What

72 $B\flat$ $E\flat\text{maj}9$ $F\text{add}9$ $Dm7$

ev - er comes next we'll see.

76 $B\flat\text{add}9$ $E\flat\text{maj}9(\text{add}6)$ $F\text{add}9$ $Dm7$

80 $B\flat$ $E\flat\text{maj}9$ $F\text{add}9$ $Dm7$

84 $B\flat\text{add}9$ $E\flat\text{maj}9(\text{add}6)$ $F\text{add}9$ $Dm7$

88 $B\flat\text{add}9$ $E\flat\text{maj}9(\text{add}6)$ $F\text{add}9$ $Gm7(\text{add}4)$

92 $B\flat\text{add}9$ $F\text{add}9$ $Gm7(\text{add}4)$

96 B \flat add9 F add9 E \flat maj9(add6)

100 B \flat add9 F add9 *ad libitum* E \flat maj9(add6)

104 B \flat add9 *repeat ad libitum, diminuendo* F

I don't know why it happened.
Where it's going, a mystery.
Somewhere there's an answer,
But the hurt is still inside.

And time just keeps on passing,
I can't escape it, I want to take you.
Together we will always be.
The love we have, it makes us both so

Free.
Just wait and see, love will
Keep us together so
Happy.
Find the joy. It's still there.

Why do bad things happen?
No reason or rhyme, it's bigger than us, but
Together we will find our way
To the light, we'll smile and both be so

Free.
Just wait and see,
We're together, laughing and
Happy, we're
Full of joy. It's out there.

Our story is still unraveling.
The ups and downs, the turnarounds.
Transcending and overcoming,
Nothing can stop the love we share.

I don't know why it happened,
But you and me, it's no mystery, we're
Together forever,
We'll wander & find our joy, it's still inside making us

Free.
We're full of smiles,
We're laughing together and
Happy.
We found the joy. It's still there.

I'm so glad that you happened.
You've filled my life, it's overflowing.
I'll stay by your side forever.
Whatever comes next we'll see.

Quantum entanglement describes how two particles can be linked together in spite of a separation of billions of light-years of space (1). Although this phenomenon is an observable scientific finding, does it also explain our deep connections with other people, with nature, with everything we love? Quantum theory may just possibly explain how we experience these connections that persist beyond time.

When I was an intern at Cape Fear Valley Hospital in North Carolina, one of my patients passed away. While the death was not unexpected, nevertheless, it profoundly affected me. When discussing this with the unit clerk of the hospital wing, she simply told me that my patient had gone to a better place. Not dead. Not the end. Just to a better place. Although my religious faith believed in life after death, her great, unshakable certainty surprised me. She taught me a lifelong lesson. The love entanglements we have supercede life and death.

Find the Joy reflects on a lifetime of experiences where as a physician I've had to intimately face and share with others great tragedy, pain, and suffering. How can we find the strength and the peace to go on? How can we get past grief and keep our spirits strong and intact? It's challenging.

I believe that love is the most powerful force in the universe, that it overcomes everything, and that it has both a spiritual and scientific basis. Quantum field theory seems to explain just how waves of love can transcend space and time. And our spirits can sense this. We can feel these timeless connections of love, these inescapable entanglements.

As the French Jesuit priest Pierre Teilhard de Chardin said, we are not human beings having a spiritual experience, we are spiritual beings having a human experience. So as we realize that our spirit is our core essence, we find meaning in spite of sadness. From the ashes of tragedy sparks an eternal flame.

Find the joy. It's still there.

- TFH 11/5/2022

1. Emspak J. Quantum entanglement: A simple explanation. Space. 2022.

"Find the Joy" unravels the symphony of science. It's a harmonious exploration of medicine, music, and quantum physics.

An Ode to Healing in F Major

The physician comes in, stethoscope swinging,
As Bach flows gently, each note softly rings.
Waveforms intertwine, particles dance,
Melodies mending, quantum chance bending.

Music and medicine, interplaying,
Sickness and health, balancing, swaying.
Science and art, together healing,
Rhythm and reason, suffering unfeeling.

With quarks and bandages, we seek restoration,
Through sharps and flats, finds the patient's elation.
So let us be grateful for knowledge and song,
Two noble callings, humanity making strong.

Though the mysteries of life remain long unfurled,
With care and compassion, we can heal the world.
So, doctors, pick up your well-tuned strings!
Make new cures resound, hope and solace bring.



<https://www.tomhestonmd.com/music>

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