



One Heart At A Time

Lyric Book

*Inspirational songs for vocals, piano, and guitar.
Melody, chords and lyrics to accompany the album.*

Karen Drucker
ONE HEART AT A TIME
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Karen Drucker

One Heart At A Time Lyric Book

Greetings to you music lovers! Thank you so much for wanting to sing and/or play the songs on my new CD, “One Heart At A Time.” I am honored and blessed that you are helping me get my music out into the world! I truly believe that positive music is a healing force and that spreading positive affirmations and messages is a noble act. So whether you are singing or playing for your own enjoyment, or performing these songs to an audience, you are helping to heal the world – one song and one heart at a time.

As I have said with all my other CDs and songbooks, I encourage you to make these songs or chants your own. I give you permission to change the words, alter the melody, change the key – whatever it takes for you to “own” it as yours. The chords and keys to all of this music is in the key that I sang it on the CD. At the end of this book I have included my “Karen Drucker Handy Dandy Easy Music Method,” which will help you transpose the song to a key that works for you, help you figure out the chords, and maybe a few other musical tidbits you didn’t know.

A few of these chants on the CD are what I am calling “musical meditations,” where you think of an issue and sing along with me and my wonderful back-up singers over and over, hopefully feeling a difference by the time the song ends. My intention is to keep the music easy enough to play that you can close your eyes and really feel it and even lead others in singing the different parts.

Thank you again for supporting my music and I hope you enjoy these songs and chants!

Musically,

Karen

I am so grateful and filled with such admiration to everyone who helped bring this CD to life:

John Hoy: guitar, bass

John R Burr: keyboards, organ

Dave Rokeach: drums

Rich Armstrong: percussion

Omega Rae: back-up vocals on tracks 2, 3, 5, 6, 8, 9, 10, 12

Sandy Griffith: back-up vocals on tracks 3, 5, 6, 8, 9, 11, 12

Rich Armstrong: back-up vocals on tracks 2, 6, 9, 10

Amy Bishop: back-up vocals on tracks 4, 7

Pamela Polland: vocals of Hawaiian translation on track 5

Annie Stocking: back-up vocals on track 1

Produced by Karen Drucker

Co-produced, engineered, arranged and mixed by John Hoy

Recorded at Cat Heaven Studios

Graphic design: MZ designs

Photos: In Her Image Photography

Songbook chart transcriptions: Rich Girard

I Love My Life

Words: Karen Drucker
Music: Karen Drucker & John Hoy

“May you arise each day with a voice of blessing whispering in your heart that something good is going to happen to you.”
John O’Donohue

Intro: How I start my day is the way my day is gonna be.
 How I start my day is the way my day is gonna be.
 It’s up to me to be thankful. It’s up to me to be kind.
 It’s up to me to be grateful. It’s up to me, it’s up to me.

Chorus: Every day I wake up and I say today I love my life.
 Every day I wake up and I say today I love my life.

1. Every day when I wake there’s a choice I can make,
 to be glad or be sad, forgive or stay mad.
 It’s all up to me what I focus on will be in my life.

Chorus

2. And when clouds fill the sky I know I’ll get by.
 When I see all that’s right the dark turns to light.
 I give thanks and I say this is my lucky day I’m alive.

Chorus

Bridge: Love it, love it, yes I love it, love it, love it,
 yes I love it, love my life (2x)

Chorus

I Am Grateful

Words & Music: Karen Drucker,
Karen Taylor Good, Stowe Daily

“Gratitude as a discipline involves a conscious choice. I can choose to be grateful even when my emotions and feelings are still steeped in hurt and resentment. It is amazing how many occasions present themselves in which I can choose gratitude instead of a complaint.” Henri Nouwen

1st part: Thank you. Thank you. Thank you. Thank you.

2nd part: I promise in this moment to keep my heart wide open.
With every breath I take I’m grateful.

3rd part: I am grateful. I am grateful. I am grateful. I am grateful.

4th part: Grateful, grateful, so blessed.

One Heart At A Time

Words: Karen Drucker
Music: Karen Drucker & John Hoy

Inspired by Dr. Rachel Naomi Remen

“... what if we were exactly what’s needed? What then? How would I live if I was exactly what’s needed to heal the world?” Rachel Naomi Remen

We can change the world one heart at a time.
We can change the world one heart at a time.
I see you, I know you, you’re a part of me. (repeat)

Bridge: My heart is open to love. My heart is ready to love you.

You can change the world one heart at a time.
You can change the world one heart at a time.
I see you, I know you, you’re a part of me.

I can change the world one heart at a time.
I can change the world one heart at a time.
I see you, I know you, you’re a part of me.

Bridge: My heart is open to love. My heart is ready to love you.

We can change the world one heart at a time.

Dropping Down

Words & Music: Karen Drucker,
Amy Bishop, Gary Lynn Floyd

*“When everything is moving and shifting, the only way to counteract chaos
is stillness. When the surface is wavy, dive deeper for quieter waters.”*

Kristin Armstrong

I am dropping down to the truth of who I am.

I am dropping down, surrendering in love. (repeat)

Tag: Surrendering in love...

To the truth of who I am...

I am dropping down...

Ho'oponopono (Hawaiian Forgiveness Chant)

Words: Traditional Hawaiian mantra

Music: Karen Drucker & John Hoy

"In Hawaii, we have something called Ho'oponopono, where people come together to resolve crises and restore peace and balance."

Duane Chapman

"It's one of the greatest gifts you can give yourself, to forgive. Forgive everybody."

Maya Angelou

"If you want to change what's going on around you, change what's going on within you"

Billy Cox

I'm sorry.

Please forgive me.

Thank you.

I love you.

Hawaiian translation:

I'm sorry

E kala mai ia'u

Please forgive me

Huikala mai ia'u ke 'olo'olo 'oe

Thank you

Mahalo (iā 'oe)

I love you

Aloha wau iā 'oe

Too Blessed To Be Stressed

Words & Music: Karen Drucker,
Amy Bishop, Gary Lynn Floyd

“Remember that stress doesn't come from what's going on in your life. It comes from your thoughts about what's going on in your life.”

Andrew J. Bernstein

Chorus: I'm too blessed to be stressed. I'm too grateful to be hateful.
I'm too blissed to be pissed. I'm too blessed to be stressed.

1. Not gonna let it get me down. Not gonna let it push me over.
Not gonna let it run me round cause I know the truth!

Chorus

2. Doesn't matter what's on the news. You can't make my mind up for me.
You ain't gonna hear me sing the blues cause I know the truth!

Chorus

Bridge: I am grateful for each breath I take. Yes. Yes.
I am grateful I am wide awake. Yes. Yes.
I am grateful for each passing day. Yes. Yes.
I am grateful. I am grateful.

Chorus

Love Always Finds A Way

Words & music: Karen Drucker,
Amy Bishop, Gary Lynn Floyd

"It's funny how, when things seem the darkest, moments of beauty present themselves in the most unexpected places."
Karen Marie Moning

1. When you're losing your way, when it's too much to take,
when your will is broken, I'm here.
I can be your shelter. Be your safe place to land.
When your heart feels empty, I'm here.

Chorus: I have enough love for both of us.
I know it's gonna be okay.
I have enough love for both of us.
Love always finds a way. Love always finds a way.

2. If the future's unknown and the paths overgrown,
I will cradle your soul, don't fear.
Though you don't have the answers, may not know where to go,
what you need is inside you, just trust and you'll know.

Chorus

Bridge: I'm your light in the storm. I'm your call to come home.
I'm your beacon of hope. You can count on me.
You can count on me.

Chorus

Let It Go

Words: Karen Drucker
Music: Karen Drucker & John Hoy

“If it comes, let it come. If it stays, let it stay. If it goes, let it go.” Nicholas Sparks

Intro: When things are just too much and I’m holding on so tight,
I want to just relax and give up without a fight.
I long to feel that sweet release, so I turn within and pray,
and stop, take a breath, relax, surrender, trust and say

Part 1: Let it go. Let it go. Let it go. Let it go. Let it go. Let it go.
Let it go. Let it go. Let it go. Let it go.

Part 2: I let go. I let go.

Part 3: I release. I surrender. I release. I let go.

Part 4: I release. I surrender.

Part 5: Let it, let it, let it, gonna let it go.

I Am Healed

Words & Music: Karen Drucker
& Claudia Carawan

“When you can't remember why you're hurt, that's when you're healed.” Jane Fonda

1. Everything I need to know is right here,
there's a power deep inside of me.
I am being guided to the answers, and this truth has set me free.

Chorus: I am healed. I already know it. I am healed. It's already here.
I am healed. Glory Hallelujah. I am healed. I am healed. (repeat)

2. With every breath I'm feeling so much stronger.
I've tapped into the strength inside of me.
I spend each day in gratitude and wonder. The power of love is all I see.

Chorus

Bridge: I think of all the pain that I've been through.
I've climbed that mountain and survived
now there's nothing I can't do.

Chorus

I Am A Light

Words: Karen Drucker
Music: Karen Drucker & John Hoy

"I wish I could show you when you are lonely or in darkness the astonishing light of your own being." Hafiz

"Lighthouses don't go running all over an island looking for boats to save; they just stand there shining." Anne Lamott

*"Don't fight darkness - bring the light, and darkness will disappear."
Maharishi Mahesh Yogi*

Chorus: I am a light. I shine so bright. I illuminate the darkness.
I am a light. I shine so bright. I illuminate the darkness.

1. There are times when I forget that Spirit lives inside of me.
When I drop into that source of love in my heart I am free.

Chorus

2. There's a truth that I know deep inside my soul.
Every day's an opportunity to shine my light to everyone I see.

Chorus: I am a light. I shine so bright. I illuminate the darkness.
You are a light. You shine so bright. You illuminate the darkness.
We are a light. We shine so bright. We illuminate the darkness.
I am. I am. I illuminate the darkness. I am. I am.

Triggered

Words: Karen Drucker
Music: Karen Drucker & John Hoy

“Remember, you have been criticizing yourself for years and it hasn’t worked. Try approving of yourself and see what happens.”
Louise Hay

1. I was cruisin’ along singing my songs keepin’ my critics at bay.
Then all of a sudden I heard her voice telling me I’m not OK.
The sky got dark, the winds did blow,
she crawled in my head and wouldn’t let go.
Now I’m in such misery and all my faults are all I see. Poor me!

Chorus: I’m triggered, I’m triggered, I’m triggered, I’m triggered,
I’m triggered, I’m triggered, I’m triggered.
I’ve lost my mind and gone offline.
I’m triggered, I’m triggered, I’m triggered.

2. Was it something that somebody said that allowed her to hijack my head?
Leading me down that rabbit hole where
I seemed to forget everything I know.
All those years of therapy and look at what it’s gotten me.
I’m off the track, under attack, all I want is to be free. Poor me!

Chorus

Bridge: But wait here’s what I’ll do:
I’ll breathe and phone a friend to help me remember who I am.
The things she says are just not true,
I’ve found my power and here’s what I’ll do, I won’t get...

Chorus: Triggered, not triggered, not triggered, not triggered,
not triggered, not triggered, not triggered.
I’ve found my way nothing she can say.
I’m not triggered, not triggered, not triggered. (repeat)

I won’t be, she can’t make me, nothing’s gonna get me triggered!
For now...

Namaste

Words: Karen Drucker
Music: Karen Drucker & John Hoy

“Namaste means that whatever is precious and beautiful in me honors whatever is precious and beautiful in you.”
Debasish Mridha

Chorus: Namaste. Namaste. I see the beauty in you.
 Namaste. Namaste. I see the beauty in you. (repeat)

1. In your eyes I see a light that's shining through.
 You radiate such grace and so I bow to you.

Chorus

2. You give your loving heart to everyone you see.
 The way you live your life inspires me.

Chorus

I see the beauty in you. I see the courage in you. I see the power in you.
I see you... Namaste.

1. I Love My Life

Words: Karen Drucker Music: Karen Drucker & John Hoy

With all my chant CDs (Songs of the Spirit 1, 2, 3, 4) I have had the intention of the first song on the CD being a positive wake-up call for the day. Thinking about starting your day with an intention-setting song just starts the day off in a upbeat way and hopefully your day will be fabulous! Now do I always start my day saying “I love my life!!???” Well no - not always - but this song is a reminder that I can choose how my day will be and set the intention for it to be a great day!

2. I Am Grateful

Words & Music: Karen Drucker, Karen Taylor Good, Stowe Dailey

I love writing songs with the brilliant team of Karen Taylor Good and Stowe Daily - also known as Stowegood. This gratitude chant came about by the three of us sitting around in a hotel room with Karen on her keyboard and Stowe on her guitar and just talking about how grateful we are for everything in our lives. The result is a chant with all different parts that you can sing. I hope this will turn into a daily practice to give thanks.

3. One Heart At A Time

Words: Karen Drucker Music: Karen Drucker & John Hoy

I was visiting with my mentor and friend, Dr. Rachel Naomi Remen, and we were talking about all the craziness that is happening with the world and how we both just wanted peace. When I said I felt overwhelmed by what I can do to create peace she answered “You change the world simply one heart at a time.” I heard that line and immediately got a melody in my head. I am hoping that singing this sweet chant we **can** change the world - one heart at a time.

4. Dropping Down

Words & Music: Karen Drucker, Amy Bishop, Gary Lynn Floyd

I was at a music conference in Canada meeting two musicians that I had heard about but had never met. After our first performance together we could feel the magic between us with our different yet similar styles, and I suggested we carve out some time during the conference to try and write a song. We wound up writing quite a few songs that are on this CD. I hope that this simple meditation chant will allow you to drop down into the still silent place in your soul that knows that truth about you.

5. Ho’oponopono (Hawaiian Forgiveness Chant)

Words: from Hawaiian forgiveness mantra Music: Karen Drucker & John Hoy

This beautiful ancient Hawaiian forgiveness mantra has been a great tool in helping shift my consciousness when I need to forgive myself or someone else. The idea is that healing starts with taking responsibility for all we see, hear, feel and know, and that when we can soften our hearts to forgive ourselves and the other person, we have the power to change the situation. The process is that you think of a person you are having an issue with or something going on in your life and repeat these four phrases over and over:

I'm sorry. (I take full responsibility for this situation.)
Please forgive me. (I have compassion for myself, I have compassion for you.)
Thank you. (For this opportunity to resolve this within myself or with you.)
I love you. (I am grateful for myself or for the person.)

If you allow yourself to have the music and words wash over you and sing along with us, my hope is that you will feel a change in whatever you are going through.

6. Too Blessed To Be Stressed

Words & Music: Karen Drucker, Amy Bishop, Gary Lynn Floyd

I was driving to the airport to attend a conference and on a church marquee I saw the line "too blessed to be stressed." I immediately wrote this phrase down thinking what a great song title. When I hooked up with Amy and Gary at this event I took out my little scribbled scrap of paper with this title and the song was written in a half hour! It is something I have to affirm when the world feels overwhelming and the news is so negative - I just declare to myself that I am too blessed to be stressed! I hope it works for you too!

7. Love Always Finds A Way

Words & Music: Karen Drucker, Amy Bishop, Gary Lynn Floyd

Another beautiful song written with Amy and Gary. I know so many people going through such hard times: a cancer diagnoses, or the hurricanes or fires that have affected us all this year. This song is a reminder to anyone close to you that love/Spirit will always be there and that you are not alone.

8. Let It Go

Words: Karen Drucker Music: Karen Drucker & John Hoy

I always say in my concerts that listening to my songs you will get to know what all my "issues" are! Well this is a big one for me. I wanted to write a song or chant that would help me in those times when I am holding on, to be able to let go. I wrote pages and pages of lyrics until I finally heard this voice saying "just let it go" and realized the essence of what I needed to hear and feel was simply that one line! And so I did.... and now this chant is 5 minutes of just saying "let it go" over and over. My intention is that you use this chant as a meditation and as you think of an issue and sing along with us that by the end of the chant you will have let go!

9. I Am Healed

Words & music: Karen Drucker & Claudia Carawan

Claudia Carawan is one of my favorite people to write songs with because we get to process whatever we are going through with our songs. At our songwriting session we both spoke about people we knew that were going through cancer treatments or other healing experiences and how we wanted to write a song that affirmed that they are well - right now! Not in the future...now!!! We also affirmed it for ourselves with some

emotional issues we were going through - so we both declared “Glory Hallelujah - I am healed!!!” ... and we were!

10. I Am A Light

Words: Karen Drucker

Music: Karen Drucker & John Hoy

As I think about all the problems and issues going on in the world I have to come back to that quote of Maharishi Mahesh Yogi who said “Don't fight darkness - bring the light, and darkness will disappear.” It is a reminder to me that wherever I am I can choose to see the light instead of the darkness. Also to remember that who I am is light, and I can shine that light to anyone I see and make a difference in the world. We all need to keep shining our lights to truly make the changes that we need!

11. Triggered

Words: Karen Drucker

Music: Karen Drucker & John Hoy

With many of my comedy songs I try to take a situation that can be very painful and attempt to reframe it so that I can lighten up about it. I have had situations where someone will say something to me and I literally feel like my inner critic comes in and hijacks my head, and I am in a whirlpool of negativity. Getting triggered is not a fun experience but I am hoping this song will loosen the reins a bit to be able to recognize when you have gone “offline” and hopefully you can hear this song and get back to center.

12. Namaste

Words: Karen Drucker

Music: Karen Drucker & John Hoy

In all my women's retreats I love the first night where we all get to know each other and watch the transformation when strangers become friends. At one retreat I came up with this chant of singing “Namaste” as we walked around the room bowing to each other. Truly the gift that I see when women get together is them seeing and validating the beauty in one another. I hope you will feel that as you sing along with us.

KD's Handy Dandy Easy Music Method

This is a very basic lesson in how to do chords. Take a look at the scales on the opposite page and use this page to make chords and transpose.

To make a Major Chord:

Play the 1st, 3rd and 5th note of the scale (1, 3, 5).

Examples: C = C, E, G F = F, A, C B \flat = B \flat , D, F, etc.

To make a Minor Chord:

Play the major chord (1, 3, 5), then play the 1st note, take the 3rd down a half a step, then play the 5th (1, flat 3, 5).

Examples: Cminor = C, E \flat , G Fmin = F, A \flat , C B \flat min = B \flat , D \flat , F, etc.

To Transpose:

All you need to do is substitute the new chords in the key you want with the old chords of the original key. You first need to figure out what key you are in. You can do that by looking at the key signature and seeing how many sharps or flats there are, or by having someone just help you determine what key the song is in. Sometimes the key might even be the first and/or last chord of the song.

Next you have to figure out what key you want to go to. Try moving the first chord down a step and see if that feels better to sing or play.

Then all you do is take each of the 'old' chords, look at the chart that I have included here, and switch them for the new chord. It's very important to remember to take *all* the various numbers that might come after each chord (7ths, major, minor, any other numbers, or suspended chords).

Example #1:	Old key chords in the key of C:	C, Am7, F, G7
	New key chords in the key of G:	G, Em7, C, D7
Example #2:	Old key chords in the key of A:	A, C \sharp min7, F \sharp min7, Esus
	New key chords in the key of F:	F, Am7, Dm7, Csus

The main thing that I think is important is there are no accidents. If you hit a 'wrong' note (one that might not be in the chord or in the scale) and it sounds good to you, then explore it. Many of my songs have been written by hitting a 'wrong' note and I just had fun with it and made up a whole new song. So in other words let yourself play and have fun and surrender to the magic of music!

Sharps

Key	1	2	3	4	5	6	7	8	Sharps
C =	C	D	E	F	G	A	B	C	0
G =	G	A	B	C	D	E	F#	G	1
D =	D	E	F#	G	A	B	C#	D	2
A =	A	B	C#	D	E	F#	G#	A	3
E =	E	F#	G#	A	B	C#	D#	E	4
B =	B	C#	D#	E	F#	G#	A#	B	5

Flats

Key	1	2	3	4	5	6	7	8	Flats
F =	F	G	A	B \flat	C	D	E	F	1
B \flat =	B \flat	C	D	E \flat	F	G	A	B \flat	2
E \flat =	E \flat	F	G	A \flat	B \flat	C	D	E \flat	3
A \flat =	A \flat	B \flat	C	D \flat	E \flat	F	G	A \flat	4
D \flat =	D \flat	E \flat	F	G \flat	A \flat	B \flat	C	D \flat	5