

Karen Drucker

## Power of Women

1. The Power of WomenPO  
Words & Music: Karen Drucker
2. What One Woman Can Be  
Words: Karen Drucker, Music: Karen Drucker & John Hoy
3. On My Way  
Words: Karen Drucker & Debra Turner, Music: Karen Drucker
4. Lighten Up  
Words: Karen Drucker, Music: Karen Drucker & John Hoy
5. I Am So Blessed  
Words & Music: Karen Drucker
6. You Are Loved  
Words: Karen Drucker, Music: Karen Drucker & John Hoy
7. Gentle With Myself  
Words & Music: Karen Drucker, Chorus words: Robyn Posin
8. Beauty In You  
Words: Karen Drucker, Music: Karen Drucker & John Hoy
9. I Look Good  
Words: Karen Drucker, Music: Karen Drucker & John Hoy
10. N-O Is My New YES  
Words: Karen Drucker, Music: Karen Drucker & John Hoy
11. I Wish For You  
Words & Music: Karen Drucker

Produced by Karen Drucker  
Thank you for listening!

For other CDs, songbooks and information: [www.karendrucker.com](http://www.karendrucker.com)  
Karen Drucker, PO Box 134, Mill Valley, CA 94942

All songs © © 2008 Taytoones Music, BMI

This is my second compilation CD. The first one, “The Heart Of Healing,” was a collection of my healing chants and songs. My intention was to help anyone going through cancer treatments, recovery, or any kind of healing issue. My intention with this CD is to put together all my songs that have the message of empowerment. My hope is that these songs find their way to women who might be in domestic violence situations, women in recovery, or women’s groups that encourage women to find and claim their own power. I want these songs to give you an extra boost of encouragement for whatever might be going on in your life.

This path has had many twists and turns for me. Now, at 50, I am feeling the effects of all the work I have done on myself, and it is fabulous. As I step into my power and allow my light to shine (without constantly worrying if I am “too much” or if people will like me), I notice how the quote from Marianne Williamson is so true: “As we let our own light shine, we give other people permission to do the same.”

My wish for you in listening to this album is that you will feel your power, acknowledge your strengths and feel that sweet connection we have as women. So sing and dance along with me and let’s let our big bright brilliant beam of radiant light shine!

### Thank You’s

There is an expression that says, “A woman is made by the friends she keeps.” I’ve been taught, encouraged, supported and loved by many women who have brought me to the place that I am today. They are my mother, Marjorie Drucker who always listened, advised and saw my highest good, my sister Tina, my wonderful girlfriends Maye Cavallaro, Joan Borysenko, Cheri Huber, Susan Kennedy (aka SARK), Lauren Mayer, Annie Stocking, Robyn Posin, Lisa Smith, Rev. Karyl Huntley, Donna Michael, April Ortiz, Jennifer Lacy, “The Power Women’s Circle”: Maggie Cole, Janet Ryan, and Jennifer Mann, and all the women in my life that inspire and laugh with me. Also thanks to M.J. Ryan, Oriah Mountain Dreamer, Mary Manin Morrissey, Jean Shinoda Bolen, and Carole King.

A special thank you to all the women’s retreats that I have either been the music director for, or that I have co-facilitated. Watching your transformations and the bonds that were formed from being in circle with you are what inspired this CD. Thank you for how you have touched my life!

This CD is dedicated to my dear friend Brian Connolly. I miss you already.

Karen Drucker: vocals, keyboards  
John Hoy: guitar, bass, assorted keyboards, and percussion  
Annie Stocking: back-up vocals and all back-up vocal arrangements  
John R. Burr: keyboards (# 1,2,3,4,9,10,11,12)  
Dave Rokeach: drums (# 1,2,4,6,9,10,11,12)  
Larry Walker: percussion (tracks 1,8)  
Rich Girard: bass (track 9)  
Bob Johnson: sax (track 6)  
Horns: Zac Johnson, Marvin McFadden, Alex Murzyn (track 10)

Producer: Karen Drucker  
Co-producer, engineer, arranger: John Hoy  
Recorded at Cat Heaven Studios, Mill Valley, CA  
Mixed by: John Hoy with Karen Drucker  
Graphic design: Maye Cavallaro, mzdesigns.com  
Back photo: Irene Young, ireneyoungfoto.com  
Front cover artwork: “Leap Of Faith” Jane Evershed, evershed.com

“As each woman realizes her power she transforms the world”  
Patrice Wynne

Inspired and dedicated to the women of WomanSpirit Retreats

# The Power Of Women

Words & Music: Karen Drucker

Chorus: It's the power of women - United we stand  
We're making a difference when we join hands  
It's the power of women who will heal this world  
The power of women – the power of women...

1. It's the Goddess, it's the matriarch, it's the maiden, it's the crone  
Every color, every race through the ages it's been shown  
That women have compassion women show the way  
To a world that's filled with peace and love let me hear you say

\* Chorus \*

2. As we stand in this circle feeling our connection  
We can feel the power move as we state our intention  
To bring peace to this world and right all the wrongs  
Joining now in sisterhood we lift our voice in song and sing

\* Chorus \*

Tag: We got the power to change the world so what are we gonna do?  
First we have to realize that it's up to me and you  
Every single day I'm gonna take the time to pray  
And spread some lovingkindness to each person along my way  
Whatcha gonna do with your power?  
We are women of power!

*“When I dare to be powerful, to use my strength in the service of my vision, then it becomes less and less important whether I am afraid.” Audre Lorde*  
*Title and song concept inspired by Mary Manin Morrissey.*

# What One Woman Can Be

Words: Karen Drucker  
Music: Karen Drucker  
& John Hoy

What one woman can be, it is my destiny  
to live my life and go for my dreams.  
I’m gonna’ step up, and step out, and use my gifts.  
What one woman can be, is me.

I’m gonna’ listen to the wisdom of my heart,  
telling me it’s time to start,  
to take my dreams and watch them grow.  
I’ve lived and learned and now I know that,  
I can do anything I want to. I can be anything, I choose it.  
I open my heart and trust and surrender to the flow.

\*Chorus \*

I see my life beckoning to me,  
my past has paved the way and now I am free.  
The time is now, the time is right,  
to leave the dark and walk into the light.  
I can do anything I want to. I can be anything, I choose it.  
My life is a miracle and I’m grateful for it all.

\*Chorus\*

# On My Way

words: Karen Drucker & Debra Turner  
music: Karen Drucker

1. It kinda looks like I'm making this trip by myself  
and I don't know just where it will lead  
although I feel so alone I've got something inside  
that lets me know I've got all that I need  
When I started on my journey I didn't know what I'd see  
But I am here today ... and that's enough for me

Chorus: To be on my way  
I'm on my way  
I'm on my way...

2. Now I'm not sure if this road is the one I should take  
although I've seen it so clear in my mind  
and though I doubt and I fear and I worry I know  
that I'm destined to get there on time  
When I started on my journey I didn't know who I'd be  
But I am here today ... and that's enough for me

Chorus: To be on my way  
I'm on my way  
I'm on my way...

“Blessed are we who can laugh at ourselves for we shall never cease to be amused”

# Lighten Up

Words: Karen Drucker

Music: Karen Drucker & John Hoy

1. I was walkin' down the street I was feelin' mighty fine  
'Till I caught a glimpse in a window of my behind  
There was a jiggle and a wiggle that I'd never seen before  
And as I looked a little closer Oh my God I found more!  
I freaked out and I shrieked out “This has just ruined my day!”  
Till I heard a voice inside me say...

Chorus: “Lighten Up – don't take it so seriously  
Lighten Up – trust the mystery  
Lighten Up – it doesn't matter anyway  
Just enjoy your life and get out of your way - Lighten Up!”

2. So now I'm headed to a party to meet my friends  
I've got an outfit that's to die for - Honey I am just the living end!  
But as I scope out the scene it's obvious to me  
that the money at this party is simply obscene  
They're talking about their mansions, their yachts, and dropping names  
And in an instant I feel unworthy, small and ashamed  
But as I try to make a beeline, slip out the back door  
I hear that voice inside me saying once more

\* Chorus \*

Bridge: Worrying and judging - what good does it do?  
When you compare yourself to me and I compare myself to you  
This disease to please has just got to go  
When I love myself that's all I need to know

3. So now I'm looking in the mirror a new wrinkle has appeared  
Do I curse? Do I stress? It's the thing I most feared  
But then I remember my new mantra and I soon realize  
That I am perfect even with wrinkles and cellulite thighs  
I don't have to change a thing, struggle or try  
Cause my real beauty comes from deep inside...

\* Chorus \*

# 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."

*"You yourself, as much as anybody in the entire universe, deserve your love and affection." Buddha*

## You Are Loved

Words: Karen Drucker

Music: Karen Drucker & John Hoy

Here it comes again that feeling of not enough  
I see you struggle, I feel your pain  
How can I convince you that you are a radiant child of God?  
You are worthy, deserving, loving and caring, a shining light of love

If only you could see yourself as other people do  
You would see the light of love that shines to everyone  
You would understand the reason why people care for you  
You would see that, you would know that you are loved,  
You are loved...

You look in the mirror and all you do is criticize  
But take another look and see the soul that's in your eyes  
You have everything you need it's all inside of you  
Step into your power, open your heart  
and let your love shine through

\*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...

# 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...



*“ I finally realized that being grateful to my body was key to  
giving more love to myself. ” Oprah Winfrey  
Song inspired by Evy McDonald.*

# I Look Good

Words: Karen Drucker  
Music: Karen Drucker  
& John Hoy

I've got this new little game, it's the latest rage.  
It's not limited by race, creed, color or age.  
I stand in front of the mirror every day,  
look at myself from head to toe and simply say,

“I look good, I look good, I look good.  
I am the only me that will ever be, I look good.”

The rules of the game are specific and precise,  
I can't judge or criticize, I have to be nice.  
This is the body that I have it's divine and a gift.  
I don't need to lose weight, color my gray or have a face-lift.

\*Chorus\*

This game isn't limited to what's on the outside.  
There's my inner world too that cannot be denied.  
'Cause who I really am radiates from within,  
so I'll open my heart, quiet my critic and dig in.

They say that beauty's skin deep but I know for a fact,  
it's not really how you look, but more how you act.  
Was I kind to a stranger? Did I give love today?  
I can look in the mirror, look at myself and I can say,

“I am good, I am good, I am good.  
I am the only me that will ever be, I am good.  
I look good, I am good, I look good.  
I am the only me that will ever be, I'm good.”

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\*

*“ Make visible what, without you, might perhaps never have been seen.”*

*Robert Bresson*

# I Wish For You

Words & Music: Karen Drucker

I wish for you love, I wish you success and knowing you are worthy,  
of having it all, you've answered the call to serve your highest good.  
You have a power within, and now you'll begin to share your hearts desire.  
I wish for you joy, I wish for you peace, but most of all, I wish you love.

You have all that you need, all the support to reach the highest mountain.  
But if you're afraid or feel insecure, your angels are watching over you.  
Open you heart, trust in your path, faith will always guide you.  
I wish for you joy, I wish for you peace, but most of all, I wish you love.

You've got everything inside of you.  
Nothings gonna' stop you now, there's nothing you can't do.  
So just state your intentions with a laser beam of light,  
and go out and shine, shine, shine.

I wish for you love, I wish you success, and knowing you are worthy,  
of having it all, you've answered the call to serve your highest good.  
Open your heart, trust in your path, faith will always guide you.  
I wish for you joy, I wish for you peace, but most of all, I wish you love.

*“ 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!