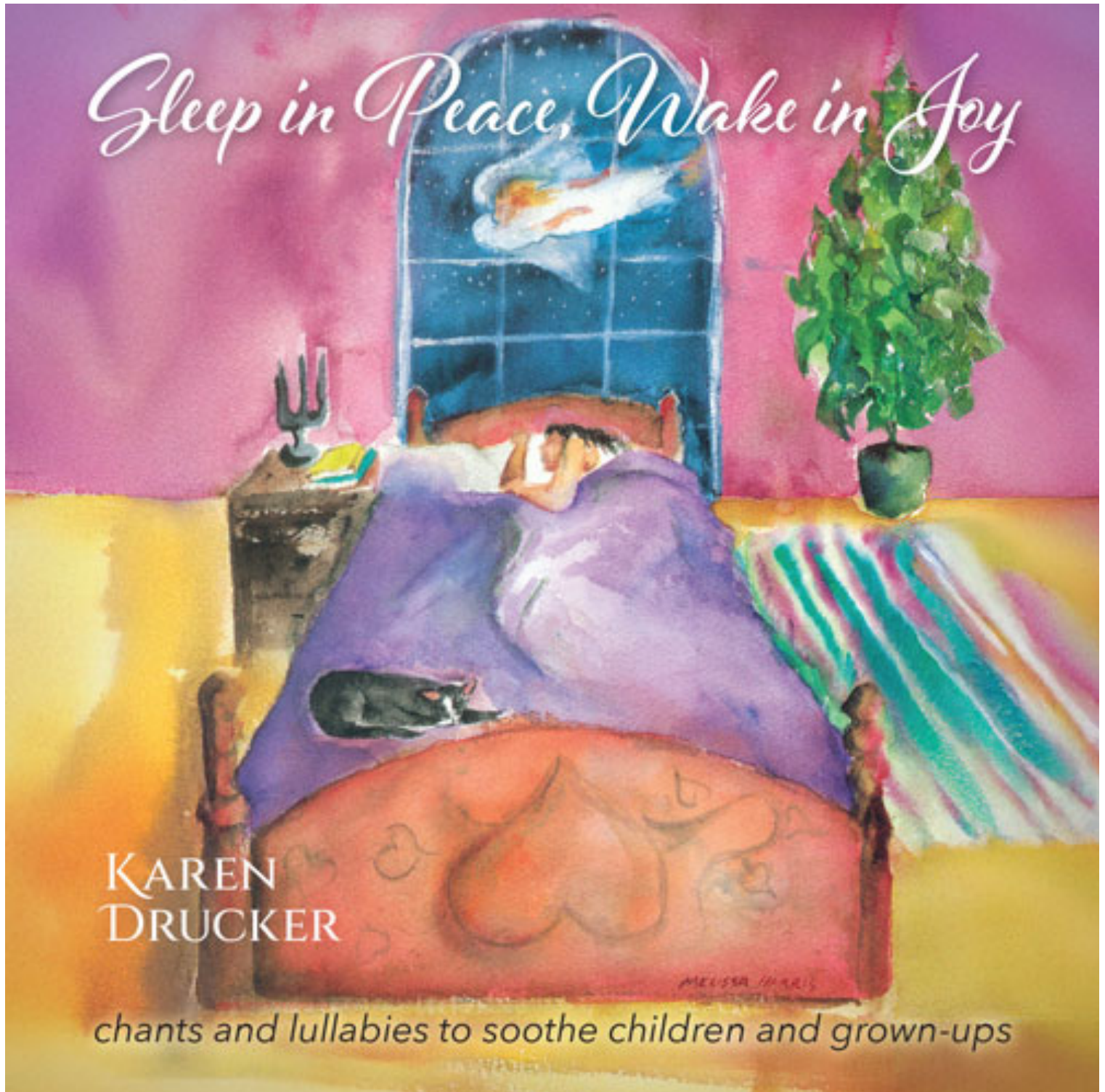


Lyrical Book



& Credits

Sleep in Peace, Wake in Joy

Credits

Produced by Karen Drucker

Co-produced & engineered by John Hoy

Graphic Design: Jeff Dannels

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1. Sleep Chant

Words & Music: Karen Drucker

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2. Rock-A-Bye Baby

Rewritten words: Karen Drucker; Music: Effie Crockett

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3. All Is Well

Words & Music: Karen Drucker

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4. Welcome Baby

Words & Music: Karen Drucker & Faith Rivera

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5. Gentle With Myself

Words & Music: Karen Drucker; Chorus words: Robyn Posin

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6. Blessing To The World

Words: Karen Drucker & Rev. David Bruner; Music: Karen Drucker

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7. In The Stillness

Words & Music: Karen Drucker

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8. I Am Loved

Words & Music: Karen Drucker

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9. When I Dream

Words: Karen Drucker; Music: Karen Drucker & John Hoy

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10. I See Your Light

Words & Music: Karen Drucker & Stowe Dailey

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11. Loving Kindness

Traditional Buddhist prayer adapted by Karen Drucker

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12. Breathe

Words & Music: Karen Drucker

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13. Twinkle Twinkle Little Star

Adapted words: Karen Drucker; Adapted music: Karen Drucker & John Hoy

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14. Lullaby And Goodnight

Re-written words: Karen Drucker; Music: Johannes Brahms

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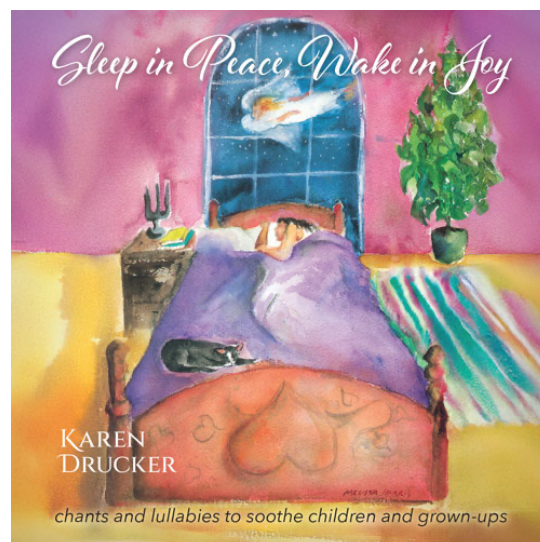
SLEEP IN PEACE, WAKE IN JOY

As a positive message songwriter and speaker, I am always aware of the words that I am speaking and singing. With every song or chant that I write, I scrutinize each word to make sure that I am putting out a message of love, compassion and positivity. I know that when I sing positive, life-affirming words or phrases over and over, I can go from being in a bad mood to completely changing my attitude – just from singing! Actually, some of my favorite emails that I have received have been from mothers saying they will overhear their children singing my chants and affirming their worthiness and knowing they are loved. (I always felt if I were singing these positive words when I was a teenager it would have saved me years of therapy!)

You can imagine what I thought when I looked at some of the children’s lullabies that had words like, *“When the bough breaks the cradle will fall, and down will come baby, cradle and all!”* I felt like there must be a better choice of words for children (and adults) to listen to before they fall asleep! I decided to re-write a few of the most popular children’s songs with positive messages and then add in some of my other chants from previous albums that fit into the same category of calming, soothing, going-to-sleep music.

So “Sleep in Peace, Wake in Joy” was born.

Even though this album started out to be a compilation of songs for children, I realized it is also for the child in all of us, or the adult that needs to be soothed and know they are loved and safe. Whether you are a parent or grandparent playing these songs for the children in your life, or you are a grown-up singing along with me (and hopefully drifting off to sleep!), I hope you enjoy these songs and chants and know that you are loved, you are safe, and all is well.



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 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

You Are Pure Love (to Rock a Bye Baby)

Rewritten words: Karen Drucker
Music: Effie Crockett

You are pure love and you are pure light.
You are a Spirit shining so bright.
Whenever you smile you let your light shine,
that love is a bridge from your heart to mine.

You are a miracle, a gift from above
You are a blessing surrounded in love.
The joy that you bring is pure sweet and true.
You open my heart just by looking at you.

So sleep little angel tucked in your bed.
Let vision of fairies dance in your head.
When you awake the first thing you'll hear
is "I love you my precious" and I'll always be near.

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 of Norwich*

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.

Welcome Baby

Words & Music: Karen Drucker
& Faith Rivera

Welcome baby to this world. Happy birthday to you.
You're an angel, my precious one. You're a dream come true.
I'm so glad you are here. Here to love, here to heal.

Thank you baby, what a gift you are.
You are such a blessing to me.
(It's) warm as sunshine when you smile.
It's your light I feel.
And I know I've been changed.
Changed for good, changed by you.

I honor you now. I offer you my heart.
I promise to love just who you are, all that you are.

Welcome baby to this world. Happy birthday to you.
Pure in spirit, it's in your eyes. We are one through & through.
You are my miracle. A gift to the world, a gift to me.

Welcome. Thank you. I love you. Happy birthday.

Gentle With Myself

Words & Music: Karen Drucker
Chorus words: Robyn Posin

(each section sung twice)

I will be gentle with myself, I will be gentle with myself,
and I will hold myself like a newborn baby child.

I will be tender with my heart, I will be tender with my heart,
and I will hold my heart like a newborn baby child.

Chorus: And I will only go as fast
 as the slowest part of me feels safe to go.

I will be easy on myself, I will be easy on myself,
and I love myself like a new born baby child.

Chorus: And I will only go as fast
 as the slowest part of me feels safe to go.

I am gentle with myself, I am gentle with myself,
and I hold myself like a new born baby child.

And I rock myself like a newborn baby child.
And I hold myself like a newborn baby child.
And I love myself like a newborn baby child.

Blessing To The World

Words: Karen Drucker & Rev. David Bruner

Music: Karen Drucker

You are the heart. You are the hands.

You are the voice of Spirit on earth.

And who you are, and all you do,

is a blessing to the world.

(substitute “you” with We and I)

“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.)

I Am Loved

Words & Music: Karen Drucker

(each section sung twice)

You are seen, you are heard. You are loved for who you are.

You are enough, you are complete. You are loved.

I am seen, I am heard. I am loved for who I am.

There is nothing I need to change. I am loved.

I am seen, I am heard. I am loved for who I am.

I am enough, I am complete. I am loved.

I am seen, I am heard, I am safe,

I am enough, I am worthy, I am loved...

*“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

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.

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.

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

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.

I See Your Light

Words & Music: Karen Drucker & Stowe Dailey

This sweet lullaby written with the wonderful Stowe Daily is a reminder to each other and to ourselves that 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.

(each section sung twice)

I see your light. I see your beauty. I feel your heart when I see you smile.
You are enough. You are worthy. You are loved, just as you are.

Bridge: You are loved. I am loved. Together we are never alone.

I am enough. I am worthy. I am loved, just as I am.

I see your light. I see your beauty. I feel your heart when I see you smile.

Loving Kindness

Traditional Buddhist prayer
Adapted by Karen Drucker

I use this simple chant to end many of the workshops or retreats that I facilitate. Having people stand in a circle and singing these words to each other, and then declaring it to themselves is very powerful. I have felt that singing or saying these words as a daily spiritual practice sets the tone for my whole day.

(each section sung twice)

May I be filled with loving kindness. May I be well.

May I be peaceful and at ease, and may I be happy.

May you be filled with loving kindness. May you be well.

May you be peaceful and at ease, and may you be happy.

May we be filled with loving kindness. May we be well.

May we be peaceful and at ease, and may we be happy.

I am filled with loving kindness. I am well.

I am peaceful and at ease and I am happy.

Breathe

Words & Music: Karen Drucker

I breathe in. I breathe out. I take in. I give out.

I let love. I let go. I release. I know.

I forgive. I receive. I can feel. I believe.

I am healed. I am whole. I release, I know.

Chorus: Breathe, Breathe...

No need to push. No need to try. No need to worry or question why.

Surrender, let go. Release, and know.

Chorus: Breathe, Breathe...

“You can search the world over and you will find no one who is more deserving of your kindness and well-wishing than you yourself.” Buddha

Twinkle Twinkle Little Star

Adapted words: Karen Drucker

Adapted music: Karen Drucker & John Hoy

(each section sung twice)

Twinkle twinkle little star do you know how loved you are?
You are precious sweet and bright. A radiant beam of shining light.
Twinkle twinkle little star do you know how loved you are?
You are loved.

Twinkle twinkle I can see all love that is in me.
I am precious sweet and bright, a radiant beam of shining light.
Twinkle twinkle I can see all the love that is in me.
I am loved.

Twinkle twinkle little star do you know how loved you are?
You are precious sweet and bright. A radiant beam of shining light.
Twinkle twinkle little star do you know how loved you are?
You are loved.

Lullaby And Goodnight

Re-written words: Karen Drucker
Music: Johannes Brahms

You are loved. You are seen. You are blessed beyond measure.
You are stardust. You are moonlight. You are held and rocked in love.
So tonight while you rest, let your angels surround you.
When you wake you will feel all the love that's here for you.

In the dark, while you sleep, let yourself go to dreamland.
Surrender into slumber and know that you are safe.
When you wake it will be a brand new day to discover,
all the joy and the love that is always here for you.

You are loved. You are seen. You are a magical treasure.
You are valued. You are worthy. You are a blessing to this world.
Who you are is enough, just relax and surrender.
Close your eyes and just feel all the love that is here for you.

Goodnight. Goodnight. Goodnight. Goodnight.

- 1** Sleep Chant
- 2** Rock-A-Bye Baby
- 3** All Is Well
- 4** Welcome Baby
- 5** Gentle With Myself
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- 7** In The Stillness
- 8** I Am Loved
- 9** When I Dream
- 10** I See Your Light
- 11** Loving Kindness
- 12** Breathe
- 13** Twinkle Twinkle Little Star
- 14** Lullaby And Goodnight



KAREN
DRUCKER

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Cover artwork: Melissa Harris

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

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