**Awakening Joy CD**

**SongBook**

**The Musicians**

James Baraz

Jennifer Berezan

Eve Decker

Melanie Demore

Lisa Ferraro & Erika Lucket

Betsy Rose

Adrienne Shamszad

Lisa Zeiler & Eve Decker

**GARDENER
Eve Decker**

It's really hard not to go where my whims urge me to go
But I know what sort of person I’m longing to become

If I want to help anybody in the world before I die

If I want the suffering all around us to subside

I have got to be more conscious of the things I do and don’t do

Every little seed in time will flower

Plant the ones that lead me down a path toward really helping

I am the garden, but I’m also the gardener

In this very moment I reap fruit from choices past

And choices for the future are made now

Certain habits, deeply rooted, flourish in the heart of me

Repetition like the seasons comes naturally

Some of it’s good, some of it’s not, right now this is all I’ve got

But it doesn’t mean it’s all I’ll ever be

Choosing which part of me to act from

Is easier when I know what I want to become

I am the garden, but I’m also the gardener

This planting of seeds is more subtle than it first appears

It’s not just about a dollar to the homeless man

It’s about perceiving what’s happening in this very moment

Then deliberately choosing to extend love

It’s really hard not to go where my whims urge me to go

But I know what sort of person I’m longing to become

If I want to help anybody in the world before I die

If I want the suffering all around us to subside

I have got to be more conscious of the things I do and don’t do

Every little seed in time will flower

Plant the ones that lead me down a path toward really helping

I am the garden, but I’m also the gardener (3X)

©Eve Decker

**Taste and See
© Betsy Rose 1987**

Oh taste, taste and see

How good is the fruit that falls from the tree

Oh taste, taste and see

How good is the fruit of the garden

Taste the sun stored in the skin

Flavor of fire and of passion

Taste the stars that dwell at the core

Seeds of our joy and compassion

Oh taste, taste and see

How good is the fruit that falls from the tree

Oh taste, taste and see

How good is the fruit of the garden

Taste the rain-soaked in the flesh

It lingers so sweet on the tongue

Taste the earth the body of life

Dark and rich and strong

Oh taste, taste and see

How good is the fruit that falls from the tree

Oh taste, taste and see

How good is the fruit of the garden (2x)

# PRAISES FOR THE WORLD

# © Jennifer Berezan

Jasmine breeze like incense in my head

Moon high in a coal black sky illuminates my bed

The train outside my window’s keeping vespers in the night

Singing praises, praises for the world

Life can make you bitter, this life can turn you cold

It seems I’ve spent most of my own just trying to crack the code

But if I die tomorrow may the last words that I know

be praises praises for the world

Some predict the rapture where we all will leave this place

The chosen ones will pack their bags for somewhere out in space

But the holiest words I’ve ever read or thought or sung or prayed

were praises, praises for the world.

Praises, praises, praises for the world.

Praises, praises, praises for the world.

# Crater

# © Adrienne Shamszad

# I feel like a crater

#  In a silver sonic moon

#  I will pour a little soil down

#  And I'll plant your seed to bloom

#  You will grow up in the ether

#  And your memory will live on

#  I will hear you like a whisper

# Forever in my soul-song

# And the love I feel for you

#  Is endless and it's true

#  Maybe in another time

# I'll be yours & you'll be mine

#  Till then

# The craters in my heart light up the night

#  There's a door that opens

# With every loss of something great

#  You can choose to close them

#  But you'll feel a constant ache

#  And that pain won't bring you closer

#  to the place where you can let it go

#  I don't want to treat you like a ghost,No

#  Be my angel, give me hope

# And the love I feel for you

# Endless and it's true

#  Maybe in another time I'll be yours,

# and you'll be mine

# Till then

#  The craters in my heart light up the night... (3X)

# Shamszad, copyright 2015 released August 12, 2016

# Guitar, vocals, production: Adrienne Shamszad Bass: Paul Martin Sounder Sound Engineering, Co-Production and Background Vocals: RamDass KhalsaVIRTUE

## *by Lisa Zeiler and Eve Decker*

What truly brings happiness?

Power? Fortune? Fame?

Striving for security

The ego’s crazy game

We’ve been misled we’ve been confused

By greed’s temptress, hatred’s fire

The fruit of happiness does not lie

In meeting our desires

**Chorus:**

Do no harm to other living beings

Don’t lie, don’t steal, don’t use

Hurt no one with your sexuality

And you’re on your way to virtue

Why pursue an ethical life?

What’s the big allure?

Virtue itself won’t bring material wealth

Just a heart that’s pure

But purity’s more than it seems

It’s the seed of serenity

The strength to respond to suffering

The eyes to notice beauty

**Chorus:**

Do no harm to other living beings

Don’t lie, don’t steal, don’t use

Hurt no one with your sexuality

And you’re on your way to virtue

Trembling for the welfare of all living beings

Consider each one kin

But I’ve got bad habits from lifetimes and lifetimes

Where do I begin?

It feels like swimming upstream everyday

Everyday it feels like a fight

But I will do what I know to be true

I will do what I know to be right

**Chorus:**

Do no harm to other living beings

Don’t lie, don’t steal, don’t use

Hurt no one with your sexuality

And you’re on your way to virtue (2x)

Virtue, virtue

©Lisa Zeiler/Eve Decker

**Sacred Ground**

**Erika Lucket & Lisa Ferraro**

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I planted the words you said

They blossomed in brilliant reds

Reminders of what’s ahead

The shape we might take

Uprooted my fears like weeds

The fences I do not need

And walked with my tender feet

Over sacred ground

In the roots and stems

The blooms and ash of my backyard

I see how letting go of where we’ve been

I discover where we are

Beneath the layer of grass

The questions we dare to ask

The answers that help us pass

To a place unknown

It’s all about faith

It’s all about trust

It’s all about believing

That there’s more there for all of us

And how we love, how we love

How we love, how we love

How we love,

How we love

I planted the words you said

They blossomed in brilliant reds

Reminders of what’s ahead

The shape we might take

Uprooted my fears like weeds

The fences I do not need

And walked with my tender feet

Over sacred ground

Every day with every step I am walking on sacred ground (2x)

On sacred ground

We are walking on sacred ground (6x)

On sacred ground

Website: [www.lisaanderika.com](http://www.lisaanderika.com/)

# SIMPLE TRUTH*by Eve Decker*

The way I see it there are two choices

I can wait for all these voices To tell me I have made it
Or I can love myself the way I am
The way I see it there are two choices
Try to do it their way Or find my own rejoicing music
And play

I’ve been given a responsibility
To love myself like I would love a child
Chaotic wild and turning
Building bridges, bridges burning
Just as I am, to love me

Maybe self hatred protects me
Until the day no one rejects me
If I reject myself first, your coldness might not hurt as much
Maybe if I work harder
Try more, do more, faster, longer
The day will come when I feel loved by everyone

I’ve been given a responsibility
To love myself like I love trees
Okay when branches crack and fall
No striving no have to’s at all
The sparkling green that breathes me
Just as I am loves me

No I do not have it all together
I never have and I never will
And I know that you don’t have it all together either
‘cause nothing here was made that way
We’re all falling, we’re all flying, we’re all playing, we’re all dying

We’ve been given a responsibility
To love ourselves like we love freedom
Using courage just to see
The simple truth of you and me
Love looks like humble gratitude like endless forgiveness
Just as we are just as we are just as we are (2x)

The way I see it there are two choices
We can wait for all these voices
To tell us we have made it
Or we can love ourselves as we are.

©Eve Decker

[Welcome To The Circle](https://www.betsyrosemusic.org/lyrics/)

© Betsy Rose 1991

Welcome to the circle

How far have you come

Do you need some company

A candle and a song

Are you feeling weary

Tired of being strong

Welcome to this circle

It’s a place where you belong

Do you have a burden

That feels too much to bear

Do you have a bitterness

You don’t know how to share

Do you get too angry

To breathe to laugh to pray

Well there’s no one in this circle

Who has never felt this way

No one in this circle who has never felt this way

Welcome to this circle

Whatever brought you here

The valleys and the mountain tops

The muddy and the clear

And know your work is worthy

And know your heart is true

And know that all you give away

Will come circling back to you

You’ve got to know that

all you give away

Will come circling back to you

**Sending You Light
© Melanie DeMore**

I am sending you light

To heal you, to hold you

I am sending you light

To hold you in love.

1) No matter where you go

No matter where you’ve been

You’ll never walk alone

I feel you deep within

I am sending you light

To heal you, to hold you

I am sending you light

To hold you in love.

2) No matter what you feel

Or what you choose to show

I’m always there for you

and so I want you to know-

I am sending you light

To heal you, to hold you

I am sending you light

To hold you in love.

3) I walk the path with you

Go slow dear one, don’t hurry

I’ll go just like you need to go

There is no need to worry

I am sending you light

To heal you, to hold you

I am sending you light

To hold you in love. (2x)

©Melanie DeMore/MeMaMusic

Awe

Lisa Ferraro

Words and music Erika Luckett

© Pranavasonic LLC LisaandErika

Certainty is like clutching what you know

Inside your fist

Like there’s no room to question what might loom

Beyond your wrist

It’s the comfort of right angles

The ease of solid lines

It’s the emptiness of a lonely box and the

Space that it defines

There were times in school when I had fun

with the exactness of the game

Thinking I would know a flower

once I could say its Latin name

Like names and addresses dates of birth

could readily explain why

Some people crave the sun while others love the rain

Holding the mystery

Step into the river and feel eternity

As the sun will rise and the rain will fall

May I begin each day with

GRATITUDE and AWE!

If I could define in the vast design

What was possible or real

I’d never see the desert turn water

Or the ocean turn to steel

But I’ve seen those wonders many times

And each time I recall

The wonder the wonder the wonder of it all

Holding the mystery

Step into the river and feel eternity

As the sun will rise and the rain will fall

May I begin each day with

GRATITUDE and AWE!

If we’re not in Awe we’re not paying attention (3x)

Inside every one of us

Contained in each square inch of blood

There are 75 billion cells

75 billion cells

Functioning on our behalf

So that we may simply be

I think of that as a conspiracy

A conspiracy of life!

And since I’m being a bit reflective I’d like to add

To this human, slash life…Perspective

If we took every cell phone on the planet

Every telephone line on the globe and registered

The conversations conveyed

The trillions of messages relayed

The entire system would still not approximate

The complexity or functionality of a single human brain

That’s just another way

Of trying to portray

The miraculous privilege we have

Of playing this human game!

Holding the mystery

Step into the river and feel eternity

As the sun will rise and the rain will fall

May we begin each day with

GRATITUDE and AWE! (2x)

May we begin each day with

GRATITUDE and AWE! (2x)

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It’s All in Your Mind

© James Baraz

# When people aren’t there and you want someone to care

And there’s nothing really good that you can find

Just be patient, let it flow, and in the end you know

That, up or down, it’s all in your mind.

Well you can grumble and complain and think of all your pain

Until you feel that life is just a bind

But you won’t be really free until you let it be

Cause, good or bad, the trip is in your mind.

(Bridge)

We’ve got colors for eyes and music for our ears

And lessons we keep learning all the time

And our hearts can be touched there’s so very much

To wake up to every second of our lives

If you’re gray and feeling down and can’t seem to come around

Feel your whole life is just one big boring grind

It’ll stay there that’s for sure and you’ll never find a cure

Until you see that’s it’s all in your mind.

Your whole life is up to you, do with it what you want to

You just have to seek and you will find

That everything’s within your grasp, be here now not in your past

And make it happy cause it’s all in your mind (2x)

Dedication of Merit

Eve Decker

*(Words translated from Mandarin by Rev. Heng Sure; music by Loreena Mckennitt)*

May every living being,

our minds as one and radiant with light

Share the fruits of peace,

with hearts of goodness, luminous and bright

If people hear and see,

how hands and hearts can find in giving,

 unity

May our minds awake,

to Great Compassion,

 wisdom and to joy.

May kindness find reward,

may all who sorrow leave our grief and pain.

May this boundless light meet the darkness of our endless night.

Because our hearts are one,

 this world of pain turns into paradise

May all become compassionate and wise.

May all become compassionate and wise.

Because our hearts are one,

 this world of pain turns into paradise

May all become compassionate and wise.

May all become compassionate and wise.