

*Karen
Drucker*

Love & Acceptance

Chants and songs of
love, self acceptance,
and worthiness.



Love & Acceptance

- 1. I Start My Day With Love**
Words: Karen Drucker Music: Karen Drucker & John Hoy
From the CD: Songs of the Spirit 3
- 2. Blessing To The World**
Words: Karen Drucker & Rev. David Bruner Music: Karen Drucker
From the CD: Songs of the Spirit 2
- 3. Twinkle, Twinkle Little Star**
Traditional – Additional words: Karen Drucker
From the CD: Shine
- 4. Gentle With Myself**
Words & Music: Karen Drucker Chorus Words: Robyn Posin
From the CD: Songs of the Spirit 3
- 5. If Love Is Why I'm Here**
Words & Music: Karen Drucker & Kate Munger
From the CD: Songs of the Spirit 4
- 6. I Am A Gift**
Words & Music: Karen Drucker & Karen Taylor-Good
From the CD: The Call
- 7. The Face of God**
Words: Karen Drucker & Rev. Karyl Huntley Music: Karen Drucker
From the CD: Songs of the Spirit 2
- 8. I Am Loved**
Words & Music: Karen Drucker
From the CD: Songs of the Spirit 3
- 9. Beauty In You**
Words: Karen Drucker Music: Karen Drucker & John Hoy
From the CD: Songs of the Spirit 3
- 10. Thank You For This Day**
From the Native American Church, adapted by Karen Drucker & John Hoy
From the CD: Songs of the Spirit 2
- 11. Beloved**
Words & Music: Karen Drucker
From the CD: Beloved
- 12. I Am Beautiful**
Words: Karen Drucker Music: Karen Drucker & John Hoy
From the CD: Songs of the Spirit 4
- 13. There Is Only Love**
Words & Music: Michael Gott Additional words: Karen Drucker
From the CD: Songs of the Spirit 2

Love & Acceptance

“You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You yourself, as much as anybody in the entire universe, deserve your love and affection.” Buddha

Years ago comedian Al Franken from Saturday Night Live had a character named Stuart Smalley whose main phrase was “I’m Good Enough, I’m Smart Enough, and Doggone It, People Like Me!” Everyone laughed and made fun of that character, but the truth is I think we all want to feel that way. In all the women’s retreats that I lead, the main issue that seems to come up for so many of us is that feeling of unworthiness, letting go of perfectionism, and treating ourselves with kindness and love. On those days when my inner critic is having her way with me, I find that chants or songs with a positive message can bring me back to center and I can feel whole again. So that is my intention of what this compilation of chants and songs is all about: a helping hand of positivity to help you on your journey.

As with all my other chanting CDs (the Songs of the Spirit Series: 1, 2, 3, and 4), and my song CDs, I invite you to sing along, make up harmonies and movements, and even change the words - anything that allows you to make these chants and the affirmations your own.

I have listed which CD each chant or song came from so you can go to my website “www.karendrucker.com” to get the lyrics. While you’re there, check out the other CDs, songbooks, lyrics, movements, and instrumental “tracks” for singers that I offer.

I hope that this music allows your heart to sing and aids you in feeling strong, confident, inspired and empowered.

Blessings!

Karen

“On a day when the wind is perfect, the sail just needs to open and the world is full of beauty.
Today is such a day.”
Rumi

I Start My Day

Words: Karen Drucker
Music: Karen Drucker & John Hoy

(each section sung twice)

I start my day with love,
when I start my day with love
that's what I get more of is love
Love love love, love love love

I start my day with peace,
when I start my day with peace
I feel that sweet release of peace
Peace peace peace, peace peace peace

I start my day with joy,
when I start my day with joy
everything I do is infused with joy
Joy joy joy, joy joy joy

I start my day with love, I start my day with peace
I start my day with joy and I feel that sweet release...

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

“You can search the world over and you will find no one who is more deserving of your kindness and well wishing than you yourself.” Buddha

Twinkle, Twinkle, Little Star

Adapted words: Karen Drucker
Adapted music: Karen Drucker
& John Hoy

Twinkle, twinkle, little star, do you know how loved you are?
You are precious, sweet, and bright, a radiant beam of shining light.
Twinkle, twinkle, little star, do you know how loved you are?
You are loved.

Twinkle, twinkle, I can see all the love that is in me.
I am precious, sweet, and bright, a radiant beam of shining light.
Twinkle, twinkle, I can see all the love that is in me.
I am love.

Twinkle, twinkle, little star, do you know how loved you are?
You are precious, sweet, and bright, a radiant beam of shining light.
Twinkle, twinkle, little star, do you know how loved you are?

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...

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...

I Am A Gift

Words & Music: Karen Drucker
& Karen Taylor-Good

“To love oneself is the beginning of a life-long romance.”

Oscar Wilde

Another songwriter who has influenced and inspired me is my new BFF, Karen Taylor-Good. This song feels like it was birthed by Spirit. At a song writing retreat, Karen and I wrote one song and were about to call it a day. I asked Karen if she wanted to try writing a short little affirmation chant about feeling good about our ages, getting older, getting wrinkles, etc. I thought we would spend about 15 minutes writing something that would be just a personal chant for us – and what manifested is this song. To declare to myself that no matter what my inner critic or society might say, that I can still feel that who I am is a gift, has been healing and very powerful. Karen also recorded a beautiful version of this song on her new CD: “Let The Light In.” Check out Karen’s many wonderful CDs at: www.karentaylorgood.com

I am a gift, no matter what age, no matter how I look,
there’s beauty in each stage.

I am a gift, and I promise every day,
when I look in the mirror I’ll say, “I am a gift.”

I am a gift, I’ve loved really well,
and every year I’ve lived has a different tale to tell.
I’ve made mistakes, have some regrets.
But I promise I’ll never forget I am a gift.

There may be times when I forget the truth about me.
When it seems time and youth are just marching on without me.
That’s when I might need you to find me,
and ever so gently remind me that

I am a gift, a precious child. I’m put here on this earth
but only for awhile.
So I make this vow and I say it with love,
“I am perfect and whole and enough, and I am a gift.”

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.

I Am Loved

Words & Music: Karen Drucker

(each section sung twice)

You are seen, you are heard
You are loved for who you are
You are enough, you are complete
You are loved

I am seen, I am heard
I am loved for who I am
There is nothing I need to change
I am loved, I am loved

I am seen , I am heard
I am loved for who I am
I am enough, I am complete
I am loved, I am loved
I am seen, I am heard, I am safe,
I am enough, I am worthy, I am loved...

Beauty In You

Words: Karen Drucker
Music: Karen Drucker & John Hoy

I see the beauty in you, I see the power in you
I see the greatness in you, and so it is
I see the child in you, I see the sweetness in you
I see the softness in you, and so it is

I can see it, it's right there before me
I can feel it, deep in my soul
I just know it, that you are an angel
full of magic, power, pure sweet love

I see the Goodness in you, I see the wisdom in you
I see the strength in you, and so it is
I see the joy that's in you, I see your light shining through
I see the love that's in you, and so it is

Chorus

I see the grace that's in you, I see the courage in you
I see the heart that's in you, and so it is
I see the beauty in you, I see the power in you
I see the greatness in you, and so it is...

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...

Inspired by Rev David Ault & Rev David Leonard

Beloved

Words & Music: Karen Drucker

When I look in your eyes
I see the Beloved
I see the Beloved looking back at me

When I stand next to you
I can feel the Beloved
I feel the Beloved in you...

You are in my soul
You are my inspiration
With you in my heart I am never alone
We are one
There is no separation
When I rest in you I'm home...

When I touch your heart
I feel the Beloved
I feel the Beloved
touching me

When I open my heart
I open to the Beloved
To the Beloved in you...

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.

My friend Sharon Harris, is an interrupter for the deaf. She showed a group of women at a retreat the sign language for the chant, and it was powerful for us all to sing and sign this together. Brian Narelle did the wonderful illustrations.

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.

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