

Music is
the Medicine

Copperwoman
Collection

care@copperwoman.com

\$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)

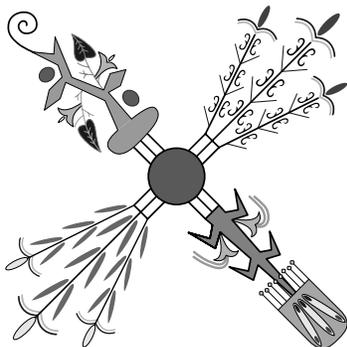
1. Caress me with that tender touch
I love so much (2x)

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 insideTry 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 sowing

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

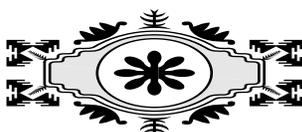
We pray to be of one accord
Let us feel the love
Flowing through your heart
For the highest good of all concerned ©cw

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



www.copperwoman.com

707-978-1078