

Music is  
the Medicine

Copperwoman  
Collection

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\$7

1. **Becoming two, to know that we are one**  
 (part 2) We are so blessed to be together  
 We are so blessed to be right here right now  
 (part 3) I am so grateful, I am so grateful  
 I am so grateful to be here with you ©Cw 6.14
2. **Bless this food I put into my body**  
 to nourish me healthy and strong.  
 2. I give thanks for this food and this day  
 and this life and for all that comes my way.  
 © Copperwoman 1.08
3. **Bring your love, bring your gratitude**  
 Bring your heart and your soul (2x)  
 \*Sisters gather round  
 Feel the magic, touch the ground  
 \*Brothers gather round  
 Feel the magic, touch the ground  
 \*(friends, family or whatever fits the  
 situation) © Copperwoman 5.08
4. **Call on me, I'll call on you**  
 Call on me, I'll call on you  
 We will be there for each other (all 3 lines 4x)  
 2. Grateful for the family that we are (4x)
5. **Can we be here?**  
 Is it all right with you, Spirit of the land? (repeat)  
 Thank you for letting us be here  
 We give thanks to you,  
 Spirit of the Land. © Cw
6. **Come together now**  
 Come together now  
 We need each other  
 We can help each other  
 So it's time to come together now. ©1999 Cw
7. **Crawling out of my skin, shedding**  
 Letting go of the old  
 Making way for the new  
 Dying forever to be reborn  
 Dying forever to be reborn  
 Back to the mother  
 Goin' back to the mother  
 Givin' back to the mother earth  
 (repeat last 3 lines) © Cw
8. **Down, down, down deep in the earth**  
 Our Roots they go  
 To days of old, and stories told  
 The seeds of knowing  
 Are growing in our Souls. © Cw
9. **Dear Sister we offer you courage (2x)**  
 Let it fill you, overflow into  
 Everything that you do (2x)  
 brother: kindness family: unity  
 sister: stillness brother: vision  
 family: love ©Cw 8.18
10. **Don't know where life will take me**  
 on this wild ride  
 I am up for the journey, up for the journey  
 Gonna keep my heart open and listen inside  
 I am up for the journey, up for the journey  
 2. It's the way that magic happens  
 I step into the steam  
 It's the way that magic happens  
 Nurturing dreams  
 3. Gonna plant some seeds, give 'em some water  
 Out in the sun, and watch them grow  
 Gonna plant some seeds, give 'em some water  
 Out in the sun, and watch them grow  
 4. And I let go, I watch them grow  
 I trust they know, how to grow  
 I let go, watch them grow  
 trust they know, how to grow  
 5. Magic will unfold  
 Right before my eyes  
 I'm open to goodness  
 And the gift of surprise  
 6. Repeat verses 1 & 2 for the end  
 ©Cw 1.9.20
11. **En Las Montañas, en la selva**  
 Estamos juntos con la medicina  
 Ni ni ni ni ni ni ni.....  
 Gracias para el sol, Gracias para la luna,  
 Gracias para las estrellas, mi familia- ni ni ni...
12. **1. Enter gently dear ones**  
 Into the land of dreams beyond  
 And may the angels of light  
 Be with you in the night  
 And be there to guide your safe return  
 To the morning  
 And be there to guide your safe return  
 To the morn.  
**2. Enter gently dear ones**  
 Upon the road going home  
 And may the angels of light  
 Be with you in the night  
 And be there to guide your safe return  
 To your home (2x) © Cw

**13. Every problem has a solution**

It's only a matter of knowin'—that  
Every problem has a solution,  
it's only a matter of tryin'—until...you find it.

**Chorus:** Look to the North, look to the  
South—Gonna do our best, lookin' to the East  
& West— Open Above, Open Below, and then  
we find That the answer abides—inside.

**2. Every problem has a reason**

It's only a matter of believin'—that  
Every problem has a reason, it's only  
a matter of bein'—up to seein'...solutions.

**3. Every problem is for growing**

It's only a matter of learnin'—that  
Every problem is for growing,  
it's only a matter of learnin'—more...  
about ourselves

**4. Every problem has a solution,**

every problem has a reason,  
every problem is for growing.  
And then we find,  
that the answer abides inside. © Cw

**14. For some reason you came to me**

And then you asked to be set free. (2x)  
Sad is my heart, to let you depart  
Tears in my eyes, as we say goodbye  
I pray for the peace, to let you go.  
Know that I'll always, love you so (2x).  
©1999 Cw

**15. 1. Gonna climb the Mt,** Till I reach the top  
Gonna climb the Mt, I don't wanna stop

**Chorus: Dreamin' my dream**  
In a very big way  
Livin' my dream...Startin' today

**2.** Why go through life  
With sorrow on your face?  
Turn it around, Let peace take it's place.

**Chorus: Dream your dream,** In a very big way  
Live your dream, Start today.

**3.** We can draw upon all, We are given,  
To honor and serve in Life's daily livin'.  
**Chorus: Countin' our blessings...**Every day  
Riches from Spirit... Pave the way

**4.** Where does it come from  
That sweet inspiration? Why build that dream,  
What solid foundation?  
**Chorus: Planted by Spirit...**Seeds so fine  
Sown with love...A dream Divine (first verse)

**16. Grow, grow beyond,**

grow beyond where we (2x)  
are today, dwelling in the, dwelling in the  
perfection of the now ©Cw 2.06

**17. Have I learned**

what they've come to teach?  
I think so, I think so  
Are answers within my reach? I think so  
Every test is only a lesson,  
With a message, What a blessing  
Giving thanks,  
for all that comes our way —today  
Giving thanks,  
for all that came our way —yesterday  
Giving thanks & praise, Giving thanks & praise  
Listening—that's the start  
How to be still enough to hear the heart  
The voice that is there to guide our way  
—today  
The voice that was there to guide our way  
—yesterday  
Giving thanks & praise, Giving thanks & praise  
The guidance is within, the stillness all ways  
I'm setting aside, my stubborn ways  
to know truth—it will set us free (fade) ©Cw

**18. Hey, take a look at yourself**

It's time to go inside.  
Can't keep running away, tryin to hide.  
**Chorus:** Cuz the world is calling you  
To honor her harmony  
With everyone you meet, set your soul free.

**2.** You have a choice whether to smile or  
frown, You can make your attitude go up or  
sink down. **Chorus**

**3.** Try takin your worries one at a time,  
Make some change in livin', to ease your mind.  
**Chorus**

**4.** What's the use of struggling day after day,  
Making more work to get to the play.  
**Chorus:** Yes the world is calling you ©99 Cw

**19. Hold wholeness holy**

Surrender into the Divine within (2x)  
Drink deeply from the well  
It nourishes and sustains (2x)  
Love all that you are, Love all that you are  
Love all that you are  
This heals everything, This heals everything.  
© Copperwoman 11.06 (For Shekhinah)

## 20. Hopin' to be with you again soon

But whether we're near or far,  
I'm feelin together with you

**Chorus:** And the chain gets stronger,  
as we link to one another,  
goin home, goin home to the inside.

### 2. Fire lights that space

Between us in the night,  
Where water flows, forever, just to sea  
Air around us  
The arms of our mother earth. Chorus

### 3. Standin in different places

We're watchin the sunset together  
Moon light shadows rise  
Darkness embraces  
But we all know the sun will bring  
Her message of light in the mornin'  
And I'm learnin' that our differences  
Are what makes the circle  
Wholy round, holy round  
Together whole. (continued)

### 4. Thank you for sharing

Your learning and living with me  
Clouds in our sky  
Or sun shining bright on the sea  
We'll be there, helpin each other  
Up the mountain side  
Heart in heart, hand in hand  
We'll reach the top, when we land  
Goin home, goin home together.

### 5. Hopin to be with you again soon

But whether we're near or far  
I'm feelin together with you. © Cw

## 21. I am here for you (4x)

### 2. You are here for me (4x)

3. Reach out and call me (3x)  
when you are in need

4. I'll reach out and call you (3x)  
when I am in need

5. I will touch your forehead,  
I will touch your hair,—I will touch your belly  
and I will touch your soul...ooooooo

6. We're here to support you (3x)  
when you are in need

7. I am here for you and you are here for me  
I am here for you and you are here for me...

© Copperwoman

## 22. I am in perfect timing

I am exactly where I want to be  
I am in perfect timing  
Going with the pace of grace  
Flowing with the pace of grace  
Knowing, the pace of grace © Cw 4.30.10

## 23. I am here reminding you

You can do what you set your heart to  
2. I am here reminding you  
Know who you are, let spirit through  
(you love me and I love you • I'll be me and  
you be you • We are one, we're not two •  
Dance with me and I'll dance with you)  
© Cw 10.09

## 24. I am whole, I am happy

I am healthy, totally (2x)  
chorus: I am love, you are love,  
we are free, totally  
2. I receive abundance overflowing, totally  
3. Life is good, living is fun...I am worthy  
4. I allow all good things into my being  
5. Powerful, purposeful, I have value  
6. I am woman, I am strong, I am juicy  
7. I am whole, I am happy, I am healthy  
© Copperwoman 3.07

## 25. I am your instrument

1. Play your song through me  
Perfection of light and dark  
And human frail-ity  
Perfection of light and dark (3x)  
And human frail-ity  
2. Consistently delivering, Verses of love  
For all that is human, Below and Above  
For all that is human (3x), Below and Above  
3. May I sing your song, With utmost clarity  
Shining your light, With pure simplicity  
Shining your light (3x), With pure simplicity  
4. That your love may touch, All within reach  
And wisdom of heart, Continue to teach  
And wisdom of heart (3x), Continue to teach  
5. Us to open to guidance, And hear the call  
To use our sight, To see Divinity in All  
Divinity in All (repeats)  
© Copperwoman 1.17  
(a poem that came walking around the temple  
of the Dalai Lama in Dharmasala)

**26. I Call Upon the Light of the Universe**

to work through me  
When I haven't a clue of what to do  
She brings me all I need

**2.** I Invoke her in the morning,  
she takes me through the day  
In the evening I give thanks  
For all that came my way

**3.** Being human, learning that I'm Divine  
The more I realize it, the brighter I shine  
Being human, learning that I'm Divine  
The more I realize it, the brighter I shine  
You shine, we shine, Divine

**4.** Goddess is the Universe (3x)  
She lives in me.... (repeats) then to the top  
© Copperwoman 2015-2016

**27. I can cry from deep down, (3x)**

Oh so deep down. © Cw

**28. I carry peace in my body**

My heart is full of love, I see visions of harmony,  
Below and Above ©Cw

**29. I command all cords attached to my body**

be gently removed and plugged into the sun

**2.** I command all cords that I may have sent  
out be gently removed from those souls and  
brought back to me

**3.** I command all souls involved  
be placed in pink and green spheres of love  
and light, spheres of love and light

**4.** Please Father Mother One  
bring forth a purifying white light down,  
through my crown into my auric field  
I open myself to feel it,  
white light coming down

**5.** Please Father Mother One  
place your golden hands in my auric field  
healing all holes, rips and tears  
made by those cords  
entering and leaving my aura

**6.** Please Father Mother One  
bring your golden light, down through my crown  
filling all voids, healing my body  
and restoring my golden aura  
filling me with golden light

**7.** I give thanks, I give thanks,  
I appreciate all and every blessing  
It is so done, it is so done, it is so done  
And I ground and center —Temura

**30. I don't need anything**

but a drink of water (2x)  
thank you thank you thank you  
for the water (repeat) ©Cw

**31. 1. I'd like to be your friend,**

And I'd like that to never end  
Oh no, oh yeah.

**2.** Hard times they come and go  
Sometimes fast and sometimes slow  
Oh no, oh yeah.

**3.** There's things that we can share  
Common moments and times so rare  
Oh yeah, oh yeah.

**4.** I can feel your heart beat  
And the earth beneath your feet  
Oh yeah, oh yeah.

**5.** I'll listen to you so carefully  
And I know you'll listen to me  
Oh yeah, oh yeah.

**6.** I give thanks for you today  
For comin' right along my way  
Oh yeah, oh yeah.

**7.** I'm so glad that we have met  
You're someone I'll never forget © Cw

**32. I fell down but I'm ok (3x)**

cuz I don't stay hurt long.  
I cried and I cried, but I'm ok (3x)  
Cuz I don't stay hurt long. © Cw

**33. If you go out on a cloudy day**

Perhaps you should wear your raincoat  
Maybe you should pick up  
Your umbrella along the way  
In case it rains, In case it rains (2x)

**2.** If you are prepared for anything  
Then you will be ready for everything  
And if you are prepared everything  
Then you will be ready for anything. © Cw

**34. I give back, I give back**

I am blessed with gifts, and I give back  
**2.** I return, I return  
I am filled with abundance, I return  
**3.** For when I feed you I am nourished  
No separation tween you and I  
And when I share with you, I have all I need  
The well of spirit never runs dry (2x)  
(the well of love, the well within, spirit)  
© 2002 Cw

**35. I live in a tipi, yes that is home to me**

Safe and warm and cozy,  
Just the way I like it to be  
That's the way I like it to be. ©Cw

**36. chorus: I'll do what I can to make it happen**

I'll give it the possibility  
I know deep down it surely will  
If so it's meant to be, If so it's meant to be

**2. Letting my light shine out**

Is what I'm meant to do  
I'll nurture it deeply  
Savor it sweetly  
And carry it forth true  
Carry it forth true (chorus)

**3. As a seed it begins**

A message waiting to bloom  
It's set artfully, ever so heartfully  
Water and warmth will woo,  
Water and warmth will woo. (ch) © Cw

**37. Illuminate my heart,**

take it out of the dark,  
So I can do your work (2x) ©Cw

**38. I love my baby, I love my baby**

I love my baby so much. © Cw

**39. I love my dad, oh I love my dad,**

oh I love my dad, I do etc. ©Cw

**40. I'm getting over**

The feeling that I'm under (2X)  
Some of us got it bad  
Thinkin to feel good we must feel bad (2X)  
Lay it down, lay it down, lay it down, lay it  
down, Lay your burden down (2x) © Cw

**41. I'm good enough and I always have been**

I'm good enough and I always will be (2x)  
Hey little girl inside of me  
I am holding you tenderly  
Hey little girl inside of me  
Now you can be relieved  
Of the burden you carry, To be good enough  
For your mom and your dad  
Doing all the right stuff  
For the nuns and the priests  
And the teachers at school  
And for all those outside you  
Who handed you your rules ©Cw 5.08

**42. I'm one with you, and you're one with me**

We're one with everything (2x)  
1. With the birds that fly in the sky  
And the fish that swim in the sea  
With all of the creatures that walk on the land  
We're one with everything, (repeat line)

2. With the rain that falls from the sky  
And the air that we breathe  
The fire that keeps us warm on the earth  
We're one with everything, (2x)

3. With all of the trees that clean our air  
With the herbs that help us to heal  
And all of the plants that give us our food  
We're one with everything (repeat line)  
I'm one with you and you're one with me  
We're one with everything... ©Cw 2/09

**43. I offer you, you offer me**

Fire, eternally...love, truth, support etc ©Cw

**44. I Open My Heart**

And let my voice come through  
Just the way I do it, Nothing to compare to  
**chorus:** To sing, to sing, I am free to sing (2x)  
Changing Stories, I've been told before  
My heart knows how to sing, I'm opening the  
door. **chorus:** To sing

**2.** I open my heart and let my love  
come through, Just the way I do it,  
Nothing to compare to....To love...  
Changing Stories, I been told before  
My heart knows how to love  
It's what I came here for © Cw 3.14

**45. I open to feel the love of the father**

I open to feel the love of the mother  
I open to feel the love in everything I see  
And I open to feel the love within me  
©Cw 12/03



#### 46 I release what I don't need any more

I release what I don't need any more

**chorus:** Let it fall away, fall away, fall away  
fall away, fall away (2x)

2. Came for a reason, now it can go (2x)
3. My cells are changing with my every breath (2x)
4. My cells are changing with in my breast (2x)
5. I give thanks for this gift brought to my door
6. It brought me the work, I came here for

**End:** And what is left after it falls away?

My center, my core, my service to the divine

© Cw 5/04

#### 47. I see the divinity in you and me

I see the divinity in you and me © Cw 4.12

#### 48. I Surrender into the Beauty of My Soul

I honor every part of me, I am home

I surrender into the beauty of your soul

I honor your truth, we are whole

Cw 7.12

#### 49. 1.It's down by the tracks

That you'll find me most every day

Waitin to see which of the trains

Is gonna carry me away

And it's under the stars that you'll find me

Most every night

Lookin at all of them

Tryin' to see which one is bright.

**Refrain:** All the stars, I realize,  
are made of fire, Some may be farther  
But that doesn't mean they're higher

2. Always been told there are a lot of  
Fish in the sea, Can't understand  
Why none of them ever caught me  
Wondered who'd be there  
When I picked up my ringing phone  
Just another guy  
Wantin' high interest for a loan  
**Refrain:** Thinkin' bout asking myself  
Out on a date  
One thing I can be sure of, I aint gonna be late

3. Do do do do...do do do do...  
Oh yes, I remember, it's all inside of me  
Nothings gonna happen,  
If it ain't supposed to be

4. Repeat 1st verse  
Refrain Oh yes I remember  
It all can be found inside  
One of these days I'm gonna stop runnin  
Lookin for a safe place to hide. ©Cw

#### 50.I used to feel left out

Thought it was your fault

Then I realized it was me

2. I was afraid that, you wouldn't like me  
So I found a place that I could hide inside.
3. But that was so lonely, having me only  
There's got to be a much better way
4. I started to wonder, if you felt the same way  
And maybe I wasn't all alone
5. I'm takin a chance now,  
to lay down my fears and  
open up my heart and call you in
6. You are my family, here all around me  
How wonderful to love and to be loved
7. I am so grateful, something cracked open  
And the walls of separation tumbled down  
©Cw 7.08

#### 51. I wanna Hold You

And I want you to hold me

Oh lover dear, come and see

The love that I have, for myself

That I wish to share with you. 2.5.14

#### 52. I wanna pray for the people I know,

I wanna pray for the people I don't. ©Cw

#### 53. I wish you Abundance, abundance

overflowing, overflowing

2. Light and love and harmony  
overflowing, overflowing (2x)

**chorus:** I wish you abundance...

3. Peace and beauty and nourishment  
overflowing, overflowing (2x) ©2.05

#### 54. La la la la la love

whispers the Goddess,

to each and everyone of us,

the key to the mystery. ©Cw 5.11

#### 55. Let me be a container

for your troubled mind I will hold sacred space  
for you

to heal, and leave behind© Cw 4.05

#### 56. Let yourself be loved

We mean it when we say we love you ©Cw

**57. Life is So Precious mmmmm... (2x)**

Take a look around, so much to be grateful for  
Take a look around, what are we waiting for  
To appreciate, to be grateful,  
to realize how blessed we are (repeat 2 lines)  
Cuz, everything that's here, Is still here  
And everything that's not gone, Is not gone  
Nothin' is broken, nothin' needs fixin'  
We are so blessed, mmmmm...©Cw 7.18

**58. Listen to your heart**

You will know what to do  
Tune in to your body, feel what's true  
Taking every step through life  
For the highest good of all (2x)

**59. Love makes the world go round**

Love makes the world go round  
Love makes the world go round (repeats...)

**2.** Open up your heart, let love in  
Open your heart, let love flow

**3.** Can you feel it?...  
© Cw 2/09

**60. Mama, mama ocean**

Hold me while I rock  
and roll in your waves  
Mama, mama ocean  
hold me close, tell me your ways (2x)

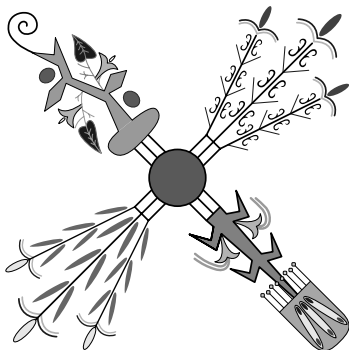
**1.** Caress me with that tender touch  
I love so much (2x)

**2.** I feel your breath inside of me  
I surrender, and I am set free (2x)

**3.** Tell me the secrets of your deep dark floor  
Help me find what I am looking for (2x)

**4.** Wave after wave comes tumbling down  
Wheel of life turns round and round

©Cw 4.04



**61. May I be Still**

To attune to the divine I am (2x)  
I listen to the still small voice  
That rises from the silence within (2x)  
I can always go to that place  
To find answers to my questions (2x)  
©Cw 1.8.19

**62. Mother in the Raindrops**

Father in the trees  
Mother in the moonbeams  
Father in the galaxies

**2.** Mother in the roots  
Father in the stars  
Mother in the rivers  
Father in everything that's far

**chorus:** Deep deep deep in love, Holy Unity  
Deep deep deep in love  
We are Family, We are Family

**3.** Mother in the mountains  
Father in the sky  
Mother in the flowers  
And in all creatures that fly

**4.** Mother in volcanos  
Father in the air  
Mother and Father  
Everywhere, Everywhere, Everywhere

**chorus:** Deep deep deep in love  
Holy Unity  
Deep deep deep in love  
We are Family, We are Family

**chorus 2:** I am your child  
I feel your love  
In everything below  
And everything above  
We are a family, A Holy One  
Right here on the earth  
And be-yond the sun

**5.** Mother in the soil , Father in the sun  
Mother in the garden,  
Mother Father Child are one  
**chorus:** Deep deep deep in love...

© Cw 2.12



**63. My Turn to Hold you as you held me (3x)**

Fall into my arms and feel the safety  
Drop into my arms and feel the safety  
Let go into my arms and feel the safety  
2. My turn to hold you as you held me (3x)  
Fall into my arms and feel the safety  
Drop into my arms and feel the safety  
Let go into my arms and feel the safety  
3. My turn to hold you as you held me (3x)  
While I became the woman that I am (2x)  
4. My turn to hold you as you held me (3x)  
I am here to love you as you loved me (2x)  
©Cw 11.4.08

**64. Nothin's gonna, nothin's gonna take it**

Nothin's gonna take it away from you (2x)  
It's all right to be happy  
It's all right to be in love with life  
It's only natural to feel joy  
It's a gift, it's a gift, it's a gift  
And I'm grateful (2x) ©Cw 2000

**65. Oh bone marrow, make white blood cells**

Oh bone marrow, make me strong  
Oh bone marrow, make white blood cells,  
Make white blood cells all day (night) long  
©Cw 10/04

**66. Oh Grandmother**

Thank you for protecting us  
Oh Grandmother, Each and every day  
Oh Grandmother, Thank you for keeping us  
Oh Grandmother, Out of harm's way  
2. Oh Grandmother, We pray for your children  
Oh Grandmother, Surrounded by strife  
Oh Grandmother  
Hold them close to your heart  
Oh Grandmother, Give courage for life  
3. Oh Grandmother  
Thank you for hearing us  
Oh Grandmother  
When we pray as one  
Oh Grandmother  
Vibration Multiplied  
Oh Grandmother  
When prayers are sung  
© 2002 copperwoman



**67.1. Oh rock, do you want to come**

Oh rock, to my home  
Oh rock, do you want to stay here  
And be left alone?  
chorus: I know your spirit speaks  
To the ones who listen well  
In the quiet and the stillness  
Where your voice will tell  
Grandmother, Grandfather,  
I sing my song to you  
Grandmother, Grandfather  
I bring my offering to you  
2. Oh friend, do you want to come? (chorus)  
3. Oh earth, will you continue  
Oh earth, to be our home,  
Oh earth, all must join to heal you  
We can't do it alone. (chorus) © Cw

**68. Oh who will sing with me**

Yeah, who will sing with me?  
Who's gonna come along  
And sing a pretty song, with me? © Cw

**69. Older, Wiser, Stronger, Lighter**

As the winters and the summers  
pass us by. © Cw

**70. One Being, One Love**

Divine Feminine, Divine Masculine  
In Perfect Balance  
Held by the Mother, Held by the Father  
With the Love that I am  
The Door is Open ©Cw 12.09

**71. One voice, one light, we are family (2X)**

Wishing each other well  
As we go through life's passages  
Bringing our blessings we tell  
Of our love for each other. © Cw

**72. On the upward journey of the Spiral**

We walk through many doors  
Facing our loss, asks so much of us  
We feel the bottom of the ocean floor  
2. If we drown in the depths of the water  
The grief is too much to bear  
But there's treasure to be found  
in the darkness  
Proceed with gentleness and care  
3. Reach out to those who love you  
Let their love inside ....Try to  
Let your heart open, Even though it is broken  
Before all your tears are cried

4. There's healing in sharing our feelings (4x)  
Talk to one another, Tell your stories now  
You'll find you're not alone  
find you're not alone (2X)  
There's healing in sharing our feelings  
©cw 12/2002

**73. Our Karma is comin' to get us**

We cannot run away  
Our Karma is comin' to get us  
It's arriving today.

1. Sometimes I don't understand  
Why things happen to me  
I'm living my life as good as I can  
What a mystery.

2. Was a time before we were born  
We were standin' lookin' down  
How will I live and how will I die  
This time around?

3. It may have been the last time  
We danced upon this plane  
We planted some seeds in our garden  
We reap again and again. ©Cw 5/04

**74. 1. Please don't hold me**

To how you saw me a week ago  
The only moment we have to live  
Is right now you know

**chorus:** And we can grow... We can grow  
Open up your door, and let me come in  
Open up your door, and we can begin again

2. Can't you see the golden light  
That shines inside of me?  
I know sometimes the flame is dim  
But don't abandon please. **chorus**

3. Honey push the wall out  
Push the wall out, Honey push the wall out  
Please push the wall out  
Honey push the wall out for me today.

4. I need a kitchen bigger than life  
Bigger than the life I lead  
In the kitchen that I live in  
And cook in today. © Cw

**75. Power is the right of the maiden**

Power is the right of the crone  
Power is the right of the mother  
Together and alone.

2. Strength is the power of the maiden  
Strength is the power of the crone  
Strength is the power of the mother  
Together and alone. © Cw

**76. Purify my being, prepare me to serve**

I open my channel, let your energy through  
Dress me in a cloak of protection  
Fill me with love head to toe  
Remind me of our connection  
Be with us as we grow  
I am protected, I am shielded  
I ground with Mother Earth  
I am protected, I am shielded  
I ground with Mother Earth  
© Copperwoman 5.08

**77. Raising up to Father Sky**

Receiving His Crystal Blue Light  
And reaching down to Mother Earth  
Drawing up her red energy  
And they mingle and they merge in my heart  
Where they do the dance of love  
Balancing healing alchemy—Amethyst  
Streaming blessings from below and above (2x)  
©Cw 8.08

**78. Say goodbye to the sister circle**

Take us with you, as you walk  
The path ahead, remember who you are.  
©Cw 9.10

**79. Send you love, surround you in light**

open my heart, send you love. (4x)  
1. Every day we have the opportunity  
To open our hearts and feel  
the love and the unity  
You are my brothers, my sisters  
and I am yours  
Can you hear me when I tell you  
that the time is now?  
**Send you love, surround you in light...** (4x)  
2. When we truly understand  
what forgiveness is  
We will recognize each other  
as precious gifts  
Look in the mirror, heal the past,  
Let's set our souls free  
It's only a matter of changing  
the way we perceive.  
**Send you love, surround you in light...** (4x)  
my heart, sends you love... (4x)  
open my heart send you love... Cw 8.07

**80. Sisters you give me courage to carry on**

To open to, the strength I know inside  
 You help me unlock the love in my heart  
 And I am grateful ©Cw

**81. Sittin' here in my room, playin' a little tune**

**Chorus:** Life is pretty good  
 Sittin here in my room, singin' a little tune  
 Life is pretty good

2. It's so fine to realize  
 The universe is on my side
3. Everything that comes my way  
 Gives me a chance to pray
4. Not much is comin' along  
 To keep me from singin' a happy song  
 do do ta do...
5. Time is movin' oh so fast  
 I'm not livin' in the future or past
6. I give thanks right here and now  
 For everything I've learned somehow
7. I feel so fortunate these days  
 For answers to prayers, in so many ways
8. Was a long time comin' to feel this way  
 Used to wonder if I wanted to stay  
 do do ta do...
9. Lovin' every part of me  
 Is the key to livin' happily
10. By lovin' me, I'm lovin' you  
 That's all there is to do.  
 do do ta do...  
 Life is pretty good (repeat)  
 Life is pretty, life is pretty,  
 Life is pretty good © Cw 9.25.12

**82. Some day, I'll be all that I can be**

I can be, I can be, I can be  
 Some day I'll be all that I can be  
 But for now, I'm just gonna be myself  
 Be myself, be myself, be myself ©Cw 2007

**83. Sometimes I just want to give up**

Trying to figure out exactly what to do (2x)  
 And just ...do it ...do it ...do it ... ©Cw

**84. Soy, de la tierra, la tierra, la tierra, de la pachamama**

Yo soy su hija  
 Soy, de la tierra, la tierra, la tierra, de la  
 pachamama, Yo soy su hija  
 La madera, la piedra, el agua y el fuego son mi  
 vida, Son mi vida (2x) © Cw 2.09

**85. 1. Spirit, I know, you hear me calling**

You, into my life (repeat)  
 2. I can't make it alone, that's why I'm calling  
 Can't make it alone, I need you (repeat)  
 3. On my own, I travel the circle  
 Round and round again  
 Every time I make it round  
 I'm back where I began  
 4. But with you, the circle, Becomes a spiral  
 With you, I'm filled with light  
 With you, the circle, Becomes a spiral  
 With you, I give up the fight.  
**End** repeat: Spirit, I know, you hear me  
 calling You into my life..... © Cw

**86. Stand Not Alone,**

Stand not alone, stand not alone  
 We stand together © Cw 10.17

**87. Stories are stored in the stones,**

Songs live in the bones  
 Secrets hide in the tones, to be heard.  
 1. What do they have to tell  
 Can you hear the old woman by the well?  
 What does she have to say, today?  
 2. Is there something on your mind  
 Answers you're trying to find?  
 Listen a little bit deeper, And you'll see.  
 3. Born in a bed of earth  
 Where the stillness opens to birth  
 All that each of us share  
 As part of the whole.  
 4. How long do we have to listen  
 Before we can hear the sound  
 Of the wisdom in the silence  
 Where peace and light abound? ©Cw

**88. 1. Surrender to An Open Heart**

And See where it will Lead  
 A Heart that greets, All Life's Breath  
 With A Tenderness Indeed  
 A Tenderness Indeed  
 2. Turn again toward the Heart  
 Nurturing the warmth that is there  
 Soften the gaze, that outward flows  
 And be ready for return of love's care  
 Be ready for return of love's care ©Cw

**88a. Take a chance, what a ya got to lose?**

Take a chance, maybe one or two  
 And you just might find...  
 All your dreams, will come true... © Cw

**89. Thank you for calling us all here together**

To share the gifts that you've bestowed

©Copperwoman

**90. Thank you for guiding me,**

lovingly to my destiny

Thank you for teaching me

to trust in the mystery.

**1.** I am here to serve you,

just let me know what you want me to do

I am here to serve you—show me the way.

**2.** Remind me to let go,

I know ya got the details covered

Remind me to let go,

I know you show me the way.

**3.** When I'm in a hurry,

thinkin I need to be somewhere else

Slow me down and help me,

be right here right now. © Cw 12.07

**91. Thank you Goddess**

for letting me know

that God is Mother and Father.

Of course, we need the balance

between the mother and father. ©Cw 5.06

**92. Thank you, thank you for this journey**

Thank you, thank you for guiding my way

You've helped me all along, to be so strong

Giving everything I've needed to be free

Standing on my own two feet,

but I am not alone (repeat)

I love how you teach through me,

Helping other people to see

Another way to be, another way to be free.

© Cw 1/05

**93. Thank You, thank you, thank you,**

thank you, thank you, thank you, thank you,

thank you, thank you for the air we breathe

Thank You.... for the water we drink

Thank You.....for the fire that keeps us warm

Thank You.....for the earth we walk upon

**Chorus 1:** Thank you for the mountains,

Thank you for the rivers,

Thank you for all of the trees

Thank you for my sisters, Thank you for

my brothers, Thank you for one family (top)

**Chorus 2:** Thank you for the sun and Thank

you for the moon, Thank you for all of the

stars, Thank you for our life right here on the

earth, Thank you for all that we are ©Cw 6.10

**94. The angels are callin,' callin' our sister**

Callin' our sister home (2X)

To the heavens she will fly

Like she's never flown before,

Into the light of the other side

Without her body, she'll soar,

Without her body she'll soar

And she'll be leading the way

Like she does for us now,

Guiding the way so gracefully

She'll be leading the way,

Showing the way

Guiding the way with Grace. ©Cw

**95. 1.The plum's settin fruit**

And the apple Tree's not far behind

The pear's leafin out

chorus: And everybody's happy

Cuz the sun is shi—ning, shi—ning

The sun is shi—ning, shining.

**2.** There's snow on the front porch

of Lisa's house today

But the snow that's been here is gone—

gone away. 2x

**3.** Everywhere I turn, I see daffodils

Crocus and hyacinth on the window sills. 2x

**4.** The grass is gettin greener and the horse is

happy bout that, And it's sure nice to welcome

the robins—back 2x

**5.** We really like the sun and we have just one

more wish—A little more rain for the rivers

and the fish.

And everybodys happy

cuz the clouds are raining, raining,

the clouds are raining, raining

©Cw and Brian

**96. There's a circle surrounding**

The circle we are in (3x)

The Angels, Beings of light.

Calling in the Angels, to be by our side

Knowing when we call them

Their light is here

to guide our way

Their light is here to guide. ©Cw 12/99

**97. There's something going on**

There's something going on, inside of me  
 between the little girl who wants to please  
 and the woman, the woman who knows,  
 how to be free, she knows about, inner peace  
 she has, the wisdom to see  
 and she takes good care of me.

2. I'll be me and you be you  
 Let's only do what we feel to do  
 Forget about have-to's  
 No more should-do's  
 Let's do what we wanna do,  
 do what we wanna do. © Cw 5.10.10

**98. They paved the way for us today**

They paved the way for us today  
 They paved the way for us today

2. We have all the wisdom of the ancestors  
 We have all the wisdom of the ancestors  
 We carry all the wisdom of the ancestors

3. Now is our time, now is our time, now is  
 our time to shine (repeat)

4. Uniting soul and body, uniting soul and  
 body, uniting soul and body  
 We are one, we are one...© Cw 2.13

**99. They're Gonna Radiate Me**

They're gonna radiate me  
 I'm radiant, I'm radiant

2. Kill off the bad cells,  
 bounce off the good cells (2x) I'm Radiant (2x)

3. This is healing me (2x) I'm Radiant (2x)

©Cw 3/05

**100. 1. Time has come around again**

To step into my cave  
 No light from without, Still I must be brave  
 Chorus: And walk a little deeper, into the dark,  
 Penetrate steeper, Matters of the Heart.

2. Laying in my winter bed  
 Oh so nice and warm

I'd rather go deeper in  
 Than face another storm. (Chorus)

3. Winter is calling me, to rest and restore,  
 She beckons so loud and clear  
 I just can't ignore. (Chorus)

4. Deep down in the winter soil  
 Dormant are the seeds  
 Waiting for the magic of spring  
 To set their spirits free. (Chorus)  
 Cw, Kate Lundquist & Walter

**101. Transform negativity, into positive energy**

Send it back in light and love to the universe  
 Healing ourselves, healing each other, healing  
 the earth. (to St. Germain) ©Cw

**102. Uniting one with another**

We come to take our stand,  
 We must be heard and recognized  
 We want peace throughout our land  
 Peace throughout all lands. © Cw

**103. Walking hand in hand with Spirit**

Each and every day  
 Walking hand in hand with Spirit  
 I always know the way  
 Deep inside there is no hiding  
 Only the truth that sets us free  
 Deep inside there is abiding  
 Eternal harmony © Cw

**104. Walking in Integrity**

The earth sings her song to me (2x)  
 I turn my light on, you turn your light on  
 And we shine, shine shine (2X)

2. Tunnel may be dark and cold  
 Road may seem impassable (2x)

3. What we think and what we say  
 So very powerful (2x)

4. Belief in separation  
 Harms all of our relations

5. Gratitude and perseverance  
 Lead the way for divine service

6. Walking in integrity  
 The earth sings her song to me ©Cw 9/04

**105. We all just wanna be loved**

wanna be loved (2x)  
 Wrap your arms around me,  
 tell me that you love me,  
 Give me a squeeze with all ya got (2x)  
 ©Cw 5.30.11

**106. 1. We are ancient, we are now,**

We are remembering that we know how.  
 2. I forgive you, I forgive me  
 Clear the dust so we can breathe.  
 3. We need the darkness, as we need light,  
 Can't have a daytime without a night. © Cw

### 107. Chorus: We are your family

Let our love encircle you  
Take it deep inside, Let it surround you  
As you travel life's road  
Carry some magic in your bag  
Remember the angels are here by your side.

1. And we know that you'll honor each other  
And greatly respect

The light within each other  
Will truly reflect  
The growing that you will do  
In each other's care  
The seeds you will be sowin'  
The fruit they will bear. (ch)

2. Every day of life is a gift  
And we begin anew  
An opening me, an opening you  
Celebrating who we are  
Together and alone  
Ever-changing melodies  
Enchanting tones. (ch) 3. Some days are harder than others

Along the way  
I wonder if we can change  
Some work into play  
By being there for each other  
Working as one  
Giving the room that's needed  
To get the job done  
Transformation is what is happening here  
What a joy to join with you  
In living it my dear  
Transformation, is what is happening here  
What a joy to join with you  
In living it my dear. (ch) ©Cw

### 108. We Each Carry Unique Medicine

An infusion of all of our experiences  
We walk in the perfection of wholeness (2x)  
When we live the truth of who we are  
da da da da dat....of who we are © Cw 7.12

### 109. We Gather Together to Share

We gather together to share  
Our transformation, our transformation  
I'm here for you and you're here for me,  
Together we can tell our true story...  
with family © Cw 7.12

### 110. 1. We gotta give thanks

For all that comes our way  
Blessings in disguise  
They'll come every day  
We gotta give thanks  
From deep within our hearts  
Walk-in' in the light, As we do our part.  
2. Seeing all the hard times  
As many, many ways to learn  
Life's difficult challenges help us to earn  
Freedom from negativity  
As we keep alive the positive vibe  
Letting go into harmony  
As part of the divine human tribe. © Cw

### 111. We offer you, this potion of love

filled with magic below and above  
take it deep into your soul  
let the love in and let it flow  
let the love in and let it flow 4.27.11

### 112. We pray for your divine adjustment

We pray to be of one accord  
Let us feel the love  
Flowing through your heart  
For the highest good of all concerned ©cw

### 113. What else is there to do

But remain true to ourselves? (2X)  
Each and every day, in everything I do & say,  
Spirit light my way, home. ©Cw

### 114. When I look at life

from a place of beauty  
all of the darkness that is around me  
fades away—fades away, fades away  
2. When I let go of fear and only love truly  
my vision is brightened and I can see clearly  
see the way—see the way, know the way  
**chorus:** Please, I offer you  
take my hand, let's gather everyone  
we're family after all, after all—before all, after all  
3. When we count our blessings  
instead of our sorrows  
we have another outlook, for all our tomorrows  
peaceful heart—peaceful heart, grateful heart  
4. Now I turn around  
and take a look inside me  
I come face to face, and see the beauty  
see the beauty—love the beauty, love the me



5. I see the human—and I see the Divine  
loving the whole, I let my light shine  
in the darkness, through the darkness,  
I shine my light

**chorus:** Please, I offer you  
take my hand, let's gather everyone  
we're family after all  
after all—before all, after all  
Back to first verse... ©Copperwoman 12/03

**115. With My Breath I Integrate Darkness & Light**

With my breath I let go of the fight  
I breathe in to my diversity  
I breath out with love for all of me © Cw 7.12

**116. Would you care to sit with me**

important part of life to be  
stilling the body, and hopefully the mind  
yoke with spirit, peace to find.

2. Joining to the universal one  
we bring our souls to bask in the sun,  
light shines upon us as we feel the land  
breathe beneath our divinely given hand (2x)

**Chorus:** Giving thanks and praises to the divine  
this precious moment and thru all time.

3. Opening to the love that surrounds  
positive thoughts, crystal sounds  
harmony penetrates your soul and mine  
leading us gracefully to the divine. (2x)

4. Ever grateful from the deep  
place inside that wholly keeps  
all gifts acknowledged and given place  
blessing every day with spirit and grace. (2x)

**Chorus:** Giving thanks and praises... ©Cw

**117. You always know**

But you don't always know that you know  
You always know  
But you don't always know that you know  
Listen to the old woman  
Who lives by the well  
Believe that she speaks  
Take heed, she will tell you  
Follow, follow what you know sister,  
Follow, the words of the well  
Follow, follow what you know brother,  
Truth will tell © Cw

**118. 1.You touched my life**

I'm different than I was  
You touched my life  
I'm different because  
I knew you and you loved me  
You are more  
than just a memory

2. You touched my life  
I'm different than before  
You touched my life  
You gave me more  
Thank you  
for the inspiration  
You gave to me

To see love in everything  
To feel love in me

3. You touched my life  
I'm not the same  
You touched my life  
I have gained  
When I feel alone I know  
I have forgotten  
All of us are family  
All of us are one.

4.You touched my life  
I'm different than I was  
You touched my life  
I'm different because  
I knew you and you loved me  
You are more than just a memory  
You live in me, you live in me  
Copperwoman © 2001



## Songs written in Peru 2.20-7.20

### 119. All I can do now is live...

one day at a time  
All I can do now is let...  
Let my light shine  
2. Dawning a positive attitude  
Keeping an open heart  
Living in love and gratitude  
It's the way, it's the way  
We do our part  
3. River, she speaks to me  
Tells me which way to go  
River, she reminds me  
what I already know  
4. Over, around and through  
Anything in the way  
That's all we strive to do  
We practice, we practice, every day  
© 5.23.20 Copperwoman

### 120. Darkness Darkness

Darkness darkness, You may not have my soul,  
Come into the light, Surrender control  
1. You sneak up on me, With your tricky ways  
I find myself acting from,  
Wounds of ancient days  
2. Come into the light I say, Surrender control  
I'm not your puppet, Acting from past turmoil  
chorus: Darkness, darkness....  
3. You are part of me, Way down deep  
I feel you with no denial,  
Come out from your sleep  
4. Come out, come out, To the light of day  
I embrace you, not fear you,  
I'm only whole this way  
chorus: Darkness, darkness....  
**End:** Come into the light I say,  
Surrender control  
I'm not your puppet,  
I am whole (2x) Cw ©2.20

### 121. My Heart Beats to the rhythm of the river

My Heart Beats to the rhythm of the river  
She Runs through my veins, it's how I survive  
Thank you to the river,  
for keeping me alive (repeat) 5.27.20

### 122. Rio rio mi amor, rio rio mi amor

Gracias por tu agua, gracias por tu vida  
Tu agua es la vida, tu agua es la vida (2x)  
Gracias por tu agua, gracias por tu vida  
Cw 7.18.20

### 123. 1. Standin' by the river, in lockdown

Standin' by the river, sheltering in place  
If authorities come by, We'll give 'em our alibi  
We're on our way to the market  
or on our way back home.

2. Walking to the market, in lockdown  
Walking to the market, sheltering in place  
Passport in hand I pass the military man  
Saying, gringa buenas tardes  
Donde quieres ir?

3. Walking to the river, in lockdown  
Walkin' to the river, sheltering in place  
When the police came by, I felt a little bit shy  
I stood up, he took my picture  
With my red hat on

4. Sittin' by the river, in lockdown  
Sittin' by the river, sheltering in place  
The police came by,  
Stood up, I looked em in the eye  
Lo necesito para mi alma, y mí corazón

5. Sittin' round the table at La Chakana  
Singing round the table with my new friends  
Can't go out today, it's Sunday anyway  
So we're making this here song  
Where we belong  
So we're making this here song  
Where we belong  
So we're singing this here song  
Where we belong ©Cw 4.2020



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