



KAREN DRUCKER

with *Love*
ANYTHING IS POSSIBLE

LYRIC BOOK

Karen Drucker

With Love Anything Is Possible

1. **May I**
words & music: Karen Drucker
2. **Lean Into It**
words & music: Karen Drucker & Karen Taylor Good & Stowe Dailey Shockey
3. **Thank You**
words & music: Karen Drucker & Robert Anderson
4. **We're All In The Same Boat**
words & music: Karen Drucker & John Hoy
5. **Stand By You**
words & music: Karen Drucker & Tom Kimmel
6. **With Love Anything Is Possible**
words: Karen Drucker music: Karen Drucker & JD Martin
7. **One Breath At A Time**
words & music: Karen Drucker
8. **I See Your Light**
words & music: Karen Drucker & Stowe Dailey Shockey
9. **Stuff**
words & music: Karen Drucker & Robert Anderson
10. **I'm Worthy**
words: Karen Drucker music: Karen Drucker & John Hoy
11. **Prime Time**
words & music: Karen Drucker & Karen Taylor Good & Stowe Dailey Shockey
12. **Think It, Dream It, Believe It, Do It**
words: Karen Drucker & Lisa Hammond music: Karen Drucker & John Hoy
13. **Permission To Play**
words: Karen Drucker & Lisa Hammond music: Karen Drucker & John Hoy

All songs © P TayToones Music (BMI) 2014 along with:

- # 3,9 Totally Intact Tunes (ASCAP)
- # 6 Gill "n" Goldie Music (ASCAP)
- # 8 Stowezone Music (ASCAP)
- # 2,11 StoweGood Music (ASCAP)
- # 5 Morrissette Music (ASCAP)

All lyrics and production notes for this CD, plus other information at: www.KarenDrucker.com

I lovingly thank all the wonderful people who helped bring this CD to life:

John Hoy: guitar, bass, keyboards, & arrangements

John R. Burr: piano, keyboards, organ

Dave Rokeach: drums

Annie Stocking: back-up vocals & back-up arrangements on all tracks*

Allyson Paige: back-up vocals on tracks 2, 4, 5, 6, 9, 10, 11

Rich Armstrong: back-up vocals on tracks 5, 6 Percussion on 3, 7 Horns 10

Lisa Ferraro & Erika Luckett: back-up vocals on tracks 3, 8

Rev David Ault: back-up vocals on tracks 5, 11

Joan Borysenko & Maye Cavallaro: back-up vocals on track 11

(*except 3 and 8)

Produced by: Karen Drucker

Co-produced, engineered & mixed by: John Hoy

Recorded at: Cat Heaven Studios, Marin County, CA

Mastered by: Ken Lee

Graphic Design: Maye Cavallaro

Photography: David Rams

I am so grateful to:

John Hoy, Maye Cavallaro, Sue Faria, Rev David Ault, Alan Cohen, Joan Borysenko, Donna Eden, Tina & Liz, Eddie Conner, Jennifer Mann, Janet Carol Ryan, James Sigmon, Jack & Steph Koraleski, and my whole New Thought musical community. To the churches that use my songs and especially the support of the Sierra Center for Spiritual Living and Center for Spiritual Living Palm Desert. Special thanks to all the incredible musicians and co-writers who contributed to this project - I am so grateful to each of you. My swim coaches Ken DeMont and Don Swartz, and all my friends who are a daily inspiration. To the authors, teachers, retreat leaders, and people who use my music in their classes and daily lives, thank you, I am so blessed!

All lyrics, credits and production notes about this CD and other information are available at:
www.karendrucker.com

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)

Lean Into It

words & music: Karen Drucker, Karen Taylor Good, Stowe Daily Shockey

I LOVE writing songs with the wonderful team of Karen Taylor Good and Stowe Daily Shockey. This song came after some deep conversations about what was happening in our lives and what were some of the challenges. We talked about the concept of not running anymore from the pain but instead just feeling it and letting it go. We tried writing the song, but nothing was happening, so we decided to just forget about it and go eat - our favorite activity! After lunch, in the car, it happened..the chorus plopped out and the rest of the song was written in a flash!

All of my life I've been fightin', to push away the pain and the fear.
I gotta say the cure was enlightening, when it all came clear.

Chorus: Lean into it, lean into it, then let it go.
 Lean into it, lean into it. Whoa.
 Lean into it, lean into it.
 Now I know, I can relax just a little bit, when I lean into it.

Used to be afraid to be tender. Hardened my heart to the grief.
Never understood that surrender offers sweet relief.

Chorus

It's the opposite of what this world's insisting; "Gotta fight or fall apart."
But when I melt into whatever I'm resisting, I can feel it open up my heart.

Chorus

Thank You

words & music: Karen Drucker & Robert Anderson

I was performing at a conference where the person in charge wanted to thank about twenty people who had helped on a committee. He whispered to me right before he announced the names he wanted a song to go along with each name. All I could think of was to sing “thank you” after each person’s name was read. I never thought any more about the little chant until I showed the song to Robert Anderson who declared we needed to write it and include all the ways we can be thankful. The harmonies of Erika Luckett and Lisa Ferraro put the finishing touches on this sweet chant. That’s Erika saying “thank you” in the back-round in eight different languages!

For all the ways you touch my life. I honor you today.
You are an angel in disguise. And so I say...

Chorus: Thank you, thank you, thank you. (repeat 4x)

Everyday you give your heart. Everyone can see it.
Loving grace is who you are. I can feel it.

Chorus

I’m so grateful for everything for each and every day.
Each moment is a blessing so the prayer I say is...

Chorus

For my life, thank you.	Gracias	Spanish
For my friends, thank you.	Merci	French
For my health, thank you.	Obrigado	Portuguese
For my work, thank you.	Grazie	Italian
For each breath, thank you.	Danke Schön	German
For the love, thank you.	Teşekkürler	Turkish
For the grace, thank you.	Spasibo	Russian
For everything, thank you.	Arigato	Japanese

Chorus

Inspired by Brené Brown

We're All In The Same Boat

words & music: Karen Drucker & John Hoy

I wanted to write a song about the idea that we are all one, how similar our emotions can be, and how oftentimes we share similar struggles in life. I found the inspiration for this song when I became a fan of Brené Brown's work. In her book "Daring Greatly," she talks about how we all have many of the same vulnerabilities, and yet we are so worried about letting anyone see them. She mentions how we should just let it go 'cause we're all in the same boat worrying about the same thing. I read that line and the song flowed from there!

Chorus: We're all in the same boat. Be gentle with yourself.
 There's no need to get stressed, cause we're all just doing our best.
 Give it up. Let it go. Go with the flow.
 It's fine. It's OK. Give yourself a break today.

I met a gal from Alabama with rainbow colored shoes.
I asked her why she was so happy she said "Life's too short to sing the blues.
I live each day with passion. I focus on the good.
I figured out what life's about when I understood that we're..."

Chorus

I booked a flight to old Tibet to see the great guru (om)
I trekked over a hundred miles to find out what he knew.
I sat in silence at his feet then he looked me in the eye,
he said "Peace love and joy are here for you when you realize that we're..."

Give myself a break. I'm gonna give myself a break. (repeat 4x) I'm gonna give myself a break!

I Will Stand By You

words & music: Karen Drucker & Tom Kimmel

I was at a songwriting retreat where we drew names out of a hat to see who we would be paired up with to write a song. Lucky for me the name I drew was the Nashville based award-winning songwriter Tom Kimmel. My intention was to write a song that would help someone who is going through a hard time know that they are not alone. I hope this song helps people to feel supported with whatever they are going through.

Chorus: I will stand by you. I will stand by you. I will stand. (repeat 4x)

I will stand by you, when you need a friend.
I will stand by you, won't you let me in?
I will stand by you, every night and day.
I will stand by you, all the way.

Chorus

I will stand by you, I will hold your hand.
I will stand by you, and understand.
I will stand by you, if you need me to.
I will stand by you, let me see you through.

When you're alone it's like the world is closing in.
Well I can promise you, you'll always have a friend.

Chorus

With Love Anything Is Possible

words: Karen Drucker music: Karen Drucker & JD Martin

At a songwriting retreat I attended we were all finished, the songs had been written, and it was the last afternoon for all of us to just hang out and relax. I had these lyrics that had not been used in any of my writing sessions, and I had not written anything with one of my favorite writers, JD Martin. I asked him if he had a few minutes to just look at this simple chant idea... and within minutes his magic as a songwriter started the music for this chant. We knew we were on to something when we both got tears in our eyes visualizing this chant helping someone who had lost hope. The magic of JD's chords (played beautifully by John R. Burr) and the background vocal arrangement of Annie Stocking will hopefully be a comfort and inspiration.

With love anything is possible.

Any mountain can be climbed.

Any river can be crossed, nothing's ever lost.

With love anything is possible. (with faith; with hope)

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)

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.

Stuff

words & music: Karen Drucker & Robert Anderson

Many years ago I made my living being an organizer. I would love to come into people's lives and help them with the clutter in their basement, garage, closets - wherever. I love clutter- clearing and I also understand the shame, overwhelm, and pain that goes with it. My friend, Robert Anderson, a well known and fabulous songwriter, came to me with the idea of writing a lighthearted version of this very charged subject. Our intention is to help people find a way to move through this issue and feel some peace and freedom. If this is something that you are dealing with - maybe just singing this song along with me will be the reframe that helps!

Intro:

I've had this problem for years and years felt ashamed and so out of control.
But the time has come to bring it to light and release it's powerful hold....

Chorus: I've got stuff, stuff, stuff, stuff, in my heart, in my head, in my home.
I got stuff, stuff, stuff, enough! Leave me alone!

Well, my house is packed with nicks and knacks, I don't know where things are.
I've crammed the garage with hodge and podge, there's no room left for the car.
Now it's smothering me, I can't seem to breathe, overwhelmed by this mess that I'm in.
I gotta make a change 'cause it's all too much but I don't know where to begin!

Chorus

Then there's the heart-breaks and aches from past mistakes, that rattle around in my mind.
All my tears and fears I've collected for years, they're stacked up and frozen in time.
I've tried to release, feel some peace, but I'm stuck and can't seem to forgive.
My resentments and grudges, how my mind judges! This ain't no way to live!

Chorus

But I can clean it up, clear it out, cast it away, one little step at a time.
I can lighten up, let it go, loosen the chains, move it on down the line. Move it out now!

So here's what I'll do to release and break through, and reclaim this place as my own.
I'll make a space filled with love and grace, and create a peaceful home.
My body and mind are willing this time, to be the best I can be.
A new life's created, and so celebrated. I have set myself free!

Chorus

Inspired by Brené Brown

I'm Worthy

words: Karen Drucker music: Karen Drucker & John Hoy

In all of the women's retreats that I facilitate, the idea of worthiness comes up for so many people. Whether its the media, society, parents, our inner critic – whoever – telling us we are not good enough or worthy, that feeling can be the belief that runs our lives. This song is an affirmation that I use when that voice comes up to tell me I am not enough. I can say; "NO! I AM worthy!"

Intro: People try to tell me who I'm supposed to be.
But now I know the truth, and that truth has set me free.

The media tries to tell me each and every day,
How to look, how to act, what to feel, and what to say.
But I have the secret I've known since birth:
I say "I'm whole and I'm complete and I know what I'm worth".

They can tell me I'm lazy, tell me I'm fat.
I can give them the power but I know better than that.
I'm a child of love here on this earth.
I'm whole and I'm complete and I know what I'm worth.

Chorus: I know what I'm worth, when push comes to shove.
I know what I'm worth, I am a beacon of love.
I know what I'm worth, I am an angel of light.
Shining, shining, shining so bright. I'm worthy. I'm worthy. I'm worthy.

I would compare myself to everyone I'd see. I didn't know the power in me.
But when I need a shot of self-worth I say:
"I'm whole and I'm complete and I know what I'm worth."

I say "No" to anyone who tries to judge me. I say "Yes" to my own divinity.
This new way of being feels like rebirth.
I'm whole and I'm complete and I know what I'm worth.

Chorus

I know what I'm worth. I know what I'm worth. I know it, know it, know it. (repeat) I know!

Rap: Don't tell me I'm not enough, I'm fabulous and I strut my stuff.
I claim my power for all to see. I am the woman I was meant to be. I'm worthy!

Prime Time

words & music : Karen Drucker, Karen Taylor-Good & Stowe Daily Shockey

Here's another fun song that I co-wrote with my two favorite girlfriends. In one of our sessions we were comparing notes about the joys and pains of getting older and decided to write an anthem to ourselves and our other girlfriends who might need a re-frame of the time of life we are in. Instead of lamenting on getting older we decided that right here and now is the best time of our lives! All the wisdom and experience has lead us to believe that we truly are in the prime time of our lifetime!!!

Baby I've come a long long way, from that doubting girl of yesterday.
Who never thought she was good enough, lookin' outside herself for love.
Look at me now I'm a butterfly. I've kissed that painful past goodbye.
All I've been through has made me strong. The power's been in me all along.

Chorus: I'm in the prime time, of my lifetime.
I'm in the prime time, of my lifetime.

I think of all the insanity, tryin' to be like you instead of me.
All of the those years I hid my light, scared of shinin' way too bright.
It took a lot of prayer and therapy, to own the woman I was meant to be.
This moment is my finest hour, I'm standing here in my power!

Chorus

I'm kickin' butt and takin' names. The buck stops here--no more blame.
Standin' up for who I am, frankly, I don't give a damn.
I'll treat myself like a diva queen, say exactly what I mean.
It's now. It's time. The stage is mine. Stand back baby and watch me shine. Watch me shine!

Chorus

Think It, Dream It, Believe It, Do It

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

This fun, up-tempo affirmation song was released on a compilation CD for the catalog Femail Creations. It's based on the idea that our first step is to have what we desire in mind, then allow our imaginations to play with the idea, notice if there are blocks or limitations that are in our way, and then put that dream into manifestation and go for it! I hope this song has you up and dancing and daring to dream!

Chorus: Think it, dream it, believe it, do it! (sing 4 x)

I'm taking all those blocks away from me. I'm claiming my passion right now.
I am the C.E.O. of my life. Nothing's gonna stop me, no way, no how.

Chorus

I'm gonna dare to dream and make some plans of all the things I want to do.
I'm gonna lighten my load and ask for help.
I am open to receiving and my dreams are coming true.

Chorus

Think it and dream it, believe it, I can do it. (repeat 8x)

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 too 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 okay.
I deserve it and I claim it and and I give myself permission to play!

Chorus