

Possibilities

Joseph Latterner

Abstract: As a therapist, hip-hop artist, and music professor, I wrote my song “Possibilities” about the individual capacity for maximizing potential across settings and contexts, which carries over into my approach to working with individuals and families in my private mental health practice. The song underscores how human beings are capable of achieving remarkable feats in the face of adversity.

Keywords: hip-hop, clinical social work, therapy, lyrics

The theme of my song “Possibilities” (KON Sci, 2013) goes hand-in-hand with my philosophical approach to mental health therapy, which at its core is very much strength-based: All human beings have unique sets of potential, and it is in the pursuit of maximizing said potential where we find we are at our best emotionally, physically, spiritually, creatively, and intellectually. Subsequently, as expressed in “Possibilities,” we are capable of awe-inspiring feats. The human potential is boundless. “Possibilities” also speaks to resilience and how this characteristic can often be the motivational factor when pursuing potential. Lastly, the overarching sentiment of this song is that when embarking on the journey of maximizing any contextual form of potential we begin to obtain a deeper sense of meaning, purpose, and self which ultimately serves to heighten emotional wellbeing and mitigate distress. The lyrics in “Possibilities” are intended to present the listener with a range of freeform imagery bound to the instrumental offering space for the evocation of individual meaning and emotion.

It's like the calling from the highest of sanctimonious pieties / middle ages and feudalism
wisdom is the newest rhythm / apprentice and merchants transcend the Gilded era filled
with errors / if we spare the puritans / immigrate to innovate / structural and free thinking
/ everything's empirical until we peer into the mechanism / I'm talking possibilities
quantum physical intervals of time exponentially increase with every beast of
technological advancement / consider the abacus and dial tones / calculators milestones /
alpha beta iPhones / mountains made of limestone / found a way to find home
geographical / singularities apparently the downfall / humanity's the round ball we never
swish / forever wish perfection was attainable / cause in elections never justify the power
shift / personal advancement and progression's where you find your niche

And it's the reason we live through the seasons of life just to reach for the heights / No
doubt / No question / Possibilities

So now I delve into the cosmos / way beyond the average comprehension so it gets a little
abstract / Einstein's theory of relativity shattered conventional ways of thinking /
Newtonian scientific hegemony gravitational levity / centuries millennium still applicable
limited light speed / theories are incompatible lateral thought admissible / only within a
mystical monolithical night dream / the obstacle's a black hole / optimistic oddities that
unify dimensions all told / subatomic particles are building blocks / atomic inefficiencies

the mysteries have been unlocked / the symphony is but a clock / string theory's but a notch / under belts wonder else we figure out / but for now the bigger route's the universe / so understand your place in it / cause otherwise you wonder why you never held relationships

And it's the reason we live through the seasons of life just to reach for the heights / No doubt / No question / Possibilities

So never underestimate / cognitive abilities supplying infinite horizons for intimate communication / whispering the grand design / secrecy in mathematics / listening to dandelions / meditate and transcend at a rate to make the sand bend / meet me at the lands' end / permeating space-time / heard it through the grapevine / call it all a plan fine / I'm a stick to free will / out of body experience feeling it can leave chills / apologize if I offended it / speaking to the messengers of each field / absolute synergy Greek mythological / boundaries imaginary obstacles / so reach for the nether realm I set a film and capture it / the afterlife is intricate so live it like it's limitless irrational / it tackles you to wrestle with stability / we living in uncertainty and fight for possibilities

And it's the reason we live through the seasons of life just to reach for the heights / No doubt / No question / Possibilities (KON Sci, 2013)

From my humble beginnings working in the mental health field as a habilitation tech in the community, my ultimate goal has always been becoming a licensed clinical social worker and eventually starting a private practice. While these career goals have all come to fruition, I also have a secondary professional persona who lives in the creative world as a writer, producer, and performer of hip-hop music. Engaging in daily individual and family therapy sessions, enhancing my clinical knowledge base and creating, producing, writing, and performing hip-hop music are all complementary actions. At times, my mind can be overflowing with psychological theory, philosophy, and clinical modalities, and at other times it can be overwhelmed with melodies, lyrics, concepts, and patterns. Neither of which requires taking a backseat to each other, but they rather act as synergetic copilots. In 2012/2013, I capitalized on this creative energy and subsequently wrote, produced, recorded, and released my first solo full-length album titled *And Beyond* under my musical moniker KON Sci.

Acknowledgments

I am a part of a four-man hip-hop group, two MCs and two DJs, based in North Carolina by way of Washington, DC, called MindsOne. The poetic selection I am presenting is a song from my solo album, *And Beyond*, called "Possibilities," which was the second single released from the album (KON Sci, 2013).

References

KON Sci. (2013). Possibilities [Song]. On *And beyond* [Album]. Soulspazm Records.

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