

*Karen
Drucker*

Power Up!



Songs to inspire,
cheer you on, and help you
to achieve your goals.

Power Up!

- 1. I Can Do It**
Words: Karen Drucker Music: Karen Drucker & John Hoy
From the CD: The Call
- 2. I've Got The Power**
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Power Up!

“Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it.” Lou Holtz

I have always loved to challenge myself physically. I have done triathlons, swam the English Channel as part of a 6-woman relay team, biked from San Francisco to Los Angeles, walked from Santa Barbara to Los Angeles...all events that made me dig deep inside to find the power within to keep going. Along the way I would have songs, phrases, affirmations, and books that would inspire me saying: “Yes - you can do this!” I would rely on these sources for all the different challenges in my life – physical, mental and spiritual. I have found that having an outside source cheering me on helps kick start my inner voice to remind me that I have what I need inside me to do whatever is in front of me.

That is what this compilation of my most up-tempo, fun, high-energy songs is all about.

Whether you are working out and want to have positive messages encouraging you, or you just need to hear a song to remind you of your own power – I hope that using this CD works for you to help “power up” your life.

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 songs 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

I Can Do It

Words: Karen Drucker

Music: Karen Drucker & John Hoy

“Only as high as I reach can I grow, only as far as I seek can I go, only as deep as I look can I see, only as much as I dream can I be.”

Karen Ravn

“I Can Do It!” Powerful words aren’t they? I have found that just saying a positive affirmation like this one to myself can keep me going when the road is looking too long, or the mountain is too high. There are many times when I am doing a project that my negative inner-critic comes in with a million different excuses of why I won’t succeed. I wrote these words to myself to remember that anything is possible and I believe we all can do what we want, if we keep putting one foot in front of the other.

Chorus: I can do it. I can do anything.
When I say what I want and I walk my talk,
it all comes back to me.
I can do it. I can do anything.
I release let go, go with the flow this is where I’m supposed
to be.

Today I say I’ll get out of my way and live the life that’s
meant for me.

I state my claim in Spirit’s name. I choose my destiny.

Chorus

Right here right now today I choose how to be all I can be.
I can heal my life let go of the strife. I embrace the mystery.

Chorus

I can do it. I can do it. I can do it now!

"I've been absolutely terrified every moment of my life – and I've never let it keep me from doing a single thing I wanted to do."
Georgia O'Keefe

I've Got The Power

Words & Music: Karen Drucker

I've got the power - to make all my dreams come true
I've got the power - there's nothing I can't do
I've got the power - to be anything I want
I've got the power inside of me...

Everyday I'm wastin' my time thinkin'
that someone else is gonna do it all for me
I've got to get up, get out, get it, just get started
take one step towards my destiny
I'll define my direction with clear cut intention
Declare what will be and then watch it come to me

Chorus

There are days when I feel that I'm just no good
days when I don't even want to try
But when I stop, look and listen and surrender
I hear a voice of truth I cannot deny
It says "You know you can do it, just get down to it
Have faith in yourself and the will to see it through"

Chorus

In those times when I feel so frightened
and it seems like I just can't go on
I've got to look deep inside cause that's where I find
the power, the power, the power inside of me...

Chorus

Celebrate Your Life!

Words: Karen Drucker

Music: Karen Drucker & John Hoy

Celebrate your life
Celebrate your life.

*Chorus: Celebrate your life today.
Celebrate your life in every way.
Celebrate your life and give thanks.
Celebrate, celebrate, celebrate your life.
Celebrate, celebrate, celebrate, your life.

You're worth it.
You earned it.
Now its time to celebrate it.
Just claim it.
Enjoy it.
Everybody just stand up and sing.

Chorus

You're special.
You are so unique.
You make a difference to the world.
You're grateful.
You show it.
Your life is a miracle, so lets sing

Chorus

Celebrate. You got to celebrate it.
Celebrate. Celebrate your life. Yeah!

Chorus

Celebrate! Celebrate your life!
Celebrate! Celebrate your life
Celebrate! Celebrate your life
Celebrate! Celebrate your life
Celebrate!

*“Watch your thoughts; they become words. Watch your words; they become actions. Watch your actions; they become habits. Watch your habits; they become character.” Frank Outlaw
Title and song concept inspired by Mary Manin Morrissey.*

Three Little Words

Words: Karen Drucker
Music: Karen Drucker
& John Hoy

I know three little words that can mean so much,
they give me power every day.

Three little words that can heal my life and help me get out of my way.
Any time I hit a road block, this is what I say,

“Life is good, let it go, play full out, yes I can.
Tell me more, I am blessed, be here now, I love you.”

I know the words that I say will determine the way that my life is gonna' be.
When I say what I feel then I make it so real to manifest my destiny.
I just think about what I'm sayin', that's the magic key.

Chorus

When I trust my heart to say what's on my mind,
the truth will be revealed, it happens every time.
Words can heal my soul, words can help me through.
My words determine what I think and feel and do.

Chorus

Every Little Thought I Think

Words: Karen Drucker

Music: Karen Drucker & John Hoy

“... each is drawing from Life what he thinks into it. To learn how to think is to learn how to live.”

Ernest Holmes

This song feels like going back to my roots. For many years I sang in blues and jazz clubs, and as much as I don't do that anymore it sure feels good to write a song in that genre. My band consists of some of the best jazz players in the San Francisco Bay Area, and you can sure hear them doing their thing on this song. That's my hubby John Hoy, who co-wrote this song, doing the cool guitar solo, and all the vocals were done by the amazing Annie Stocking who makes any song of mine into vocal magic!

When I'm feelin' down and blue, I've found a trick that I'll share with you.
I can choose a better way with every little thought I think.

If I wake up with a bad attitude, I fill my mind with gratitude.
I give thanks for everything with every little thought I think.

I can choose to be happy. I can choose to be free.
Moment by moment it's all up to me.

'Cause what I think about I bring about,
that's the way it is and there is no doubt.
Day by day I pave the way with every little thought I think.

Whatcha' thinkin', whatcha' thinkin'.
Whatcha' thinkin', whatcha' thinkin'.
Whatcha' thinkin', whatcha' thinkin'.
Watch your thinking!

When I'm feelin' down and blue, I've found a trick that I'll share with you.
I can choose a better way with every little thought I think.

Title and concept inspired by Eddie Conner

N-O Is My New Yes

Words: Karen Drucker

Music: Karen Drucker & John Hoy

I've spent my life with the disease to please
saying "yes" when I really meant "no"
Now I've seen the light and I feel the time is right
There's something I need you to know...

N-O is my new yes - when I say no I'm saying yes to me
N-O is my new yes - when I say no I set myself free!

I've been living my life living to please
full of effort and struggle and not enough ease
I've been such a good girl, but now I know
when I'm untrue to me I lose a piece of my soul

Chorus

I thought to be liked I had to be nice
doing what others wanted but I was paying the price
Cause what good is my giving how authentic, how true
when I cheat me just to please you

Chorus

It's all about freedom, having choices
Trusting my heart to know, I can say yes or I can say no
I'll say yes to what feels right, no to what feels wrong
and when I'm undecided I'll just sing this little song - come on!

Chorus

One Small Step

words & music: Karen Drucker

Choru One small step - instead of looking at the mountain
One small step - gets me closer to my goal
One small step - instead of looking at the mountain
then it won't seem like I've got so far to go...

1. I've got dreams filled with passion
I've got fears that seem to pop up in my way
but I've got power that's deep inside my soul
when I look too far and lose my way
it always lets me know... that I've gotta take...

****Chorus****

2. I got off the track - I couldn't find my way back
when I looked inside the truth there could not be denied
I was making it harder than it had to be
just pushin' and fightin' until I found the key...that I've gotta take...

**** Chorus ****

*“ First, think. Second, believe. Third, dream. And finally, dare.” Walt Disney
Song inspired by Alan Cohen from his book : “Dare to Be Yourself”*

Let It Shine

Words & Music: Karen Drucker

I'm gonna be the first on the dance floor, the first to raise my hand.
The first to state my opinion, the first to take a stand.
I won't play it safe and wait for a sign,
I'm gonna throw myself out there and let my light shine.
Let it shine, let it shine,
I let my big bright brilliant beam of radiant light shine.

I'll be on 'Oprah' and 'Conan', '60 Minutes' and 'The View'.
They'll all be talking about me and all the things I do.
I'll be the one who sets the bar, the one who's in the know.
'Vogue' will come to me to see where fashion trends will go.
'Cause I shine, yes I shine,
I let my big bright brilliant beam of radiant light shine.

For too many years I hid my light,
fearing I was too much and who I was just wasn't right.
Then I heard this voice from within and up above saying
“You're here to be a shining light and give and receive love”.

So now I'm going for my dreams, nothin's in my way.
“Carpe Diem” is my mantra, I practice kindness every day.
I take time to connect, take time to have fun,
I wanna know I've used up every drop before my life is done.
So I shine, yes I shine,
I let my big bright brilliant beam of radiant light shine.

I am a woman of power, a woman of grace.
The life that I've lived is in every wrinkle on my face.
I love myself so I can love you too,
I know when we're connected there ain't nothin' we can't do.
So let's shine, let's all shine,
Let's let our big bright brilliant beam of radiant light shine!

I Don't Have To Be Perfect

Words and Music: Karen Drucker

“Ring the bells that still can ring, forget your perfect offering. There is a crack in everything, that’s how the light gets in.” Leonard Cohen

Truly a song written to my inner-critic to just get out of the way and let my light shine! There have been times in my life where I would somehow sabotage myself or a project, with the idea that “I will only put this out there when it is perfect!” What is “perfect” anyway? Who sets the standard? In making the declaration to myself that I am doing the very best I can, it gives me permission to just go for it... and that feels great!

Chorus: I don't have to be perfect. I'm doing the best I can.
I give myself permission to be just who I am.
It started in 3rd grade the teacher said, “Lets sing and have some fun!”
So I let it rip, I let it wail and she said, “Karen, why don't you just hum?”
So for many years I squished my voice thinking I was wrong.
‘Till then one day I learned the truth and now I sing this song that says:

Chorus

I'm standing in front of the mirror obsessing about my belly fat.
My thighs, my butt, wrinkles ‘round my eyes, who can live with judgement like that?
The media tells me daily I should be young tall tan and thin.
But the truth is when I accept myself, that's when I win. I say:

Chorus

Perfection's an illusion. I won't give my power away.
I can lighten up and let it go and know that I'm ok.
Now I'm older and wiser I don't really care what people say.
If someone thinks I'm not perfect well I just bless them on their way.
Life's too short to be judgmental. Take a break, have a good time.
And if you're struggling with this issue,
Then raise your voice with mine, raise your voice with mine and sing:

Chorus

“..all things are coming to you...don't argue about it, just do it.” Earnest Holmes

Just Do It

Words: Karen Drucker
Music: Karen Drucker & John Hoy

Just do it, Don't talk about it, Don't put it off - Just do it
Just say it, I'll speak my truth, I'll state my needs - Just say it
Just claim it, Act as if, Know it's done - Just claim it
Just breathe, Breathe in faith, Breathe out fear - Just breathe

Just do it - Just do it - Just do it - Just do it Just do it - Just do it
I'm gonna give myself a gentle push, I'm gonna start today!

Just do it, Don't talk about it, Don't put it off - Just do it
Just trust, Trust myself, Trust my heart - Just trust
Love, I'm gonna give love, I'm gonna show love - Just love
Faith, I have faith, All is well - I have faith

Chorus

Rap:

Every time I criticize and focus on my flaws I don't realize
that I am worthy and capable, and I deserve to have it all!
So now's my time to rise and shine, go for the dreams that are in my mind
Take one small step and not be afraid, with faith and love I've got it made!

Just do it, Don't talk about it, Don't put it off - Just do it
Just do it, Whatever I want, I'll start today - Just do it!

* Chorus*

Just do it, It's done!

I Lost The Right To Sing The Blues

words: Karen Drucker & Rita Abrams
music: Karen Drucker & John Hoy

1. I woke up this mornin' and somethin' was not right
my poor head was a-throbbin' cause I tossed and turned all night
This unfamiliar feelin' it shook me up inside
The truth it was revealin' that a part of me had died
So I called my higher self and she gave me the bad news
She said "Your life is just too good you lost the right to sing the blues!"

That broken down old Chevy that was eatin' me alive
I visualized a Lexus and now it's sittin' in my drive
And that man of mine that scoundrel that rotten low down bum
I've transformed him into a love-God with a sizable trust fund
Everywhere I looked I was confronted with the clues
my life was just so good - I lost the right to sing the blues...

Bridge: You can sing the blues if you can't pay the rent
And you can sing the blues if all your money's been spent
But how can I sing the blues - I ain't got no excuse
when I'm driving in my Porsche on the way to my masseuse

3. So you won't find me wailing late at night in some smoky bar
And you won't see me cryin' tears into my old guitar
I'm too busy cleaning my chakras and chasing bad karma away
and fluffing up my aura - well that could take all day
Now that I'm enlightened - I gotta spread the news
When life gets this darn good you've lost the right to sing the blues...

Bridge: You can sing the blues when your best friend puts you down
You can sing the blues if your man has done left town
But what gives me the right to sing that mournful tune
when I'm steamin' with my honey in my sauna in Cancun

4. So now you've heard my story and you understand the pain
of searching and not finding any reason to complain
Cause my stars are in alignment - my house is all feng shui-ed
I'm filled with peace and harmony - my bills have all been paid
I've let go of the struggle - you know I've paid my dues
When life gets this darn good - you've lost the right to sing the blues...

Inspired by Joan Borysenko

My Religion Is Kindness

Words & Music: Karen Drucker

Chorus: My religion is kindness - My church is nature
My God is a feeling that lives deep inside
My job is to be conscious - My path is forgiveness
My religion is kindness and I practice it everyday

1. Everyone has a story - Everyone has pain
When we strip away our masks we find that we're really all the same
It's those little things we say and do that can mean so much
It's a smile, a connection - a simple loving touch

* Chorus *

2. Today I'm gonna ask myself what more can I do
To be a radiant child of God and let my love shine through
I'm gonna let my heart be my guide to give the best of me
I'm gonna share joy, share my love, give it boundlessly

* Chorus *

Bridge: Jack and Jill went up the hill to fetch a pail of water
But then Jack fell down and broke his crown
and Jill came running after
She said "Jack tell me what can I do to help ease your mind?"
He said "Hold my hand and just be kind
and I know I'll be fine."

* Chorus *

Permission To Play

words: Karen Drucker & Lisa Hammond music: Karen Drucker & John Hoy

I teach a workshop called “I Give Myself Permission,” where we look at all the things we want to give ourselves permission to be, do or have. I have to admit this song is a bit of a mantra for me. I tend to work myself to hard and forget that life is about fun and ease and the balance of work **and** play. This song was previously released on another compilation CD but I wanted to include it here so that more people could hear it and dance along with me!

I'm gonna dance with my shoes off. Laugh with my friends. Take time for me.
Ooh the fun never ends! I enjoy my life, every day.
I deserve it and I claim it and I give myself permission to play.

Chorus: Permission to play! (repeat 4x)

The more I give to myself the more that I have to give.
I commit to my joy, cause it's the only way to live.
I fill up my well, every day.
My priority is that I give myself permission to play.

Chorus

I don't have to ask anybody, cause right now is my time.
I put myself first, I take care of me, and let my light shine! Wooh !

I'm gonna live out loud, follow my heart. Believe in my dreams.
Today I will start, to take a risk, and let it be OK.
I deserve it and I claim it and and I give myself permission to play!

Chorus