

Let Me Be

words & music: Karen Drucker

Let my breath, be a home, for my heart to settle. (repeat)

Let me be still. Let me be calm. Let me rest, and be. (repeat)

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It was one of those magical, creative you-never-can-predict-times when I recorded this chant with my favorite musicians John Hoy on bass and John R Burr on piano.

I had written this very simple chant to help myself deal with the crazy times we are living in and remember to just breathe to calm my heart. I put the music in front of them and just hit record – not really knowing what the arrangement would be, how long it should go, how many times I would sing it....and what happened turned out to be transformative for all of us. We all just let the music flow and it turned into a musical meditation.

I hope if you are feeling stress about anything in your world that you can just breathe and singalong with me and feel your stress dissolve.