



Dream the Dreams of Life - Lyrics

1. I AM AWAKENING

INTRO

I am awakening...

VERSE 1

I am awakening
From illusions that I hold
Of my nature and my purpose
Examining what I've been told

I see myself
In a brand new light
I am Spirit, I am eternal
And I know what is right

REFRAIN

Who I am
And what I've become
Begin with the present
And what I dream of

Where I go
And what I do
Is directed from within
My heart sees me through

VERSE 2

I am awakening
To the creator I am inside
An instrument of the divine
And a willingness to provide

I see myself
In a brand new way
Directing all my thoughts
And creating as I play

REFRAIN

Who I am
And what I've become
Begin with the present
And what I dream of

Where I go
And what I do
Is directed from within
My heart sees me through

I am awakening...

REFRAIN

Who I am
And what I've become
Begin with the present
And what I dream of

Where I go
And what I do
Is directed from within
My heart sees me through

I am awakening
To each moment of the day
Embracing every breathe I take
And grateful as I pray

ENDING

I am awakening

2. INTUITION

VERSE 1

When I begin to listen
To the voice I hear inside
Its often in this silence
That the asking helps me to decide

For you know what i am thinking
Your truthful and never lie
Intertwined with my emotions
But buried deep beneath my "whys"

REFRAIN

Intuition, intuition
You sound just the same
Are my vibes really talking
Or is my head playing games
How do I know

VERSE 2

Quiet as a whisper
Subtle in your form
Never asking anymore of me
Standing ready to help me ride the storm

Patiently awaiting
Till my attention goes within
Eager to give the answers
To questions that certainly have been

REFRAIN

Intuition, intuition
How do I know
Am I making it all up
Or does my gut tell me so
How do I know

BRIDGE

Often you are gentle
Just a little knock
Sparing me advice
Available round the clock
And when I truly follow
And embrace you in my soul
The hunches I've been feeling
Finally take control

REFRAIN

Intuition, intuition
You sound just the same
Are my vibes really talking
Or is my head playing games
How do I know, how do I know, I just know

3. A CONVERSATION

VERSE 1

Would you sit here beside me
And stay for awhile
My mind is a swirling
And I can't find my smile

I can't stop thinking
And where is my place
Who am I becoming
As I travel through this space

REFRAIN

Rest your weary mind
and breathe from within
Connect with your source
And stay in your skin

Feel good where you are
Your life is lived now
The path has been laid
Let go of the how

VERSE 2

How do I feel good
When chaos is all around me
Is there comfort in the knowing
The contrast helps me see

Why does it seem so hard
I'm caught in my worry
Why keep resisting
When my life is in a flurry

REFRAIN

Be happy with what is
Make the best of where you are
This brings you what you want
You attract things from afar

Faith is all you need now
You'll know it when it comes
Be ready to receive it
And let it flow from

VERSE 3

So you say make a choice
Have faith in who i am
And prove to myself
That I can let it in

And as you take my leave
And my questions do end
I find comfort in the knowing
That I do comprehend

Be well, be well

4. IT'S NOT UP TO ME

VERSE 1

Why do I get worried
When there is nothing to be feared
In the time I have been here
Miracles have appeared

When I am at my lowest
I reach to the sky
It is in these restless moments
That I have learned to fly

REFRAIN

It's not up to me
The how's and the why's
The stream gently carries me
To desires that give rise

Like a stone cast in water
The ripples do spread
The stream is my source
And it is here I am fed

VERSE 2

When I'm standing at the edge
And it's easy to slip and fall
I open to the heavens
My heart embraces it all

When it's hard for me to choose
And my mind won't let me rest
I reach for a better thought
I am grateful and blessed

REFRAIN

It's not up to me
The how's and the why's
The stream gently carries me
To desires that give rise

Like a stone cast in water
The ripples do spread
The stream is my source
And it is here I am fed

BRIDGE

It's not with an action
My desires come true
It's an alignment of thoughts
As my energy that renews

As I keep up with me
And all I become
It's in the love and the joy
That I flow from

REFRAIN

It's not up to me
The how's and the why's
The stream gently carries me
To desires that give rise

Like a stone cast in water
The ripples do spread
The stream is my source
And it is here I am fed

5. LET GO

VERSE 1

How much farther
Do I have to travel
How much more
Do I need to do

How much longer
Do I have to struggle
How much more
Am I willing to lose

I'll try harder
I'll be stronger
I'll move faster
I'll work longer

I'll act braver
I'll be smarter
I'll dig deeper

I'll play the martyr

It's the way you know
Summoned forth each day
On a freshly painted billboard
Advertisers have their way

VERSE 2

But I'm lost in the shuffle
And my heart aches to play
My spirit is calling
As my mind begs to stay

I'm restless and weary
And longing for peace
But my fear keeps me running
Never letting me cease

VERSE 3

Let go, let go
I hear from inside
A voice whispers softly
As the current starts to rise

Let go, let go
Cast your worries aside
The stream will always carry you
Your emotions are your guide

Let go, let go
Relax and have some fun
There's nothing left to accomplish
It's already been done

It's already been done, so let go, let go.

6. THE HILLSIDE

I'm lying on the hillside
With my back against the earth
Resting in the silence
I welcome this rebirth

My body yearns for stillness
And a tender sweet embrace
Sinking even deeper
I surrender to this place

The singing of the birds
The dance of the trees
Pulls me deeper and deeper
Into the flow and the ease

My troubles slowly vanish
As my heart speaks to me

And whispers find their voices
My mind lets them be

What message do you send
What do you want me to see
For in this grass and this land
I am open and so free

Let my strength be your own
When you look to sky
Let the breezes flow thru
When your energies dry

Let my garden welcome you
When your heart is in need
Let my waters run over
When you're lost in your greed

I give you the courage
To face each day
Shine your light in the world
I'll help you see the way

Simple quiet moments
Are all I really need
For the chatter and the doubts
To quietly recede

And when I stop the pushing
And let it fall away
In the arms of mother nature
I am always welcome to stay

7. THE SPIRIT OF SPRING

VERSE 1

When the April breezes call
And the winter quiets down
A light shines before me
Thru the shadows and the brown

The cardinal sings of joy
And the showers wash away
The flowers look to heaven
As I awaken to this day

REFRAIN

A new life begins
Right beneath my feet
The earth calls me back
From my silence and retreat

The spirit of spring
Is planted in my soul
A time for new awakenings
And a chance to shed my role

VERSE 2

As the nights get shorter
And the days get longer
Green paints the hillside
As the blades grow stronger

With colors fresh and new
And a fragrance in the air
I soak up all the beauty
With my smile and a prayer

REFRAIN

A new life begins
Right beneath my feet
The earth calls me back
From my silence and retreat

The spirit of spring
Is planted in my soul
A time for new awakenings
And a chance to shed my role

8. I AM OF THIS EARTH

VERSE 1

I listen for the songbird
In the early morning sun
The wind softly whispers
To remind me we are one

I listen to the sound
Of the crashing ocean wave
The rhythm soothes my soul
It frees in me the slave

REFRAIN

I am of this earth
And this earth is of me
There's wisdom in this land
And a love that sets me free

Beneath the starlit sky
I can dance thru the night
As loving arms embrace me
I am guided by the light

VERSE 2

I listen for the voice
In all living things
I find strength to walk my path
From the message they bring

I listen to the words
In the soil and the trees
This universal language
Teaches and agrees

REFRAIN

I am of this earth
And this earth is of me
There's wisdom in this land
And a love that sets me free

Beneath the starlit sky
I can dance thru the night
As loving arms embrace me
I am guided by the light

BRIDGE

A pulse beats within her
For every single man
She guides me in my life
Reminds me that I can

No hatred or sorrow
Just wide open hands
The joy that I find here
Frees me from demands

REFRAIN

I am of this earth
And this earth is of me
There's wisdom in this land
And a love that sets me free

Beneath the starlit sky
I can dance thru the night
As loving arms embrace me
I am guided by the light

9. DREAM THE DREAMS OF LIFE

VERSE 1

Deep in the heart of a Dreamer
Are dreams that come alive
Forgetting life's realities
The mysteries and surprise
Drifting to a place

That's open and complete
Honesty and pleasures
Solitude and retreat.

REFRAIN

Dream the dreams of life
Plant the seeds that grow
Watch the form take place
The heart will always know

Dream the dreams of life
Nurture and let it go
The choice is there to make
The heart will always know

VERSE 2

Deep in the heart of a dreamer
Is the essence and the light
A Spirit willing to play
And a knowing of what is right

In quiet contemplation
Desires and dreams are born
Visions create the journey
As passions and fire adorn

REFRAIN

Dream the dreams of life
Plant the seeds that grow
Watch the form take place
The heart will always know

Dream the dreams of life
Nurture and let it go
The choice is there to make
The heart will always know

VERSE 3

Deep in the heart of a dreamer
Lies a poet and a brave
Expressing and imagining
The strength to ride the waves

Yearnings hold the course
Desires take their flight
Moments of completion
Ignite the next excite

REFRAIN

Dream the dreams of life
Plant the seeds that grow
Watch the form take place
The heart will always know

Dream the dreams of life
Nurture and let it go
The choice is there to make
The heart will always know

Oh, The Heart will know. The
Heart will know, Oh, The

Heart will know

ENDING

Deep in the heart of a dreamer
Are dreams that come alive
they come alive, dreams that
come alive

10. FREEDOM SWEET FREEDOM

VERSE 1

I'm in the middle of my stuff
My list seems to grow
I'm looking for relief
And a way to say "whoa"

Twenty four-seven
I'm talking in my head
Wanting and doubting
With confusion widespread

VERSE 2

so I limp to the door
As the clock strikes five
I made it for today
Just trying to survive

How will I feel
When I get to my place
Do the burdens simply follow
Do I stand in my grace

REFRAIN

Freedom, Sweet Freedom
I let go of the oars
And stand in my now
I reach for that place
That lets me allow...

VERSE 3

I'm tired of the race
My attention creates
I'll focus on my thoughts
And see what awaits

I align with my source
You know what I need
I have faith in who I am
I know I can succeed

This resistance I feel
Is so out of place
My vibes take the lead
My heart sets the pace

I'll figure it out
and know as I go
There's no reason to worry
As I travel in the flow

REFRAIN

Freedom, Sweet Freedom
I let go of the oars
And stand in my now
I reach for that place
That lets me allow

BRIDGE

The universe adores me
All good things will come
It's in the law of attraction
That energy flows from

As I align with my thoughts
And then watch and let them go
The universe goes to work
Filling up my escrow

REFRAIN

Freedom, Sweet Freedom
I let go of the oars
And stand in my now
I reach for that place
That lets me allow

Freedom, Sweet Freedom
I let go of the oars
And stand in my now
I reach for that place
That lets me allow....

Freedom, Sweet Freedom, Oh
Freedom, oh oh oh Freedom

11. KEEP THE FIRE BURNING

VERSE 1

I'm standing in the silence
Ready to take the stage
My mind floods with memories
Of my coming of age

Not so long ago
I stood in this place
Fueled by desires
Of a promise I embraced

REFRAIN

I kept the fire burning
And danced thru the pain
I laughed when I was hurting
And smiled at the rain

I dared to the face the odds
Of my dreams coming true
Thru all the ups and downs
I held on to what I knew

VERSE 2

The twists and the turns
And the path I chose to take
Left me sometimes wondering
If I'd made a mistake

Did I make the right choice
For my gifts to come thru
Was I playing it to safe
Just trying to make do

REFRAIN

I kept the fire burning
And danced thru the pain
I laughed when I was hurting
And smiled at the rain

I dared to the face the odds
Of my dreams coming true
Thru all the ups and downs
I held on to what I knew

I kept the fire burning

BRIDGE

As my mind brings me back
And I feel from within
I find strength and the faith
In who I have been

The time has come for me
And my heart is on the line
I stand here in my grace
Knowing this is mine

REFRAIN

You can keep the fire burning
And dance thru the pain
Laugh when you are hurting
And smile at the rain

Dare to the face the odds
And watch your dreams come true
For in the ups and downs
You will find the you in you

Oh keep the fire burning...keep the
fire burning

12. I FEEL GOOD

VERSE 1

It's natural for me to love
It's natural for me to play
It's natural for me to sing
So I choose to do it everyday

I'd rather live in joy
I'd rather live in praise
I'd rather find the value
In all of my today's

VERSE 2

What I choose to think
And what I might discern
In the contrast of this world
It is here I will re-learn

That I can just decide
To want to feel good

It's in the act of this allowing
That I once understood

REFRAIN

For when I let it in
And I throw away the grief
It's good to feel good
And it's such a sweet relief

I choose how to live
And I choose how to feel
And I choose what to see
And I choose to be healed
I feel good, I feel good

VERSE 3

It's natural for me to laugh
It's natural for me to pray
It's natural for me to wish
So I choose to do this everyday

I'd rather live in hope
I'd rather live in peace
I'd rather find the clarity
Within me to release

REFRAIN

For when I let it in
And I throw away the grief
It's good to feel good
And it's such a sweet relief

I choose how to live
I choose how to feel
I choose what to see
And I choose to be healed
I feel good, I feel good

13. I AM ALIVE

INTRO

I am alive
I am alive
I am alive

VERSE 1

I'm beginning to understand
How the universe really flows
And I'm sensing who i am
My vibration tells me so

I'm getting in touch with me
And all I truly know
I'm telling a different story
I have more highs than i do lows

PRE-CHORUS

New ideas flow through me
And I always have a good time

I love the art of allowing
There's no mountain left to climb

REFRAIN

Cuz I am alive
I am alive
I am alive

VERSE 2

I love knowing where I've been
And I love knowing where I am
I love knowing where I'm going
And I love knowing that I can

It's all about my alignment
And it's all in an attitude
It's all about the energy
And practice of gratitude

PRE-CHORUS

I'm responsible for what I do
And I never get it wrong
I never get it done
For I eternally belong

REFRAIN

Oh I am alive
I am alive
I am alive

BRIDGE

I'm tuned in, tapped in and turned on
I'm tuned in, tapped in and turned on

I am alive, I am alive, I am alive

14. PRAYER OF THE HEART

In my world there is only us
Connected to a source
Of love and trust

What I see in you
Is what I am in me
Ageless and forever
We never cease to be

Standing in the light
Inspired from within
Bringing forth an essence
Reminds us we are kin

Oh, You are of me
And I am of you
Together and eternal
In all that we do

I am of you
And you are of me
Together and eternal
In all that we do

I am of you
And you are of me
Together and eternal
In all that we do