


*Karen  
Drucker*

# Stillness



Chants and songs to nurture  
relaxation, inspiration,  
and inner peace.

# Stillness

1. **I Will Surrender**  
Words & Music: Karen Drucker, David Roth, Faith Riveria  
From the CD: Songs Of The Spirit 4
2. **I Allow, I Surrender**  
Words & Music: Karen Drucker  
From the CD: Songs of The Sprit 4
3. **In The Stillness**  
Words & Music: Karen Drucker  
From the CD: Shine
4. **One Breath At A time**  
Words & Music: Karen Drucker  
From the CD: With Love Anything Is Possible
5. **All Is Well**  
Words & Music: Karen Drucker  
From the CD: Songs Of The Spirit 4
6. **Holy, Holy, Holy**  
Words & Music: Karen Drucker  
From the CD: Songs Of The Spirit 2
7. **Breathe**  
Words & Music: Karen Drucker  
From the CD: Beloved
8. **May I**  
Words & Music: Karen Drucker  
From the CD: With Love Anything Is Possible
9. **I See Your Light**  
Words & Music: Karen Drucker & Stowe Daily Shockey  
From the CD: With Love Anything Is Possible
10. **Loving Kindness**  
Buddist prayer adapted by: Karen Drucker  
From the CD: Songs Of The Spirit 1
11. **Waiting**  
Chant Words & Music: Phil McFugh  
Waiting words: Karen Drucker & Rev. Karyl Huntley  
Music: Karen Drucker  
From the CD: Beloved
12. **I Am So Blessed**  
Words & Music: Karen Drucker  
From the CD: Songs of The Spirit 2
13. **Sleep Chant**  
Words & Music: Karen Drucker  
Frim the CD: Songs of the Spirit 4

## Stillness

*“The quieter you become, the more you can hear.” Ram Dass*

For years I have had people ask me which one of my CDs were perfect for meditation, doing yoga, massage, or for centering during their morning spiritual practice. My “problem” was that every CD I make always has a mixture of up-tempo songs with a few “mellow” ones, but nothing that could really be used for this specific purpose. That is why I put together this compilation of my favorite “mellow” chants from my various CDs. As with all my other chanting CDs (the Songs of the Spirit Series: 1, 2, 3, and 4), 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 came from so you can go to my website “[www.karendrucker.com](http://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 creates the space for you to feel peaceful, centered, inspired and empowered.

Blessings!

Karen

# Morning Prayer: I Will Surrender

Words & Music: Karen Drucker, David Roth, Faith Rivera

I just love the creative process, especially when it comes to writing songs. I was asked to be part of a live radio interview with two other wonderful New Thought Artists who I respect and admire: David Roth, and Faith Rivera. We were sitting in the waiting room, just hanging out before we were all supposed to be on the air. David took out his computer and typed the first line of a song, came up with a sweet simple melody, then swiveled the computer in front of me. "Here, you write the next line," he said to me. Always up for a challenge, I took a deep breath, came up with a lyric, and then swiveled the computer in front of Faith. She wrote a beautiful line with the word "faith" in it. We had a few minutes left before our interview and we all finished the last line. We laughed at the ease of this whole creative process, and wound up singing it on the air. And that was that. However, the melody haunted me and wouldn't let me go. I emailed David and wound up writing the rest of the lyrics with him through email. It has now become one of my favorite songs to sing.

I use it as a prayer to center myself in the early morning before I start my day.

Chorus: I will surrender to my greatest highest good.  
I will release any fear that blocks my way.  
For every step I take is taken in pure faith,  
and I am stronger every moment every day.  
(2nd time: grateful 3rd time: kinder)

My mind is willing and my heart is open wide.  
I trust my instincts and let Spirit be my guide.  
I vow to live a life that's real and true and free,  
as I continue walking in this mystery.

\*Chorus\*

There may be walls there may be roadblocks in my way,  
but I can choose to take a higher path each day.  
And now I know that what I thought was safe and sound,  
was only habit and regret that held me down.

\*Chorus\*

# I Allow, I Surrender

Words & Music: Karen Drucker  
Concept inspired by Rev David Ault

When I co-facilitate retreats with my friend, Rev. David Ault, he often leads a mediation where he asks the participants to take a breath in and say, "I allow." On the exhale he'd invite them to say, "I release all resistance."

I found this to be a powerful meditation and adapted it for myself by adding music and singing, "I allow, I surrender." I added other affirmations that the second group and third group can sing. Feel free to sing whatever part works for you.

1st part: I allow, I surrender.

2nd part: I receive. I let go. I release. I know.

3rd part: Love. Joy. Peace

*“ Just become quiet, still and solitary, and the world will offer itself to you to be unmasked;  
it has no choice. It will roll in ecstasy at your feet.” Franz Kafka*  
*Chant inspired by Reverend Safire Rose.*

# In The Stillness

Words & Music: Karen Drucker

In the stillness of this moment there is peace, there is peace.  
In the stillness of this moment there is peace, there is peace.  
And I rest, and trust, and breathe, and know,  
that in the stillness of this moment, there is peace.  
(There is love, I feel love, I am peace, I am love, I am.)

# One Breath At A Time

words & music: Karen Drucker

Sometimes the smallest step is all we need to feel better. When I have tried to meditate for long periods of time, or relax myself through breathing, sometimes I would feel like I just couldn't do it. Then one day I realized it's the smallest step that can make the change; focus on just one breath, which then becomes another breath, or one step that moves into the next step. Miracles, grace, and ease can be the manifestation of that one breath.

One breath at a time.

One breath at a time.

That's where grace comes in.

One breath at a time. (repeat)

One step at a time.

One step at a time.

That's where peace comes in.

One step at a time. (repeat)

# All Is Well

Words & Music: Karen Drucker

“All shall be well, and all shall be well,  
and all manner of things shall be well.”

Julian Norwich, Revelations of Divine Love

This simple chant is truly the essence of “practice what you preach.” I write songs and teach workshops about the positive effects of singing your own affirmations, and this chant is an example of how well it can work. I was on a flight recently with a lot of turbulence, and just singing this chant over and over in my head helped calm me down and change my state of mind. Hopefully it will work for you in those times when you need to remind yourself that indeed, all is well.

All is well.

I can rest.

I am safe.

All is well. (Repeat)

Bridge: All is well, all is well. All is well, all is well.





# 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...

# May I

words & music: Karen Drucker

All of my chanting CDs (Songs of the Spirit 1, 2, 3, 4) start with some kind of morning prayer or affirmation to start the day. I wanted to start this CD with a chant that could be a prayer for keeping present to love and kindness. This chant is inspired by the Buddhist practice of “loving-kindness,” of practicing loving-kindness first to yourself, then to others, then to the world. The practice of starting my day and greeting anyone I meet from a place of love, creates an experience that allows me to feel more present and aware to choose love in every interaction.

Intro:        May I. May I. May I. May I.

May I see with the eyes of love.

May I hear with the ears of love.

May I speak with the words of love.

May love be in my heart.        ( repeat )

May I. May I. May I. May I (repeat)

# I See Your Light

words & music: Karen Drucker & Stowe Daily Shockey

This sweet lullaby written with the wonderful Stowe Daily Shockey is a reminder to each other and to ourselves. We are worthy, we are seen, we are heard... just as we are. I have a vision of people singing this to themselves, mothers singing this to their children, and friends sending each other this chant when they need to be reminded of who they really are.

I see your light. I see your beauty.

I feel your heart when I see you smile. (repeat)

You are enough. You are worthy.

You are loved, just as you are. (repeat)

You are loved. I am loved. Together we are never alone.

I am enough. I am worthy.

I am loved, just as I am. (repeat)

I am loved. You are loved. Together we are never alone.

I see your light. I see your beauty.

I feel your heart when I see you smile.

## Loving Kindness

traditional Buddhist prayer

May I be filled with loving kindness  
May I be well  
May I be peaceful and at ease  
May I be happy...

May you be filled with loving kindness  
May you be well  
May you be peaceful and at ease  
May you be happy....

May we be filled with loving kindness  
May we be well  
May we be peaceful and at ease  
May we be happy

I am filled with loving kindness  
I am well  
I am peaceful and at ease  
I am happy....

“How beautiful it is to do nothing and then to rest afterward”

Spanish proverb

# Waiting

Chant words & music: Phill McFugh

Waiting Words: Karen Drucker

& Rev Karyl Huntley

Music: Karen Drucker

Chant:       It's not in trying but in trusting  
              It's not in running but in resting  
              It's not in wondering but in praying  
              That we find the strength of the One...

Chorus:       I am waiting, waiting, I allow myself to wait  
              I am waiting, waiting, I allow myself to wait

1.       The sky is dark, the days are cold  
          It's the time of year to go deep inside  
          And know that the light will come again  
          But for now, I rest, and I listen...

\* Chorus \*

2.       My life's been moving way to fast  
          I need to stop and take a breath  
          To see what my heart wants me to do  
          So for now, I rest, and I listen

\* Chorus \*

I allow myself to wait - I allow myself to stop  
I allow myself to rest - I allow myself...

# 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."

# Evening Prayer: Sleep Chant

Words & Music: Karen Drucker

I love the idea of getting up in the morning and having a chant or song that will set the tone for my day. Then I thought how nice it would be to have a little song to end each day that would help me drift off to sleep, feeling peaceful. Next to my bed I have a little sign that says, "Give Thanks." I try to start and end each day with this mantra...it makes such a difference!

Chorus: I sleep in peace.  
I wake in joy.  
I always know that I am loved. (I am safe / all is well.)  
I sleep in peace.  
I wake in joy.  
I always know that I am loved. (I am safe / all is well.)

Today I live in gratitude.  
Today I give my love.  
And tonight when I lay my head to rest,  
I give thanks, I give thanks.

\*Chorus\*

Each day I wake is a miracle.  
Each day is a precious gift.  
I count my blessings, and feel such grace.  
I give thanks. I give thanks.

\*Chorus\*