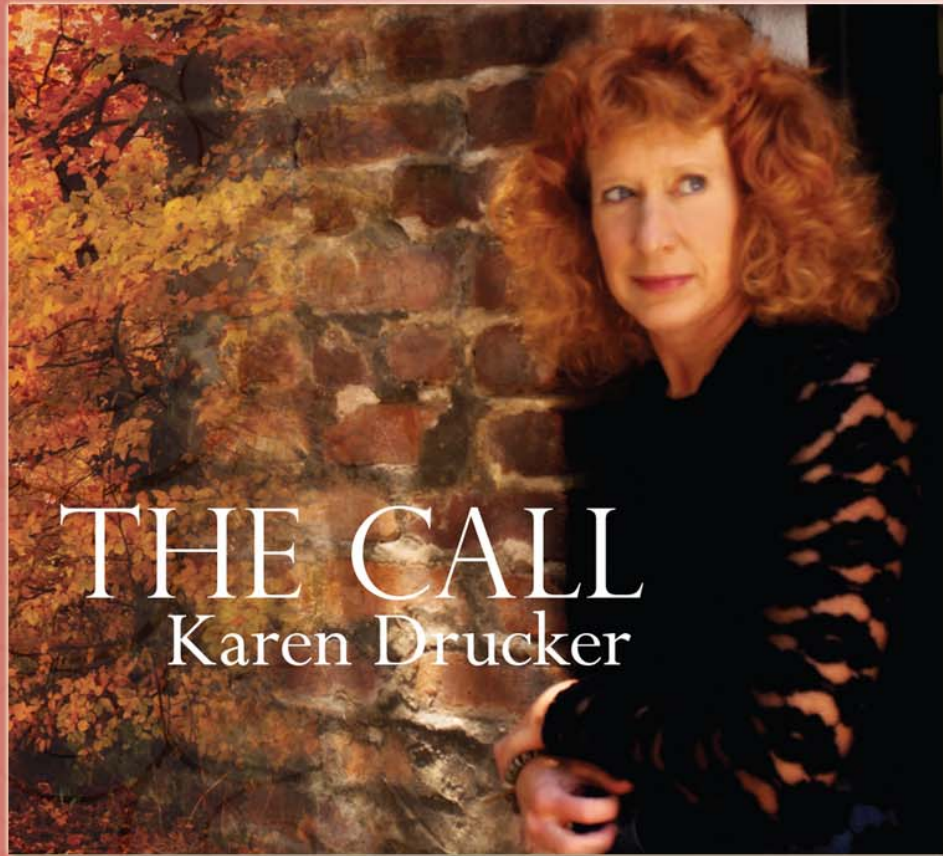


Karen Drucker



Lyric Book

Karen Drucker

The Call

1. **I Can Do It**
words: Karen Drucker music: Karen Drucker & John Hoy
2. **I Don't Have to be Perfect**
words & music: Karen Drucker
3. **Who Cares Who You Love**
words & music: Karen Drucker & Robert Anderson
4. **The Call of Something More**
words: Karen Drucker music: Karen Drucker & John Hoy
5. **I Know**
words & music: Karen Drucker
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12. **See Me**
words & music: Karen Drucker, Karen Taylor-Good, Robert Anderson
13. **Just Show Up**
words & music: Karen Drucker, Jan Garrett, JD Martin
14. **Stop It!**
words: Karen Drucker music: Karen Drucker & John Hoy

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

John Hoy: guitar, bass, keyboards, vocals & arrangements
John R. Burr: piano, keyboards, organ
Dave Rokeach: drums
Alex Murzyn: sax on tracks 6, 10, 14
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I Can Do It

Words: Karen Drucker

Music: Karen Drucker & John Hoy

“Only as high as I reach can I grow, only as far as I seek can I go, only as deep as I look can I see, only as much as I dream can I be.” Karen Ravn

“I Can Do It!” Powerful words aren’t they? I have found that just saying a positive affirmation like this one to myself can keep me going when the road is looking too long, or the mountain is too high. There are many times when I am doing a project that my negative inner-critic comes in with a million different excuses of why I won’t succeed. I wrote these words to myself to remember that anything is possible and I believe we all can do what we want, if we keep putting one foot in front of the other.

Chorus: I can do it. I can do anything.
When I say what I want and I walk my talk,
it all comes back to me.
I can do it. I can do anything.
I release let go, go with the flow this is where I’m supposed to be.

Today I say I’ll get out of my way and live the life that’s meant for me.
I state my claim in Spirit’s name. I choose my destiny.

Chorus

Right here right now today I choose how to be all I can be.
I can heal my life let go of the strife. I embrace the mystery.

Chorus

I can do it. I can do it. I can do it now!

I Don't Have To Be Perfect

Words and Music: Karen Drucker

"Ring the bells that still can ring, forget your perfect offering. There is a crack in everything, that's how the light gets in." Leonard Cohen

Truly a song written to my inner-critic to just get out of the way and let my light shine!
There have been times in my life where I would somehow sabotage myself or a project, with the idea that "I will only put this out there when it is perfect!" What is "perfect" anyway? Who sets the standard? In making the declaration to myself that I am doing the very best I can, it gives me permission to just go for it...and that feels great!

Chorus: I don't have to be perfect. I'm doing the best I can.
I give myself permission to be just who I am.

It started in 3rd grade the teacher said, "Let's sing and have some fun!"
So I let it rip, I let it wail and she said, "Karen, why don't you just hum?"
So for many years I squished my voice thinking I was wrong.
Till then one day I learned the truth and now I sing this song that says:

Chorus

I'm standing in front of the mirror obsessing about my belly fat.
My thighs, my butt, wrinkles 'round my eyes, who can live with judgment like that?
The media tells me daily I should be young tall tan and thin.
But the truth is when I accept myself, that's when I win. I say:

Chorus

Perfection's an illusion. I won't give my power away.
I can lighten up and let it go and know that I'm ok.

Now I'm older and wiser I don't really care what people say.
If someone thinks I'm not perfect well I just bless them on their way.
Life's too short to be judgmental. Take a break, have a good time.
And if you're struggling with this issue,
Then raise your voice with mine, raise your voice with mine and sing:

Chorus

Who Cares Who You Love

Words & Music: Karen Drucker & Robert Anderson

“To be nobody but yourself in a world which is doing its best, night and day, to make you everybody else--means to fight the hardest battle which any human being can fight; and never stop fighting.” e.e. Cummings

I have lived in San Francisco for many years and have always been involved with the gay and lesbian community. I have actually never written any political songs or made a stand for any political policy – until now. The fact that Proposition 8 passed (the bill that stated that same-sex marriages are illegal) has made me realize that I needed to add my voice to the cause. The idea that same-sex partners, who have been together for years and have built a life and have a family, would be denied the same rights as me, a married woman, has led me to be a fighter for the cause. My prayer is that this bill will be overturned all over the country and that these Americans will have the same rights as all of us.

Thank you to my co-writer Robert Anderson for helping me bring this song to life!

Check out more of Roberts music: www.devotionsings.com

Chorus: Who cares who you love, as long as you love, as long as you love.
 Who cares who you love, as long as you love, as long as you love.

Love between a man and a woman. Love between a man and a man.
Love between two women, it's all a part of life.
Though some find it hard to understand.

Chorus

Love is every color of the rainbow. Love for each family, hand in hand.
Love instead of fear, the choice to make is clear.
In this moment, now I take a stand.

Chorus

We've all come so far. Believed for so long.
Love is the greatest gift. How can love be wrong?

Chorus

The Call Of Something More

Words: Karen Drucker

Music: Karen Drucker & John Hoy

"Feel yourself being quietly drawn by the deeper pull of what you truly love." Rumi
"And the day came when the risk it took to remain tight in a bud was more painful than the risk it took to blossom." Anais Nin

My favorite line in this song is a quote from Rev. Michael Beckwith, "that pain pushes until the vision pulls." I have had many times in my life where I felt confused and torn about what I was doing, and wanted desperately to have the answer of what I was supposed to do next. I realize now that everything was guiding me along the path, but first I had to get quiet enough to hear that call, from that still small place in me, of what I was being nudged forward to do. Now when I feel that discontent, I have a new reframe of it. I realize that Spirit might be leading me to a new path that ultimately will bring me to more self-expression and fulfillment.

There's been a storm brewing inside of me, clouds moving around my heart.
Something's changing that I can't see.
I'm stuck in what I know is safe but not yet where I'm supposed to be.

Chorus: I feel the call of something more.
 I feel the call of something that I've never felt before.
 (Done before. Been before)
 I feel the call of something more.
 I feel the call, asking, what am I here for?
 What am I here for? What am I here for?

They say that pain pushes till the vision pulls.
It feels like my safety nets have fallen down.
I wish I had a map of where to go.
I've got this feeling deep inside that when I get there I will know.

Chorus

I want to make a move right now though I don't know when or how.
When I trust and know the truth, my heart will point the way.
There is more of me to share, so today I do declare,
that I will take that step in faith and let my light shine.

Chorus

I Know

Words & Music: Karen Drucker

"No one can give you better advice than yourself." Cicero
"Trust yourself. You know more than you think you do." Benjamin Spock
"Power comes to those who know—and know that they know." Arlene Moris

Oh how often I hear myself saying, "I wish I knew but I just don't know!" This fun little song was written to myself to remember that I DO know! If I just stop, breathe, quiet my chattering mind and listen, I can usually hear the truth of the situation. I just need to be reminded every once in awhile that I can stop doubting myself and trust that I do actually know!

I don't know how I know. But I know that I know.
I need to remember that I know. Yes I know. I know.

I need to trust that I know. 'Cause it's so obvious that I know.
I need to tell my head that I know. 'Cause my heart knows that I know.

Chorus: When I don't trust that I know then I forget how much I know.
If I breathe and surrender I remember that I know.

Why do I doubt that I know? Who else but me would know?
When I forget, you can remind me that I know. I always know.

Chorus

I'm gonna trust that I know. Everyday tell myself that I know.
If I forget please remind me that I know. I always know.
I know. I always know. I know. I always know.

More = Give

Words & Music: Karen Drucker

"In ordinary life we hardly realize that we receive a great deal more than we give, and that it is only with gratitude that life becomes rich." Dietrich Bonhoeffer

"For it is in giving that we receive." St. Francis of Assisi

This is a truth that I work with as a spiritual practice all the time. I have found that when I am looking to "get" something, the real truth is that if I come from a place of giving first the end result feels so much different than just looking to "get." This is the true foundation of what tithing is all about. There are so many statistics of how people who regularly tithe their money or time wind up receiving more of what they are giving away. I look at it like a circle – that I have to first 'be' that which I want to become and freely give it, before it will come back to me.

If you want more love, give love.
If you want more joy, give joy.
If you want more peace, give peace.
If you want more, give. If you want more, give.

If you want more money, give your money.
If you want more time, give of your time.
If you want more friends, be a friend.
If you want more, give. If you want more, give.

Chorus: When you give you receive it's as simple as that.
There's no effort, no struggle, it's just a simple fact.

If you want to see a change, be the change.
If you want to have more truth, tell your truth.
If you want more gratitude, give thanks.
If you want more, give. If you want more, give.

Chorus

If you want more love, give love.
If you want more joy, give joy.
If you want more peace, give peace.
If you want more, give. If you want more, give.

This Too Shall Pass

Words & Music: Karen Drucker & Jack Fowler

“ The problem or financial reversal did not come into your life to stay; it came to pass.... Accept it, but accept it as a changing experience that is on the way out. Something better is on the way to you.” Eric Butterworth

When I have been deep in what I call “ the pits” it has always been a comforting idea that even though it is so hard in that moment, eventually whatever I was going through would pass.... and it always did. The concept I like about this song is that both joy and sorrow are temporary conditions – they both will flow in and out of our lives and we can always know that something else is right around the corner. This song was written with my good friend Jack Fowler, who has written some of our New Thought standards. What a joy to collaborate with him. Check out his music at: www.jackfowler.info

I can feel you, I can see you, and I know all the pain you’ve been going through.
This place you’re standing, feels unending, like a mountain that never will move.
Like the clouds that gently float across the sky, this too shall pass.

I’ve been lonely, I’ve been broken, like a river that never could reach the sea.
Always seeking, never finding, everything I was meant to be.
Till love reminded me of who I am, then I knew this too shall pass.

Chorus: Life will go in seasons, who knows what lies beyond what we can see.
 We may never know the reasons, embrace the mystery.

All the good times, all the hard times, are just a drop in a lifetime of dreams.
Ever fleeting, always moving, guiding us back to love.
To that place where we can know, without a doubt, this too shall pass.

Chorus

All the good times, all the hard times, are just a drop in a lifetime of dreams.
Ever fleeting, always moving, guiding us back to love.
To that place where we can know, without a doubt, this too shall pass.
This too shall pass. This too shall pass.

Cry If You Want To

Words & Music: Casey Scott

“What soap is for the body, tears are for the soul.” Jewish Proverb

99% of the time I just write and record my own music, but every once in awhile a song comes along that moves my soul and I want to share it. Such was the case with this song written by Casey Scott. Since I lead or co-lead so many women's retreats, the subject often comes up about people feeling embarrassed about crying. I am a cheerleader for tears! I truly think that it takes courage to let out your feelings, and when you do, it is the gateway to healing. Needless to say in my workshops we all become weepy wonderful puddles and it feels great.

For more information about allowing yourself to cry check out my friend Lee Glickstein's website: www.thewaterworkers.com

...and thank you Lena for turning me on to this amazing song!

Cry if you want to. I won't tell you not to.
I won't try to cheer you up, I'll just be here if you want me.

There's not use in keeping a stiff upper lip, you can weep you can sleep you can loosen your grip.
You can frown, you can drown and go down with the ship. You can cry if you want to.

Don't ever apologize for venting your pain, it's something to me you don't need to explain.
I don't need to know why I don't think you're insane. You can cry if you want to.

Chorus: The windows are closed the neighbors aren't home, if it's better with me
 then to do it alone.
 I'll draw all the curtains and unplug the phone. You can cry if you want to.

You can start at the ceiling, tear at your hair, swallow your feelings and stagger and swear.
You can show things, and throw things and I wouldn't care. You can cry if you want to.

No I won't make fun of you. I won't tell anyone.
I won't analyze what you do or you should have done. I won't advise you to go and have fun.
You can cry if you want to.

Chorus

When it's empty and ugly and terribly sad, I can't feel what you feel but I know it feels bad.
I know that it's real and it makes you so mad. You can cry.

Cry if you want to. I won't tell you not to. I won't try to cheer you up,
I'll just be here if you want me to be near you.

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Every Little Thought I Think

Words: Karen Drucker

Music : Karen Drucker & John Hoy

“...each is drawing from Life what he thinks into it. To learn how to think is to learn how to live.” Ernest Holmes

This song feels like going back to my roots. For many years I sang in blues and jazz clubs, and as much as I don't do that anymore it sure feels good to write a song in that genre. My band consists of some of the best jazz players in the San Francisco Bay Area, and you can sure hear them doing their thing on this song. That's my hubby John Hoy, who co-wrote this song, doing the cool guitar solo, and all the vocals were done by the amazing Annie Stocking who makes any song of mine into vocal magic!

When I'm feelin' down and blue, I've found a trick that I'll share with you.
I can choose a better way with every little thought I think.

If I wake up with a bad attitude, I fill my mind with gratitude.
I give thanks for everything with every little thought I think.

I can choose to be happy. I can choose to be free.
Moment by moment it's all up to me.

'Cause what I think about I bring about,
that's the way it is and there is no doubt.
Day by day I pave the way with every little thought I think.

Whatca' thinkin', whatcha' thinkin'.
Whatca' thinkin', whatcha' thinkin'
Whatca' thinkin', whatcha' thinkin'
Watch your thinking!

When I'm feelin' down and blue, I've found a trick that I'll share with you.
I can choose a better way with every little thought I think.

Good Enough

Words & Music: Karen Drucker & JD Martin

“Let the world know you as you are, not as you think you should be, because sooner or later, if you are posing, you will forget the pose, and then where are you”? Fanny Brice

One of my favorite songwriters is JD Martin, so I was thrilled when I got the opportunity to write a song with him. We were at a songwriting retreat where our names were picked out of a hat with the assignment to write a song about feeling good about our bodies – especially when we look in the mirror. As we discussed the idea, JD and I kept asking the question, “Why do we make everything so hard with this idea of perfection when we are already good enough - just as we are, and that there is nothing more we need to do?” The title was born and we wrote the song in about an hour! Check out JD’s music at: www.garrett-martin.com

When I woke up this morning and I looked in the mirror,
a voice came in my head pointing out each fear.
She said “You’re fat, you’re stupid, you’re ugly. How’d you get that way?”
In that moment I just had enough and I said “No way!” because I’m...

Chorus: Good enough, good enough. Nothin’ here is missin’,
 I give myself permission to be,
 Good enough. Good enough. I got the right stuff. I’m good enough.

All those waifey models in the magazines that I see everyday,
it looks like a tiny little breeze could just blow ‘em away.
But I am a woman of substance, standin’ in my power.
Right here, right now, I do declare that it’s my finest hour and I am...

Chorus

Well I’m no Cindy Crawford and I’m no Tyra Banks.
But I got a body that is healthy and for that I give thanks.
I don’t have to be perfect who I am is OK.
I’ll say it loud, I feel so proud, I stand up and say that I am..

Chorus

I Am A Gift

Words & Music: Karen Drucker & Karen Taylor-Good

“To love oneself is the beginning of a life-long romance.” Oscar Wilde

Another songwriter who has influenced and inspired me is my new BFF, Karen Taylor-Good. This song feels like it was birthed by Spirit. At a songwriting retreat, Karen and I wrote one song and were about to call it a day. I asked Karen if she wanted to try writing a short little affirmation chant about feeling good about our ages, getting older, getting wrinkles, etc. I thought we would spend about 15 minutes writing something that would be just a personal chant for us – and what manifested is this song. To declare to myself that no matter what my inner critic or society might say, that I can still feel that who I am is a gift, has been healing and very powerful. Karen also recorded a beautiful version of this song on her new CD: “Let The Light In.” Check out Karen’s many wonderful CDs at: www.karentaylorgood.com

I am a gift, no matter what age, no matter how I look, there’s beauty in each stage.
I am a gift, and I promise every day, when I look in the mirror I’ll say, “I am a gift.”

I am a gift, I’ve loved really well, and every year I’ve lived has a different tale to tell.
I’ve made mistakes, have some regrets. But I promise I’ll never forget I am a gift.

There may be times when I forget the truth about me.
When it seems time and youth are just marching on without me.
That’s when I might need you to find me, and ever so gently remind me.. that

I am a gift, a precious child. I’m put here on this earth but only for awhile.
So I make this vow and I say it with love, “I am perfect and whole and enough, and I am a gift.”

See Me

Words & Music: Karen Drucker, Robert Anderson,
and Karen Taylor-Good

"I believe the greatest gift I can conceive of having from anyone is to be seen by them, heard by them, to be understood and touched by them. The greatest gift I can give is to see, hear, understand, and to touch another person. When this is done I feel contact has been made." Virginia Satir

What a gift to work with two wonderful co-writers on this song: Karen Taylor-Good and Robert Anderson. At the songwriting retreat I have mentioned, the three of us were given two hours to come up with a song. We all threw out ideas and nothing really had any juice until Robert mentioned how he was grieving the loss of his father and how upset he was that his father was not really "seen" by his caregivers at the end of his life. Both Karen and I had the same experience with our fathers and within minutes we were all getting teary and emotional talking about our similar experiences. This was one of those magic moments as a songwriter – to create a song that, in the process of writing it, healed me, and hopefully, will heal others.

Look at the way you're looking at me.
You add up the parts, think you know what you see.
You see bed 39, a shell of a man, but you surely don't see who I am.

Chorus: I wish you'd see me. Really see me.
If you take the time, there's more that you'd find, you'd see me.

I'm a father of three, taught school all my life. For 51 years, I took care of my wife.
Fought in the great war, brave soldier strong man, but still you don't see who I am.

Chorus

You see an ancient old codger who can't take a bite or a step by himself.
But look at my trophies, my medals and photos, my history's right there on the shelf.

Just ask me a question, you might be surprised.
There's wisdom and humor behind these old eyes.
If patience and kindness are part of our plan, then I could show you who I am.

And then you'll see me. Really see me.
When you take the time, there's more that you'll find, you'll see me.

Just Show Up

Words & Music by Karen Drucker,
Jan Garrett, and JD Martin

“Eighty percent of success is showing up.” Woody Allen

I am a big fan of the duo of Jan Garrett and JD Martin, so when they were in my area and asked if we could get together and try writing a tune I jumped at the chance. One of my favorite expressions and life mottos is simply “just show up.” A lot of my business “strategy” has been just that – just show up, put myself in the game and see what happens. For some reason that title just showed up the day I met with Jan and JD, and we wound up writing this song in a very short time. I guess Spirit just showed up for us in writing this song!

Check out Jan and JD’s wonderful music: www.garrett-martin.com

Another one of those mornin’s when I’m trying to talk myself out of bed.
All my good intentions are rollin’ around in my head.
And I say: “Get it in gear, honey, I don’t wanna hear it.
Get out the door, put your feet on the floor.”

Chorus: Just show up. Take your time.
 You don’t always have to be the first one in line.
 Show up, slow down, let it be easy.
 Just show up. Just show up.

It might be as simple as just getting’ out of the way.
A sweet invitation to be willing every day.
Maybe I don’t need to push so hard.
One breath at a time, straight from the heart.

Chorus

You never know what can happen. You never know what might be.
If I make room for a miracle to show up in me.

Chorus

Just Stop It!

Words: Karen Drucker

Music: Karen Drucker & John Hoy

"We are what we think about all day long." Ralph Waldo Emerson.

I was thinking that this song needs to have a "fasten your seatbelts" warning since it just explodes out of the gate! Even though this is a rather rambunctious song, every time I would play it for someone questioning if it should even be on the CD, they would start dancing all over the room as they listened to it. So on it went! The idea for this song was having a fun upbeat dance tune that also addresses our inner critics in a way that has some lightness to it. I realize that sometimes its not that easy to simply say "stop it" to that voice – but sometimes we just need to take control so we can carry on with what we need to do in our lives!

From early in the morning 'till the middle of the night,
my mind keep coming up with reasons how I can't do nothin right.
It keeps lists and keeps score 'till I can't take it anymore.
When I think it's done--wait there's more!
I'm not gonna take it. This ends today.
I found the answer, all I've gotta say is: "Just stop it!" I tell myself "Just stop it!"
Three little words that I can say, just stop it, stop it, stop it, stop it. Just stop it!

I've been complaining 'bout my looks, been complainin' about my hair.
Been complainin' 'bout my body, 'though I know it's so unfair,
to keep ragging on myself with such intensity.
I've got to practice being nice to me.
I've gotta love myself I know it's true.
Next time I whine and moan all I've got to do is "Just stop it!"
I tell myself "Just stop it!"
Three little words that I can say, just stop it, stop it, stop it, stop it. Just stop it!

I can change my attitude, change my state of mind,
when I focus on what's right, everything is fine.
I tell my inner critic, "Get out of the way! I'm taking back my power today!"

Now I'm going out to dinner and talkin' with a friend,
but when I ask her how she's doing the story never ends.
She goes on and on with negativity. I want to help her get some clarity.
And show her I've found a way to stop that nagging voice everyday.
You say: "Stop it!" You say to yourself, "Just stop it!"
Three little words that you can say, just stop it, stop it, stop it, stop it. Just stop it!
Three little words that we can say, just stop it, stop it, stop it, stop it. Just stop it!
Three little words that I can say, just stop it, stop it, stop it, stop it. Just stop it!