

## **Past yourself**

Reflections about the song and songwriting process.

I don't remember when or where exactly I wrote this song. I know that it began as a pretty folksy, simple, faster tune. As I played it I changed the chord progression and melody a bit. When the band did it in 2006 we did a version with four part harmony, acoustic guitar and percussion played on an old suitcase. Then when it was recorded on Paydirt we added a simple guitar line (Nate Butler's idea) which took the song in a slightly more melancholy direction.

A lot of people connect pretty deeply with this song. It gained new meaning to me during the year my sister Kimberly was part of JRL. We ended up fighting all the time, which hadn't happened much in earlier years. Finally, at one point, it dawned on me that I was doing the "Past yourself" thing. I couldn't see past my picture of Kimberly as my little sister, and she was growing up and changing and I was not tracking it. Realizing that was a big step in changing and seeing her more for who she was.

It's funny how the things you write come back to you.

Jonathan  
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