

Songs of the Spirit 4

Karen Drucker



Lyrics and credits

Thank you for listening to my music! This is the fourth CD in my Songs of the Spirit series, and my intention is the same. It's all about repeating positive life-affirming messages in a musical context. When we sing, we breathe, and we can connect to our hearts. What could be better than that?

The music on this CD is a little deeper, more meditative, and longer than my other chanting CDs. I invite you to sing along, dance, pray, meditate, change words, make up movements, sing harmonies – do whatever you need to feel empowered to make these songs your own. The lyrics are on my web site, www.karendrucker.com, as well as the movements/sign language for two of the chants. I encourage you to add the movements to your experience of singing these chants.

I'm so grateful for the opportunity to share this music with you. May you feel the love and heart that all of us put into making this music. My hope is that you are as blessed in hearing it as we were in creating it.

Karen Drucker: vocals

John Hoy: music arrangements, guitar, bass, drums, keyboards (tracks 1,4,10)

John R. Burr: keyboards, organ

Larry Walker: percussion

Annie Stocking: back-up vocals on all tracks and back-up vocal arrangements

Sandi Griffith: back-up vocals on tracks: 2, 7, 9, 10, 11

Allyson Paige: back-up vocals on tracks: 2, 3, 5, 7, 9

Larry Batiste: back-up vocals on tracks: 10, 11

Larry, Sandi, and Annie: back-up arrangement on track 10

Produced by: Karen Drucker

Co-produced, engineered & mixed by: John Hoy

Recorded at: Cat Heaven Studios, Mill Valley, CA

Mastering: George Horn

Graphics: Maye Cavallaro

Photography: Cover photo: Irene Young Back photo: Carl Studna

Make-up: Kathleena Gorga Hair: Ann Phillips

Thank you to all my friends, family and fans that support me so unconditionally. To the musicians, co-writers, and especially John Hoy and Annie Stocking for bringing these ideas to life. Also thanks to Maye Cavallaro, Sue Faria, Joan Borysenko, Rev David Ault, Alan Cohen, Rev David Leonard, Eddie Conner, SARK, Mary Jane Ryan, Janet Carol Ryan, Jennifer Mann, Cheryl Richardson, Debbie Ford, Cheri Huber, and all the authors, ministers and retreat leaders who use my music... I'm so grateful!

Morning Prayer: I Will Surrender

Words & Music: Karen Drucker, David Roth, Faith Rivera

I just love the creative process, especially when it comes to writing songs. I was asked to be part of a live radio interview with two other wonderful New Thought Artists who I respect and admire: David Roth, and Faith Rivera. We were sitting in the waiting room, just hanging out before we were all supposed to be on the air. David took out his computer and typed the first line of a song, came up with a sweet simple melody, then swiveled the computer in front of me. "Here, you write the next line," he said to me. Always up for a challenge, I took a deep breath, came up with a lyric, and then swiveled the computer in front of Faith. She wrote a beautiful line with the word "faith" in it. We had a few minutes left before our interview and we all finished the last line. We laughed at the ease of this whole creative process, and wound up singing it on the air. And that was that. However, the melody haunted me and wouldn't let me go. I emailed David and we wrote the rest of the lyrics back and forth through email. It has now become one of my favorite songs to sing. I use this simple chant as a prayer to center myself in the early morning before I start my day.

Chorus: I will surrender to my greatest highest good.
 I will release any fear that blocks my way.
 For every step I take is taken in pure faith,
 and I am stronger every moment every day.
 (2nd time: grateful 3rd time: kinder)

My mind is willing and my heart is open wide.
I trust my instincts and let Spirit be my guide.
I vow to live a life that's real and true and free,
as I continue walking in this mystery.

Chorus

There may be walls there may be roadblocks in my way,
but I can choose to take a higher path each day.
And now I know that what I thought was safe and sound,
was only habit and regret that held me down.

Chorus

I'm So Grateful

Inspired by the Native American poem: "In Beauty May I Walk"
Gratitude concept of this poem inspired by Angeles Arrien
Adapted Words: Karen Drucker Music: Karen Drucker

"In ordinary life we hardly realize that we receive a great deal more than we give, and that it is only with gratitude that life becomes rich." Dietrich Bonhoeffer

This chant is an adaptation of the Native American Indian poem, "In Beauty May I Walk." I was really moved by this poem, and I later found this adaptation from author Angeles Arrien focusing on the gratitude aspect of the poem. I truly believe that when I start my day in gratitude, my whole day works better. I spend time every morning saying what I am grateful for and end my day in the same way.

In addition to singing the chants, I have found it beneficial to move as I sing. Below, I have included the body movements to this chant, illustrated by Brian Narelle.

Gratitude before me. Gratitude behind me.
Gratitude to the left of me. Gratitude to the right of me.
Gratitude above me. Gratitude below me.
Gratitude within me. Gratitude all around me.
I'm so grateful, I'm so grateful,
I'm so grateful, I'm so grateful (repeat)

We included "Gratitude Vamp" as a little extra "cookie." On the day that we recorded the piano track for this song, my fabulous keyboard player; John R Burr kept playing after the song was actually done. We let him keep going, and he played some amazing improvised parts. When Annie Stocking (back-up arranger and vocalist on all these songs) heard it, she had the idea to put a melody and words to what John R. had played. Add John Hoy (musical arranger of all these songs) to the mix - and with some creativity and editing, this "vamp" was created!

Gratitude Vamp

Words and vocal arrangement: Annie Stocking
Music John R. Burr Music arrangement: John Hoy

Hey! Grateful, I am so grateful for all I have.
Everyday, grateful. I am so grateful for all I have.
Everyday! I accept and I receive. I am so grateful, oh yea!

I Allow, I Surrender

Words & Music: Karen Drucker
Concept inspired by Rev David Ault

When I co-facilitate retreats with my friend, Rev. David Ault, he often leads a mediation where he asks the participants to take a breath in and say, “I allow.” On the exhale he’d invite them to say, “I release all resistance.”

I found this to be a powerful meditation and adapted it for myself by adding music and singing, “I allow, I surrender.” I added other affirmations that the second group and third group can sing. Feel free to sing whatever part works for you.

1st part: I allow, I surrender.

2nd part: I receive. I let go. I release. I know.

3rd part: Love. Joy. Peace

Let Go Of The Shore

Words & Music: Karen Drucker

“One doesn’t discover new lands without consenting to lose sight of the shore.” Andre Gide

On the zigzag path that has been my life, I have been faced many times with the dilemma of having to choose between what was safe and secure (and sometimes old and boring), and what felt like a huge risk (but might lead to more aliveness and self-fulfillment). I have experienced the risk of letting go and trusting that somehow I would be led to that which would be for my highest good. The words to this song felt like a message from the part of me that has faith, to the part of that still can feel afraid.

Chorus: Let go of the shore,
and let the water carry you.
Let go of the shore,
float into the mystery... (Repeat)

You have all you need,
it’s all inside of you.
Close your eyes and breathe,
and know that you are safe.

Chorus

No need to make a plan,
your heart will be your compass.
Just lift your sails in faith,
and trust that you will arrive.

Chorus

All Is Well

Words & Music: Karen Drucker

“All shall be well, and all shall be well,
and all manner of things shall be well.”

Julian Norwich, Revelations of Divine Love

This simple chant is truly the essence of “practice what you preach.” I write songs and teach workshops about the positive effects of singing your own affirmations, and this chant is an example of how well it can work. I was on a flight recently with a lot of turbulence, and just singing this chant over and over in my head helped calm me down and change my state of mind. Hopefully it will work for you in those times when you need to remind yourself that indeed, all is well.

All is well.

I can rest.

I am safe.

All is well. (Repeat)

Bridge: All is well, all is well. All is well, all is well.

If Love Is Why I'm Here

Words & Music: Karen Drucker & Kate Munger

This is a chant written with the fabulous singer/songwriter Kate Munger from the Threshold Choir. I love having affirmations that I can sing, that gently remind me to keep my heart open and remember what my purpose is here in life. For me, it all comes down to love - being open to giving it, and also to receiving it.

If love is why I'm here, let me be an open channel.

If love is why I'm here, let me give and then receive. (Repeat)

Give and receive, give and receive...

If love is why we're here, let us be an open channel.

If love is why we're here, let us give and then receive. (Repeat)

If love is why you're here, may you be an open channel.

If love is why you're here, may you give and then receive. (Repeat)

Give and receive, give and receive...

So Many Angels

Words & Music: Karen Drucker & Kate Munger

When I perform a concert, I always sing a song called, “We Are All Angels.” During this song, I find three sweet looking people and put a little angel halo on their head. I am always amazed at the reactions to this simple act. Some people tear up, some say, “Oh not me - I’m no angel!,” and still others love being seen for who they are. When Kate Munger and I got together to write some songs, we talked about the wonderful people in our lives, and how we see them as angels. This chant practically wrote itself!

So many angels surrounding me.

So many angels, it’s you I see.

So many angles walking around.

So many angels some lost some found. (Repeat)

So many angels, so many angels. (Repeat)

So many angels, all around me...

So many blessings all around me.

So many blessings that's all I see.

So many blessings, blessings abound.

So many blessings, some lost some found. (Repeat)

So many blessings, so many blessings. (Repeat)

So many blessings, all around me...

In Beauty May I Walk

Based on the Navajo Poem: "In Beauty May I Walk"
Adapted words: Karen Drucker Music: Karen Drucker

When I first read this Navajo prayer, "In Beauty May I Walk," I was very moved. I loved its simplicity and resonated with its message of walking in peace. I adapted this poem into a song that hopefully conveys the Spirit of its message. My friend, Janet Ryan, created a beautiful visual to accompany the music. You can see the video on YouTube (just type in Karen Drucker).

In beauty, may I walk. All day long, may I walk.
Through the seasons may I walk.
May I walk in peace. May I walk in peace.

On this path, may I walk. Through my life, may I walk.
In old age, may I walk.
May I walk in peace. May I walk in peace.

Chorus: May I walk. May I walk. (repeat 6x)
May I walk in peace. May I walk in peace.

In joy, may I walk. In love, may I walk. In gratitude, may I walk.
May I walk in peace. May I walk in peace.

In stillness, may I walk. In forgiveness, may I walk.
In loving kindness, may I walk.
May I walk in peace. May I walk in peace.

Chorus

I Am Beautiful

Words: Karen Drucker

Music: Karen Drucker & John Hoy

I was speaking with a woman who works with breast cancer survivors. She mentioned to me that women who have had a mastectomy, or who have lost their hair through the chemo process, oftentimes feel unattractive and undesirable. She said these magic words to me: “I just wish they could see how beautiful they really are.” I heard those words, and this chant was born.

Recently I was facilitating at a women’s retreat, and my friend Sharon Harris, who is an interrupter for the deaf, showed the women the sign language for this chant. To see all these women standing in their power, singing about celebrating themselves and doing the sign language was powerful for all of us. Brian Narelle did the wonderful illustrations that are at the end of all of these lyrics.

I am beautiful.

I am powerful.

I’ve let go of my past and celebrate who I’ve become.

I am beautiful.

I am powerful, and I celebrate who I am.

Ending tag: Celebrate: My beauty. My power. My wisdom, etc.

My Money Is Like A Bunny

Words & Music: Karen Drucker & John Hoy
“Bunny” concept inspired by Bodi Setchko

Ah, the recession. I have been consciously working on my attitude to keep it positive, while everyone in the media keeps talking about the gloom and doom of the economy. We all know the expression, “Whatever you focus on grows,” so I decided I needed a fun little chant to keep up my attitude during these challenging times. I had sung at a church where the theme of the day was prosperity. The music director, Bodhi Setchko, had made a comment that we needed to “Be like a bunny with our money.” That cute visual gave me the inspiration to write this chant.

They say, “You can’t take it with you when you go.” No!

So I’m gonna just enjoy myself and go with the flow.

My money is like a bunny it goes forth and multiplies.

I send it out and let it go and it comes back to me in time.

My joy is overflowing, and I know God is my source.

My money is like a bunny it goes forth and multiplies. (Repeat)

I Am Healed

Words & Music: Karen Drucker & Kate Munger

“Healing may not be so much about getting better, as about letting go of everything that isn't you - all of the expectations, all of the beliefs - and becoming who you are.”
Rachel Naomi Remen

I have sung and entertained for years in convalescent homes and hospitals. I have been blessed that my music is used in these places, as well as in hospice situations. I met Kate Munger, who founded and leads “The Threshold Choir,”* and was so moved by her work with the choir that I knew I wanted to work with her. To say our writing session felt like ease and grace is a mild understatement. We wrote 3 chants within an hour, and had so much fun! The inspiration for this chant was the idea that someone in need of healing would be able to sing this chant and feel the healing energies from their friends, the earth, and deep within themselves.

Chorus: Up from my feet, I call the healing power.
 Up from my feet, I draw it to my heart.
 It's already here; I only need to claim it.
 Up from my feet, I know that I am healed.

2. In through my hands, I call the healing power.
3. Down from my head, I call the healing power.
4. With my Spirit and Soul, I call the healing power.
5. Up from the earth, I call the healing power.
6. Back to the earth, I send the healing power.

* The Threshold Choir is a group of people who sing at the bedsides of people in hospitals and hospice care, or anyone in need of healing. You can get more information at www.thresholdchoir.org.

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Evening Prayer: Sleep Chant

Words & Music: Karen Drucker

I love the idea of getting up in the morning and having a chant or song that will set the tone for my day. Then I thought how nice it would be to have a song to end each day that would help me drift off to sleep, feeling peaceful. Next to my bed I have a little sign that says, "Give Thanks." I try to start and end each day with this mantra...it makes such a difference!

Chorus: I sleep in peace.
I wake in joy.
I always know that I am loved. (I am safe / all is well.)
I sleep in peace.
I wake in joy.
I always know that I am loved. (I am safe / all is well.)

Today I live in gratitude.
Today I give my love.
And tonight when I lay my head to rest,
I give thanks, I give thanks.

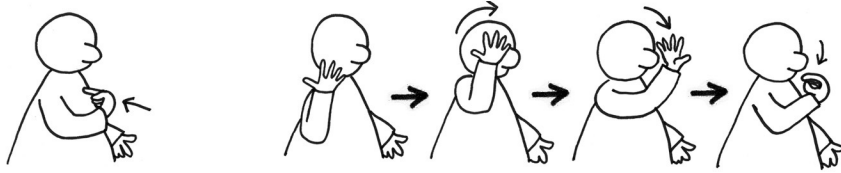
Chorus

Each day I wake is a miracle.
Each day is a precious gift.
I count my blessings, and feel such grace.
I give thanks. I give thanks.

Chorus

I Am Beautiful

Words: Karen Drucker
Music: Karen Drucker & John Hoy



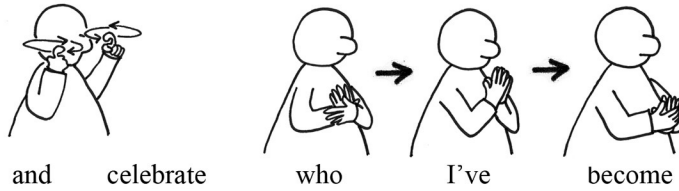
I am beautiful



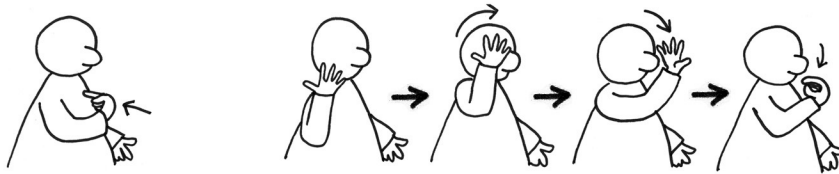
I am powerful



I've let go of my past



and celebrate who I've become



I am beautiful



I am powerful

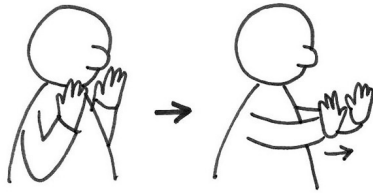


and I celebrate who I am.

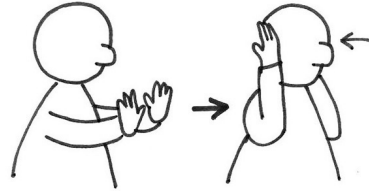
I'm So Grateful

Words* and Music by Karen Drucker

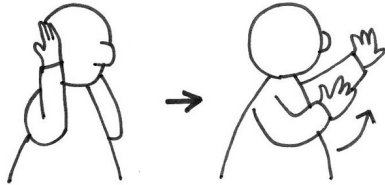
*Based on the Navajo Poem "In Beauty May I Walk"



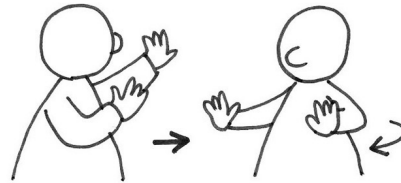
Gratitude before me



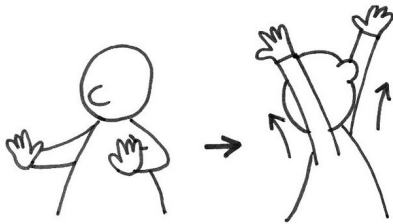
Gratitude behind me



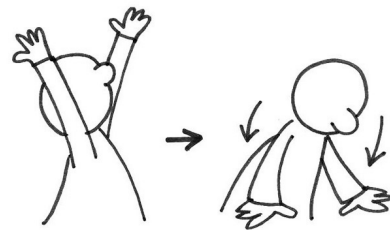
Gratitude to the left of me



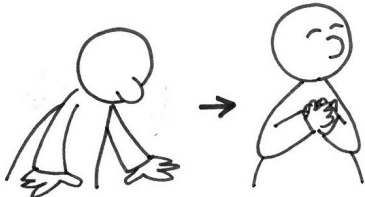
Gratitude to the right of me



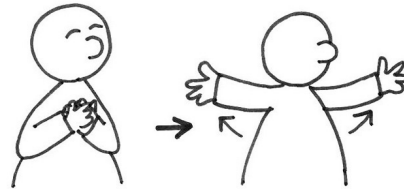
Gratitude above me



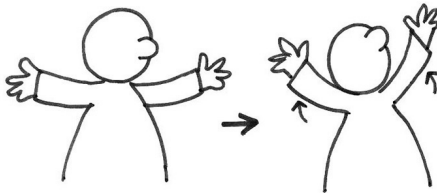
Gratitude below me



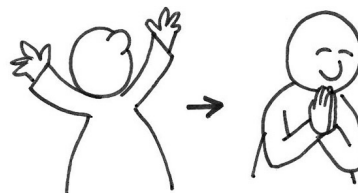
Gratitude within me



Gratitude all around me



I'm so grateful

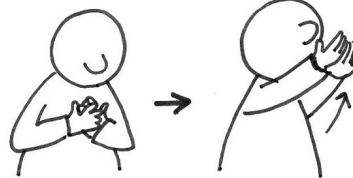


I'm so grateful

2X



I'm so grateful



I'm so grateful