

*Karen Drucker*

# *Beloved*

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Words: Karen Drucker Music: Karen Drucker & John Hoy

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Words & Music: Karen Drucker

*Thank You to all my friends, mentors, and all the people in my life who support me, encourage me, and listen, love, and laugh with me. I am so blessed....*

John Hoy (my true beloved), May Cavallaro (best-est friend), David Ault (my lid), Rev Karyl Huntley (spiritual soul sister), Susan SARK Kennedy (twin soul playmate) Robyn Posin (slowing-down coach, Annie Stocking (angel voice),  
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KAREN DRUCKER: vocals

JOHN HOY: guitar, bass, assorted keyboards & percussion, back-up vocals

JOHN R. BURR: keyboards, organ

GARY REMAL MALKIN: acoustic piano on tracks 8 and 10

DAVE ROKEACH: drums

LARRY WALKER: percussion on tracks 1, 4, and 6

ZAC JOHNSON: flute, sax on tracks 3 and 7

ANNIE STOCKING: back-up vocals and back-up arrangements

JILL PERRY: back-up vocals on tracks 1 and 6

LORALEE CHRISTENSEN: back-up vocals on tracks 7, 8, and 11

Produced by: Karen Drucker

Co-produced by: John Hoy

Engineer: John Hoy

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Acoustic piano tracks recorded at Sparks Studio

Mixed by: John Hoy with Karen Drucker

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Except “Strength Of The One” – River Oaks Music

“Moomba” in aboriginal culture translated means “Let’s get together and have some fun”  
. I heard this word and knew it was a song!

# Moomba

Words: Karen Drucker  
& Rev Karyl Huntley  
Music: Karen Drucker

I know a word that’ll make you feel good  
It’s gonna make you happy  
I know a word that can change your mind  
Come on and join the party

Chorus:            Moomba – let’s get together  
                      Moomba - let’s have some fun  
                      Moomba – let’s get together  
                      Moomba – come join the fun

1.     Life can be a celebration - when you just decide to be  
         living each day in peace and harmony  
         Throw away your cares and worries - all those things you need to do  
         Dance with me, play with me, come on and sing it with me

\* Chorus \*

2.     When the world seems too much, you’re feeling out of touch  
         You want your troubles to float away  
         Let the music fill your soul, open up and just let go  
         Sing it, be it, come on now really feel it

\* Chorus \*

“The future belongs to those who believe in the beauty of their dreams.”

Eleanor Roosevelt

## When I Dream

Words: Karen Drucker

Music: Karen Drucker & John Hoy

1. Life can be what I make it to be  
Everything real comes naturally  
Magic is with me in a place I can't see  
When I dream, when I dream
  
2. Dream of the mountains that one day I'll climb  
Or travel the oceans inside my mind  
Everything's possible, everything's fine  
When I dream, when I dream

Bridge:           Anytime I go inside  
                      And ask the questions in my mind  
                      Relax and breathe and enjoy the ride  
                      Mystery, adventure is waiting for me

3. I'll let myself float on the wings of desire  
Turning that feeling of passion to fire  
Letting go is all that's required  
When I dream, when I dream...

# 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...

What do you do when someone you love is in physical or emotional pain? A dear friend gave me the best advice when I was having such a hard time letting go : just listen, love, and laugh with them and pray ....

# You Are Healed

Words & Music: Karen Drucker

1. I see you walkin' in the desert - it's the dark night of your soul  
I feel the pain inside you as you let go of all you've known  
But I know you'll find the answers to what you're looking for  
Through the ashes you will be reborn so much wiser than before

Chorus: All I can pray for you, all I can pray  
All I can say to you, all I can say  
All I can know for you, all I can know  
Is that you are healed, you are healed

2. I feel so lost and helpless - I don't know what to do  
I want to take away your pain though I know I can't rescue you  
So I'll listen, love and laugh with you and be there to hold your hand  
And gently remind you that you're doing the best you can...

\* Chorus \*

Bridge: You've got courage to walk through the darkness  
Trust in faith to help calm your fears  
Feel your angels they're always around you  
They're just whispering in your ear

\* Chorus \*

“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 \*

“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!

Inspired by Joan Borysenko

# My Religion Is Kindness

Words & Music: Karen Drucker

Chorus: My religion is kindness - My church is nature  
My God is a feeling that lives deep inside  
My job is to be conscious - My path is forgiveness  
My religion is kindness and I practice it everyday

1. Everyone has a story - Everyone has pain  
When we strip away our masks we find that we're really all the same  
It's those little things we say and do that can mean so much  
It's a smile, a connection - a simple loving touch

\* Chorus \*

2. Today I'm gonna ask myself what more can I do  
To be a radiant child of God and let my love shine through  
I'm gonna let my heart be my guide to give the best of me  
I'm gonna share joy, share my love, give it boundlessly

\* Chorus \*

Bridge: Jack and Jill went up the hill to fetch a pail of water  
But then Jack fell down and broke his crown  
and Jill came running after  
She said "Jack tell me what can I do to help ease your mind?"  
He said "Hold my hand and just be kind  
and I know I'll be fine."

\* Chorus \*

“Even a single lamp dispels the darkness” Gandhi  
Dedicated to the victims, families and heroes of 9/11

## I'll Light A Candle

Words & music: Karen Drucker & John Hoy

1. I'll light a candle in your memory , though I don't know who you are  
When I think about your family I will wish upon a star  
I pray that they'll find peace someday - I pray they'll make it through  
I'll light a candle in your memory to honor you...

2. I'll light a candle for America - May we feel peace inside  
We'll hold each other closer and wipe the tears we've cried  
I pray we'll bond together - I pray that we'll pull through  
I'll light a candle for America for me and for you...

Bridge: We will light the world with our love  
We will light the world with our love...

3. I'll light a candle for humanity - for the good that's yet to come  
As we overlook our differences and join now as one  
I pray we'll come out stronger - In this world I'm dreaming of  
I'll light a candle for humanity to be a world living in love...

I'll light a candle...

“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...

Inspired by Rev David Ault & Rev David Leonard

# Beloved

Words & Music: Karen Drucker

When I look in your eyes  
I see the Beloved  
I see the Beloved looking back at me

When I stand next to you  
I can feel the Beloved  
I feel the Beloved in you...

You are in my soul  
You are my inspiration  
With you in my heart I am never alone  
We are one  
There is no separation  
When I rest in you I'm home...

When I touch your heart  
I feel the Beloved  
I feel the Beloved  
touching me

When I open my heart  
I open to the Beloved  
To the Beloved in you...

“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

# Stand

Words: Karen Drucker & Rev Karyl Huntley  
Music: Karen Drucker

Intro: For years I would talk about how I wanted to change the world  
But I always left it up for someone else to do  
Then I finally realized I needed to take a stand  
And that by changing my thinking I could change my life  
And that's how I could change the world...

Chorus: Let there be peace  
  
I am a stand for peace  
  
Let there be love  
  
I am a stand for love  
  
Let there be joy  
  
I am a stand for joy  
  
We are making a new world now...

# Sing My Songs For You

Words & Music: Karen Drucker

1. There's a place inside of me that no one ever sees  
It's a place inside of me and no one has a key  
I need to keep it that way to keep my peace of mind  
But underneath the mask underneath the image  
There's a little girl who wants to be loved
  2. You know it's kind funny but I never really fit in  
I've always felt so different  
I've had a fire that was raging within  
But now you come and listen to me as if somehow you knew  
This is my way of showing - This is my way of giving  
All the love I have inside for you
- Bridge: Just say the word and I'm at your command  
I'll do anything that will bring you joy  
You've opened up my heart and taught my soul to sing  
I'm so grateful for all the love you bring
3. If I can make you happy - If I can make you smile  
All I ever wanted was just to sing to you awhile  
gonna keep on singing until my life is through  
Cause all I want to do - all I really want to do  
is to sing my songs for you...