

The Heart of Healing 2



Karen Drucker

The Heart Of Healing 2
Lyric Book

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1. **I Will Surrender** (From Songs of the Spirit 4)
Words & Music: Karen Drucker, Faith Rivera, David Roth
2. **One Breath At A Time** (From With Love Anything Is Possible)
Words & Music: Karen Drucker
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Words & Music: Karen Drucker
4. **Love Always Finds A Way** (From One Heart At A Time)
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5. **I Know That I Am Healed** (From Sings of the Spirit 4)
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Words & Music: Karen Drucker & Claudia Carawan
13. **I Am Beautiful** (From Songs of the Spirit 4)
Words & Music: Karen Drucker & John Hoy
14. **Sleep Chant** (From Songs of the Spirit 4)
Words & Music: Karen Drucker

Credits for all the music on this CD:

Karen Drucker: producer, vocals, keyboards

John Hoy: engineer, co-producer, guitars, bass, keyboards, percussion

Musicians: John R. Burr: keyboards, Dave Rokeach: drums,

Rich Armstrong: percussion

Backup singers: Annie Stocking; singer & back-up arrangements,

Allyson Paige, Larry Batiste, Sandi Griffith, Omega Rae,

Rich Armstrong, Deborah Winters, Amy Bishop

Credits for The Heart of Healing 2:

Producer: Karen Drucker

Co-producer, engineer: John Hoy

Recorded at Cat Heaven Studios

Mixed by: John Hoy with Karen Drucker

Graphic design: Jeff Dannels

Back cover photo: Carl Studna

Front cover artwork: Vikki Reed

Artwork by Vikki: "Create a Clean Heart" www.chakramandalas.net

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

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Thirteen years ago I released my first healing CD; *“The Heart Of Healing”*. My mother had been diagnosed with cancer and I wanted to give her a gift of all my healing songs in one CD. She would listen to this music over and over when she would go in for her weekly chemo treatments. The greatest gift I could give her was the fact that these songs calmed and supported her through this journey. Eventually these songs would find their way to more people going through cancer and other conditions where the music would help them along their path. Little did I know that I would be singing some of these songs and writing new ones for some of my closest friends who were on the cancer path. My dear friend Janet would tell me she would put on these songs in the middle of the night when the worry would creep in and it would calm her down. I would bring my keyboard into her hospital room and she told me her pain would go from a 8 to 0 after I had finished singing.

Through the years of writing and performing healing music, I have seen the power that music can bring to people in need of healing and inspiration. I have also seen how singing affirmations can help with any issue (health, relationship, finances, etc.) and be used as a daily spiritual practice. My intention in producing this compilation series – *The Heart of Healing 1* and now this newest one; *The Heart of Healing 2* – is to hopefully be a positive voice with whatever you are going through on your healing path. Just singing along with any of these life-affirming songs allows your mind, heart, and cells to move towards healing in a gentle (and sometimes fun!) process.

I am so grateful to all my co-writers, musicians and all the amazing back-up singers that helped me get this music out there. Especially John Hoy who has helped me write, produce and arrange all this music. As I say with all my chanting CDs - please sing along with me! Feel free to change the words, the melody - whatever you need to allow the music to sink into your heart and body.

My intention with these healing compilation CDs is to get the music to anyone who would benefit from it. If you know of any organizations, healing centers, or conferences that could use this music in their programs please let me know!

Thank you for listening, I appreciate your support of my music!

Praise for Heart of Healing 1:

“I listen to her music every morning and every night for years. I went through a very traumatic experience and her music helped me to heal myself.”

“She was like the friend I needed to support and believe in me when I didn't know where to turn and I didn't know how I was going to get through another day.”

“I listen to Karen's Heart of Healing CD when I go in for my chemo treatments. I can honestly say that the mixture of her soothing voice, positive life affirming messages and the medicine is healing me.”

“When the worry creeps in about my health issues, I know if I listen to Karen's music it will be like a mental course-correction and I can get back to my positive mental state and go about the process of healing myself.”

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

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)

*“ 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.)

Love Always Finds A Way

Words & music: Karen Drucker,
Amy Bishop, Gary Lynn Floyd

Another beautiful song written with Amy and Gary. I know so many people going through such hard times: a cancer diagnoses, or the hurricanes or fires that have affected us all this year. This song is a reminder to anyone close to you that love/Spirit will always be there and that you are not alone.

“It's funny how, when things seem the darkest, moments of beauty present themselves in the most unexpected places.”

Karen Marie Moning

1. When you're losing your way, when it's too much to take,
when your will is broken, I'm here.
I can be your shelter. Be your safe place to land.
When your heart feels empty, I'm here.

Chorus: I have enough love for both of us.
I know it's gonna be okay.
I have enough love for both of us.
Love always finds a way. Love always finds a way.

2. If the future's unknown and the paths overgrown,
I will cradle your soul, don't fear.
Though you don't have the answers, may not know where to go,
what you need is inside you, just trust and you'll know.

Chorus

Bridge: I'm your light in the storm. I'm your call to come home.
I'm your beacon of hope. You can count on me.
You can count on me.

Chorus

I Am Healed

Words & Music: Karen Drucker
& Kate Munger

“Healing may not be so much about getting better, as about letting go of everything that isn't you - all of the expectations, all of the beliefs -and becoming who you are.”

Rachel Naomi Remen

I have sung and entertained for years in convalescent homes and hospitals. I have been blessed that my music is used in these places, as well as in hospice situations. I met Kate Munger, who founded and leads “The Threshold Choir,”* and was so moved by her work with the choir that I knew I wanted to work with her. To say our writing session felt like ease and grace is a mild understatement. We wrote 3 chants within an hour, and had so much fun! The inspiration for this chant was the idea that someone in need of healing would be able to sing this chant and feel the healing energies from their friends, the earth, and deep within themselves.

Chorus: Up from my feet, I call the healing power.
 Up from my feet, I draw it to my heart.
 It’s already here; I only need to claim it.
 Up from my feet, I know that I am healed.

2. In through my hands, I call the healing power.
3. Down from my head, I call the healing power.
4. With my Spirit and Soul, I call the healing power.
5. Up from the earth, I call the healing power.
6. Back to the earth, I send the healing power.

* The Threshold Choir is a group of people who sing at the bedsides of people in hospitals and hospice care, or anyone in need of healing. You can get more information at www.thresholdchoir.org.

Here I Stand

Words & Music: Karen Drucker & Sloan Wainwright

This song was written with another one of my favorite singer/songwriters, Sloan Wainwright. We got together and talked about what was going on in our lives and realized that we were both finally feeling that we had let go of the old stories of not-enough, and giving our power away. This song is a celebration for anyone who is willing to stand up and claim their power.

I was a little girl who never spoke her mind.
I wouldn't rock the boat I couldn't cross the line,
but every step that I've taken every pain every tear,
has led me to the woman whose standing right here.

I got so tired of giving myself away,
always looking for someone to tell me I was okay.
I got to a place where I could trust my heart,
it was the perfect place for a brand new start.

Chorus: Here I stand in my power.
 Here I stand in my power.
 Here I stand in my power.
 Here I stand. (Here I stand) Here I stand.

I am a warrior. I am invincible.
I am as strong as steel and I am capable,
and I am soft as a feather light and free,
and the truth that I know healing begins with me.

Chorus

Bridge: Here I stand. Here I stand. Here I stand.
 With all the I've been through, there ain't nothin' I can't do...

Chorus

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From Karen's CD: "Joy In Our Hearts"

I Am Grateful

Words & Music: Karen Drucker,
Karen Taylor Good, Stowe Daily

I love writing songs with the brilliant team of Karen Taylor Good and Stowe Daily - also known as Stowegood. This gratitude chant came about by the three of us sitting around in a hotel room with Karen on her keyboard and Stowe on her guitar and just talking about how grateful we are for everything in our lives. The result is a chant with all different parts that you can sing. I hope you will use this chant as daily practice to give thanks.

“Gratitude as a discipline involves a conscious choice. I can choose to be grateful even when my emotions and feelings are still steeped in hurt and resentment. It is amazing how many occasions present themselves in which I can choose gratitude instead of a complaint.”

Henri Nouwen

1st part: Thank you. Thank you. Thank you. Thank you.

2nd part: I promise in this moment to keep my heart wide open.
With every breath I take I'm grateful.

3rd part: I am grateful. I am grateful. I am grateful. I am grateful.

4th part: Grateful, grateful, so blessed.

So Many Angels

Words & Music: Karen Drucker & Kate Munger

When I perform a concert, I always sing a song called, “We Are All Angels.” During this song, I find three sweet looking people and put a little angel halo on their head. I am always amazed at the reactions to this simple act. Some people tear up, some say, “Oh not me - I’m no angel!,” and still others love being seen for who they are. When Kate Munger and I got together to write some songs, we talked about the wonderful people in our lives, and how we see them as angels. This chant practically wrote itself!

So many angels surrounding me.
So many angels, it’s you I see.
So many angles walking around.
So many angels some lost some found. (Repeat)

So many angels, so many angels. (Repeat)
So many angels, all around me.

So many blessings all around me.
So many blessings that's all I see.
So many blessings, blessings abound.
So many blessings, some lost some found. (Repeat)

So many blessings, so many blessings. (Repeat)
So many blessings, all around me.

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 back-round 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)

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.

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 meditation 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

I Am Healed

Words & Music: Karen Drucker
& Claudia Carawan

Claudia Carawan is one of my favorite people to write songs with because we get to process whatever we are going through with our songs. At our songwriting session we both spoke about people we knew that were going through cancer treatments or other healing experiences and how we wanted to write a song that affirmed that they are well - right now! Not in the future...now!!! We also affirmed it for ourselves with some emotional issues we were going through - so we both declared "Glory Hallelujah - I am healed!!!" ... and in that moment we were!

"When you can't remember why you're hurt, that's when you're healed."

Jane Fonda

1. Everything I need to know is right here,
there's a power deep inside of me.
I am being guided to the answers, and this truth has set me free.

Chorus: I am healed. I already know it. I am healed. It's already here.
I am healed. Glory Hallelujah. I am healed. I am healed. (repeat)

2. With every breath I'm feeling so much stronger.
I've tapped into the strength inside of me.
I spend each day in gratitude and wonder. The power of love is all I see.

Chorus

Bridge: I think of all the pain that I've been through.
I've climbed that mountain and survived
now there's nothing I can't do.

Chorus

I Am Beautiful

Words: Karen Drucker

Music: Karen Drucker & John Hoy

I was speaking with a woman who works with breast cancer survivors. She mentioned to me that women who have had a mastectomy, or who have lost their hair through the chemo process, oftentimes feel unattractive and undesirable. She said these magic words to me: “I just wish they could see how beautiful they really are.” I heard those words, and this chant was born.

My friend Sharon Harris is an interrupter for the deaf. She showed a group of women at a retreat the sign language for the chant, and it was powerful for us all to sing and sign this together. The movements are in the back of this songbook. Brian Narelle did the wonderful illustrations.

I am beautiful.

I am powerful.

I've let go of my past and celebrate who I've become.

I am beautiful.

I am powerful, and I celebrate who I am.

Ending tag: Celebrate: My beauty. My power. My wisdom.

My talent. (Make up your own!)

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 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