

The other day I had the pleasure of enjoying [Glen Hansard](#) live at the [Moore Theater](#) in Seattle.

Mr. Hansard is a (shockingly) singer, song-writer, actor and artist from Ireland who until the last 5-10 years was relatively unknown. In fact, without the success of the film [Once](#), few people had (regrettably) even heard of Mr. Hansard.

In any case, I consider myself lucky to have been invited *many* years ago to a concert at the Troubadour in Los Angeles where I was introduced to Mr. Hansard via his band [The Frames](#).

However, this particular show in Seattle featured an opening act from Rwanda which I would have *never* heard of without Mr. Hansard asking them to open for his show.

And what a splendid surprise.

[The Good Ones](#) were a shocking surprise and an absolutely inspiring experience. After seeing them I was enthralled by their story and have since been inspired by their story and how they have overcome some of the worst horrors no humans should ever experience.



Below is a song they played live that I had to dig into and understand the meaning, and in so doing discovered just how profound the song really is.

I **strongly** encourage anyone to check out their music, and also Glen Hansard and/or The Frames.

Oh, and did I forget to mention the encore included a visit from Eddie Vedder where Glen and Eddie performed together? Simply amazing.

Glen Hansard

Do yourselves a favor and check out some of The Frames and Glen Hansard's music.