

Karen Drucker

The Heart of Healing

1. Thank You For This Day
Native American Church
2. Healed, Whole And Healthy
Words: Karen Drucker, Music: Karen Drucker & John Hoy
3. Blessing To The World
Words: Karen Drucker & Rev. David Bruner, Music: Karen Drucker
4. I Am So Blessed
Words & Music: Karen Drucker, Inspired by Rev. Mark Vierra
5. The Face Of God
Words: Rev. Karyl Huntley & Karen Drucker, Music: Karen Drucker
6. Breathe
Words & Music: Karen Drucker
7. The Healing Song
Words: Rev. Karyl and her loving family, Music: Karen Drucker & John Hoy
8. You Are Healed
Words & Music: Karen Drucker
9. Gentle With Myself
Words & Music: Karen Drucker, Chorus words: Robyn Posin
10. I Have Faith
Words: Karen Drucker & Rev. Karyl Huntley, Music: Karen Drucker & John Hoy
11. There Is Only Love
Words & Music: Michael Gott, Additional verse: Karen Drucker
12. Song In My Soul
Words: Karen Drucker & Jo Ann Buckner-Rhyne, Music: Karen Drucker and John Hoy

Wed October 1st 2003 On the plane from Wisconsin to California

My mother died 5 days ago from breast cancer. It was a 6 year roller coaster ride that felt like I always had a low hum echoing in my life. Sometimes the hum would become a loud roar when she was hospitalized, sometimes it was just a persistent noise when she hit a rough patch, but the hum was always there. I worried, cared for, counseled, and loved this woman who was my best friend, mentor, inspiration and mother. I sat through many long boring chemo visits in sterile hospital rooms making small talk, watching cheesy game shows and praying maybe this time the chemo would destroy all those nasty cancer cells. I cried with her as she lost her hair, gave her pep talks when her attitude weakened, and ultimately held her hand as my sister Tina and I helped her to let go of this world.

She never saw herself as a victim or as a cancer patient. I truly believe her positive attitude is what kept her here way past the time when she was "supposed" to go. Every morning she said her affirmations, and a little prayer, and continued to do all the many projects and goals that kept her going. Even 2 days before she died, hardly being able to walk or talk, she had to put the finishing touches on a painting project before she could fully let go. She was an artist until the very end. She taught me as much about living in how she approached her dying.

Wed September 20, 2005

My mother worked daily on her attitude and she told me one of her daily affirmations was "I Am Healed, Whole And Healthy." I turned this into a chant and recorded it for her so she could sing along with me everyday. That chant was a gift of encouragement for her and this CD is a gift for you.

I know that saying, speaking or writing affirmations as a daily practice helps the body and mind to embody those qualities. There are so many facts and figures regarding the scientific data about the positive and healthy benefits of positive thinking and using affirmations. My intention in putting together this compilation of all my healing songs is that maybe singing along with me will help you in your healing. I'm hoping that whatever situation you are in right now, whether it is a health challenge, a life transition, or a time where you need some kind of healing, that one of these songs might help a bit. That was what I wished for my mother and that is what I wish for you.

Blessed be, Karen

Karen Drucker: vocals, keyboards
John Hoy: guitars, bass, keyboards, percussion
Annie Stocking: Backup vocals and all backup vocal arrangements

Other Backups: Terry Garthwaite, Maye Cavallaro, Melissa Phillippe (all on track #1), Jill Perry (track #1,2,3), Zaza (track #5), Sandi Griffith (tracks #10,12)

Other Musicians:
Larry Walker: percussion (tracks #1,8,12)
Manose: flute (track #12)
John R. Burr: keyboards (tracks #6,8)
Dave Rokeach: drums (track #8)
Zac Johnson: flute (track #6)

Producer: Karen Drucker
Co-producer, engineer, arranger: John Hoy
Recorded at Cat Heaven Studios, Mill Valley, CA
Mixed by: John Hoy with Karen Drucker
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Thank You For This Day

from the Native American Church

Thank you for this day Spirit

Thank you for this day

Thank you for this day Spirit

Thank you for this day

This healing - this healing - this healing day

This healing - this healing - this healing day

(repeat)

*You can substitute the word “day” with anything you want -
For example: Thank you for my friends / my life / my job
my health / this food / etc.

You can also substitute the word “healing” with
whatever would work for you:

This beautiful day / This wonderful food /

This magical trip / This fabulous job / etc....

What a great way to start the day by giving thanks...

Healed Whole & Healthy

words: Karen Drucker

music: Karen Drucker & John Hoy

Healed, Whole, Healed, Whole,

Healed, Whole, Well....

I am healed whole and healthy

I relax and visualize*

I am healed whole and healthy

I am well I am well... (repeat)

*substitute with:

I accept and I receive

Angels are watching over me

I've got love surrounding me

repeat:

Healed , Whole

All is well - All is well

I am well - I am well - All is well...

Blessing To The World

words: Reverend David Bruner & Karen Drucker

music: Karen Drucker

You are the heart

You are the hands

You are the voice of Spirit on earth

And who you are - and all you do

is a blessing to the world...

(substitute “you” with We and I)

repeat:

I am the heart - I am the hands

you are the heart - you are the hands

we are the heart - we are the hands

I Am So Blessed

words and music: Karen Drucker
inspired by Reverend Mark Vierra

I am so blessed

I am so blessed

I am so grateful for all that I have

I am so blessed

I am so blessed

I am so grateful

I am so blessed...

This chant was inspired by Reverend Mark Vierra of the North Hollywood Church of Religious Science. Mark gave a talk at the Asilomar Conference about how he faced the impending death of a loved one by starting each day saying "I am so blessed" and continued saying it over and over during the course of this very hard time. I was so inspired and moved by his talk that I wanted to write a chant that I could sing every day as part of a spiritual practice. I have learned that taking time to give thanks for all that I have has made such a difference in my life - especially in those darker times when I can't feel it or see it. As Meister Eckart said "If the only prayer you say in your whole life is "Thank You" that would suffice."

The Face Of God

words: Reverend Karyl Huntley & Karen Drucker
music: Karen Drucker

You are the face of God
I hold you in my heart
You are a part of me
You are the face of God...

You are the face of love
I hold you in my heart
You are my family
You are the face of God...

This chant is wonderful to sing in a group doing sign language or just singing to each other. It can also be powerful to visualize different people in your life - people you love or even someone you might have a "challenge" with and imagine singing it to them. One day I was in a store where someone cut in front of the line and was being really rude to everyone - I started singing this chant to myself and was amazed how I started seeing them differently and felt compassion instead of anger.

Breathe

Words & Music: Karen Drucker

1. I breathe in, I breathe out
I take in, I give out
I let love, I let go
I release, I know...

2. I forgive, I receive
I can feel, I believe
I am healed, I am whole
I release, I know...

Chorus: Breathe, Breathe...

3. No need to push, no need to try
No need to worry or question why
Surrender, let go
Release, and know...

Chorus: Breathe, Breathe...

The Healing Song

words: Karyl Huntley, Daniel Barwick
Michael Sakir, Doris Jones
music: Karen Drucker & John Hoy

Joy fills every cell in my body
every cell is alive with love
I relax into the healing process
I allow Spirit to do what it does...

(substitute Joy with : Peace, God, Love)

This affirmation/chant came about by visiting my wonderful friend Reverend Karyl Huntley in the hospital where she had just undergone surgery for breast cancer. This affirmation was written by her family and was put up on the wall where she could see it every day. I was there with my musical partner John, and after giving her a private musical concert, we saw this affirmation on the wall, and a song was born. Karyl sang it when she went in for chemotherapy, and now she is cancer-free and doing great. I have heard that people are using this song for any kind of healing that they need, and are taking it into surgery, and any time they need comfort. It is my hope that this chant finds its way into hospitals and healing support groups.....

What do you do when someone you love is in physical or emotional pain? A dear friend gave me the best advice when I was having such a hard time letting go : just listen, love, and laugh with them and pray

You Are Healed

Words & Music: Karen Drucker

1. I see you walkin' in the desert - it's the dark night of your soul
I feel the pain inside you as you let go of all you've known
But I know you'll find the answers to what you're looking for
Through the ashes you will be reborn so much wiser than before

Chorus: All I can pray for you, all I can pray
All I can say to you, all I can say
All I can know for you, all I can know
Is that you are healed, you are healed

2. I feel so lost and helpless - I don't know what to do
I want to take away your pain though I know I can't rescue you
So I'll listen, love and laugh with you and be there to hold your hand
And gently remind you that you're doing the best you can...

* Chorus *

Bridge: You've got courage to walk through the darkness
Trust in faith to help calm your fears
Feel your angels they're always around you
They're just whispering in your ear

* Chorus *

Gentle With Myself

Words & Music: Karen Drucker
Chorus words: Robyn Posin

(each section sung twice)

I will be gentle with myself, I will be gentle with myself
and I will hold myself like a newborn baby child...

I will be tender with my heart, I will be tender with my heart
and I will hold my heart like a newborn baby child...

And I will only go as fast
as the slowest part of me feels safe to go

I will be easy on myself, I will be easy on myself
and I love myself like a new born baby child...

And I will only go as fast
as the slowest part of me feels safe to go

I am gentle with myself, I am gentle with myself
and I hold myself like a new born baby child...

and I rock myself like a newborn baby child
and I hold myself like a newborn baby child
and I love myself like a newborn baby child...

“Take the next step in faith. You don’t need the whole staircase.”

Martin Luther King Jr.

“Faith is the bird that feels the light and sings when the dawn is still dark.”

Rabindranath Tagore

I Have Faith

Words: Karen Drucker & Rev Karyl Huntley

Music: Karen Drucker & John Hoy

(each section sung twice)

I have faith, I pray faith

I choose faith, I am faith

I have hope, I pray hope

I choose hope, I am hope

When I trust and I let go I know all is well...

I have love, I pray love

I choose love, I am love

You are love , We are love

All God’s children are love....

When I trust and I let go I know all is well...

There Is Only Love

words and music: Michael Gott
additional verse: Karen Drucker

Verse: In this moment in this place
 I remember who I am
 Letting fear and worry fall away from me
 I open my eyes and see

Chorus: There is only love
 There is only love
 Love that heals
 Love that sets us free
 There is only love...

Verse: When I lose myself
 when it seems I've lost my way
 When I go inside and quiet my mind
 I can hear Spirit gently say...

Chorus

“The more you praise and celebrate your life, the more there is in life to celebrate.”

Oprah Winfrey

Song In My Soul

Words: Karen Drucker & Jo Ann Buckner-Rhyne

Music: Karen Drucker & John Hoy

(each section sung twice)

There is a song in my soul, It sings I am whole
Everywhere I go, it sings I am whole
I am whole, I am whole

There is a song in my soul, it sings I am healed
I take a breath and know that I am healed
I am healed, I am healed

There is a song in my heart, it sings I am loved
It whispers in my ear that I am loved
I am loved, I am loved

There is a song in my soul, it sings of my joy
It bubbles up from deep within, pure sweet joy
I am joy, I am joy

There is a song in my soul that sings I am love
A beaming ray of Spirits light, I am love
I am love, I am love

I am whole, I am healed, I am loved, I am joy,
I am peace, I am well, all is well, I am well....