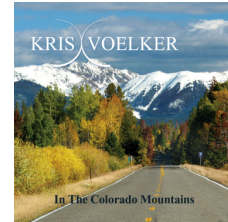


# KRIS VOELKER



## In the Colorado Mountains - Lyrics

### I INVITE YOU

#### **VERSE 1**

i invite you to consider  
hy you've come here today  
are you longing for connection  
perhaps wanting to play

are you willing to take a risk  
or sift thru some pain  
will you let your Spirit dance  
or will you simply refrain

#### **REFRAIN**

i extend an invitation  
for you to notice your way  
will you let others lead you  
or will you take on the day

the door is open wide  
the space is here to be  
loving arms to embrace you  
open hearts to help you see

#### **VERSE 2**

will you show up in your life  
if the days got you down  
can you be true to yourself  
or are you married to your frown

are you willing to be alone  
when people are all around  
so you can listen to that voice  
that gets quieted by the sound

#### **REFRAIN**

i extend an invitation  
for you to notice your way  
will you let others lead you  
or will you take on the day

the door is open wide  
the space is here to be  
loving arms to embrace you  
open hearts to help you see

i invite you to be... i invite you to be

### A NEW WAY

#### **VERSE 1**

don't worry about tomorrow  
see the lilies in the field  
be present in the moment  
for all will be revealed

be aware of what you're doing  
thinking and/or feeling  
be mindful of your breathe  
and shift into some healing

#### **BRIDGE**

the universe will flow  
as the boundaries fall away  
your life will get easier  
as this consciousness gives way

#### **REFRAIN**

it's a new way of being  
as you bring back your Soul

Source is on your side  
knowing you are whole

it's a new way of seeing  
as you stand in your grace  
love becomes the vessel  
thru which intention creates

#### **VERSE 2**

let go of your attachments  
your outcomes and fears  
invite some peace and laughter  
to dissolve what appears

empty yourself  
of all that you see  
and stand in your Spirit  
as possessions start to plea

#### **BRIDGE**

the universe will flow  
as the boundaries fall away  
your life will get easier  
as this consciousness gives way

#### **REFRAIN**

it's a new way of being  
as you bring back your Soul  
Source is on your side  
knowing you are whole

it's a new way of seeing  
as you stand in your grace  
love becomes the vessel  
thru which intention creates

don't worry about tomorrow  
see the lilies in the field

## LIGHTEN UP

### **VERSE 1**

where am i going  
what's out there for me  
i'm looking to the future  
my desire is the key

on the path that i'm walking  
the contrast helps me to see

i relax in the knowing  
the answers will come  
in the silence i can stop  
the beating of my drum

my stream keeps a flowing  
I know it's already done

### **REFRAIN**

so i lighten up feel my way  
appreciate when skies are gray

have fun while i expand and grow  
have faith in what i see and know

enjoy my life laugh and play  
grow stronger each and every day  
align with what i want inside  
emotions are my inner guide

i lighten up

### **VERSE 2**

where I have been  
and how I am today  
doesn't really matter  
going forward is the way

i'm telling a new story  
my life is really ok

i speak as if I have it  
i act to feel good  
i minimize resistance  
let go of my "shoulds"

i'll tell you what my dreams are  
i'm free to be understood

### **REFRAIN**

so I lighten up feel my way  
appreciate when skies are gray

have fun while i expand and grow  
have faith in what i see and know

enjoy my life laugh and play  
grow stronger each and every day  
align with what i want inside  
emotions are my inner guide

i lighten up    i lighten up

### **BRIDGE:**

i close the gap  
when i'm in doubt  
release my fears  
and come about

i feel the vortex  
pull me in  
the thrill of life  
lies within

i lighten up, i lighten up

### **REFRAIN**

so I lighten up feel my way  
appreciate when skies are gray

have fun while i expand and grow  
have faith in what i see and know

enjoy my life laugh and play  
grow stronger each and every day  
align with what i want inside  
emotions are my inner guide

i lighten up... i lighten up,

oh i lighten up.... i lighten up

## ONE

one song can make a moment  
one flower can wake a dream  
one tree can start a forest  
one bird can signal spring

one smile can start a friendship  
one touch can lift a soul  
one star can guide a ship  
one word can gain control

one vote can change a course  
one candle can be the light  
one step can start a journey

just one

one laugh can make it right  
one voice can speak with wisdom  
one child can start the dance  
one man can build a village  
one second can be your chance

just one... it just takes one

one hope can raise a spirit  
one heart can know what's true  
one life can make a difference  
and it all begins with you...with  
you...begins with you...begins with you

# **MY BELIEVING EYES**

## **VERSE 1**

your gift of constant grace  
has touched me in my heart  
you reached deep within me  
when my world fell apart

you took me by the hand  
and raised my head up high  
you called out to the heavens  
and you taught me how to fly

## **PRE-CHORUS**

you joined me in my journey  
and you helped me find a place  
so i could hear my Spirit whisper  
"let go" of your rat race

## **REFRAIN**

my believing eyes  
you see what I can't see  
the gifts I've overlooked  
you call them out to me

my believing eyes  
you help me to understand  
you help me to remember  
just who I truly am

You're my believing eyes, my  
believing eyes

## **VERSE 2**

sometimes life will bring me  
to a place where I must stop  
as i draw upon my breathe  
my disguises slowly drop

as i search for who i am  
and what I long to be  
you listen to my thoughts  
often clearing my debris

## **PRE-CHORUS**

you help me find the strength  
to make it through the day  
I know I'm not alone  
for your eyes say I'm ok

## **REFRAIN**

my believing eyes  
you see what I can't see  
the gifts I've overlooked  
you call them out to me

my believing eyes  
you help me to understand  
you help me to remember  
just who I truly am

You're my believing eyes, my  
believing eyes

## **BRIDGE**

every day is a new beginning  
and dreams really come true  
if you can believe for me  
then i can believe for you

## **REFRAIN**

my believing eyes  
you see what i can't see  
the gifts I've overlooked  
you call them out to me

my believing eyes  
you help me to understand  
you help me to remember  
just who I truly am

my believing eyes, you're my  
believing eyes, you're my believing  
eyes  
my believing eyes  
my believing eyes  
my believing eyes  
you're my believing eyes

my believing eyes  
you're my believing eyes  
my eyes - ah ah ah  
you're my believing eyes

## YOUR OPINION OF ME

### VERSE 1

were they talking bout me  
what did so and so say  
did they think i was twisted  
did i measure up today

what stories did they tell  
what thoughts did they share  
was it generous to me  
or did they even care

### PRE-CHORUS

cuz does it really matter  
their opinion of me  
their thoughts are just their thoughts  
and the gossip's just debris

### REFRAIN

i am re-discovering  
my inner truth  
i'm walking my own path  
and returning to my youth

## TEARS

i let the tears fall  
gently down my face  
surrendering in this moment  
letting go of my disgrace

and as you pass me by  
and wonder about my grief  
you reach out to touch me  
for comfort and relief

and as you take my hand  
I meet you with my eyes  
asking you to stop  
so I can cry my goodbyes

for in these silent tears  
I release and I let go  
of sorrows at a depth  
that few really know

### VERSE 2

on any given day  
what you're thinking of me  
can get lost in my fears  
and i forget to see

when arguments ensue  
sarcasm is the game  
will I prevail  
or take on all the blame

### PRE-CHORUS

cuz does it really matter  
their opinion of me  
their thoughts are just their thoughts  
and the gossip's just debris

so please stand by me  
and let me feel my pain  
be a witness to my cleansing  
there's nothing to explain

for god gave me these tears  
and the strength to let them be  
as they overflow and drop  
their voice sets me free

i let the tears fall  
gently down my face  
surrendering to this moment  
my heart fully embraced

### REFRAIN

i am re-discovering  
my inner truth  
i'm walking my own path  
and returning to my youth

it doesn't matter, your opinion  
doesn't matter

### BRIDGE

so i quit asking  
and i quit lookin  
i quit listening  
and focus on what i've got cooking

## INTO THE LIGHT

### **VERSE 1**

into the light  
i move into the light  
the veil drops before me  
i surrender all my might

the love seems to call me  
and i'm willing to go  
as ilift from this body  
i return to what i know

### **REFRAIN**

i am one with my source  
i am ageless and free  
Spirit am i  
forever i will be

into the light  
i move into the light  
the angels are calling  
telling me it's alright

and as i rise to meet them  
they extend an open hand  
gently guiding me forward  
helping me to expand

### **REFRAIN**

i am one with my source  
i am ageless and free  
Spirit am i  
forever i will be

into the Light... into the light  
i move into the light  
the love of god enfolds me  
i'm surrounded by this white

into the light  
I am one with the light  
endless and eternal  
I remain here with delight

i'm in the light  
i'm in the light  
i'm one with the light  
i'm one with the light

## I'LL ALWAYS HEAR YOUR MUSIC - *Written for and dedicated to Bruce Choquette*

### **VERSE 1**

you walked into my life  
with a smile on your face  
a simple conversation  
and a heartfelt embrace

you gave me your song  
and you gave me the chance  
to look deep within you  
beyond my first glance

it wasn't just the music  
nor the songs that we played  
it was the friendship we developed  
and your Souls serenade

### **REFRAIN**

i'll always hear your music  
feel the rhythm of your soul  
beat your drum for the angels  
and teach em to rock and roll

i know you'll always be there  
when i look across the sky  
your song is in my heart  
and your Spirit's flying high

### **VERSE 2**

your gift has changed my life  
from the places I have been  
the treasures that we found  
give me peace from within

you showed me how to love  
even in your goodbye  
my tears gently fall  
for I've come to rely

on your calls from home  
and the sound of your voice  
eager to share your day  
for together we can rejoice

### **REFRAIN**

i'll always hear your music  
feel the rhythm of your soul  
beat your drum for the angels  
and teach em to rock and roll

i know you'll always be there  
when I look across the sky  
your song is in my heart  
and your Spirit's flying high

i'll always hear your music

## **LOVE WILL BRING ME BACK**

### **VERSE 1**

it wasn't mine to do  
that's all my mind could say  
as I hung up from the phone  
my world changed that day

i sat there in the silence  
my heart filled with pain  
trying to hear the words  
but it all seemed so insane

I tried to search for answers  
to all the how's and why's  
the hurt was overwhelming  
hard as i might try

### **REFRAIN**

but I know that with some time  
this sorrow will slip away  
memories will fill my heart  
of your laughter and your play

for love will bring me back  
and i will feel you once again  
the presence of your life  
will speak to me from within

### **VERSE 2**

i am left with just a picture  
of how you might have died  
were you lonely and afraid  
and no longer could confide

no farewells got spoken  
no simple sweet goodbyes  
you were gone within an instant  
it was your very own surprise

were your dreams just not enough  
to fill you from inside  
was there something that was missing  
that no amount of love could provide

### **REFRAIN**

but i know that with some time  
this sorrow will slip away  
memories will fill my heart  
of your laughter and your play

for love will bring me back  
and i will feel you once again  
the presence of your life  
will speak to me from within

## **PAPA** - *Written for and dedicated to Paul Choquette*

### **VERSE 1**

I never knew...  
the gentleness of touch  
the man who gave me life  
used alcohol too much

but then I found my way  
to an anchor in the storm  
an understanding heart  
with the faith to transform

the way you spoke my name  
when you invited me inside  
you encouraged me to stay  
with a twinkle in your eye

### **REFRAIN**

Papa I will remember  
the smile on your face  
the warmth of your hand  
from our weekly embrace

the love in your eyes  
when you kissed me goodnight  
and the comfort of your hugs  
as you pulled me in tight

### **VERSE 2**

I never knew...  
a source of great strength  
a willingness to help  
to go to any length

but then you showed me how  
as you stood up from your chair  
and you offered me some water  
as nana started with a prayer

and as I bowed my head  
and you sat down by my side  
you provided a foundation  
so my Spirit wouldn't hide

the love in your eyes  
when you kissed me goodnight  
and the comfort of your hugs  
as you pulled me in tight

Papa, Papa... I will remember

### **REFRAIN**

Papa I will remember  
the smile on your face  
the warmth of your hand  
from our weekly embrace

the love in your eyes  
when you kissed me goodnight  
and the comfort of your hugs  
as you pulled me in tight  
Papa, Oh Papa

### **REFRAIN**

I will remember  
the smile on your face  
the warmth of your hand

## **IN THE COLORADO MOUNTAINS**

### **VERSE 1**

i was so very tired  
of walking in others shoes  
trapped in my insecurities  
i'd forgotten how to choose

i felt all alone  
while hanging in a crowd  
afraid to be myself  
i fell silent when allowed

### **REFRAIN**

for when i heard the call  
and the Rockies spoke to me  
they beckoned home my Spirit  
with a promise i'd be free

in the Colorado mountains  
i awoke to my Soul  
in the power and the silence  
i got back to being whole

in the Colorado mountains  
i found hidden deep inside  
a voice that longed to sing

and a dream that never died  
in the Colorado mountains

### **VERSE 2**

i knew i had to leave  
for my journey to go on  
the sorrow in my tears  
from my family i'd be gone

with every kiss goodbye  
my heart held the course  
knowing this was right  
I'd return to my source

### **REFRAIN**

for when i heard the call  
and the Rockies spoke to me  
they beckoned home my Spirit  
with a promise I'd be free

in the Colorado mountains  
i awoke to my Soul  
in the power and the silence  
i got back to being whole

in the Colorado mountains  
i found hidden deep inside  
a voice that longed to sing  
and a dream that never died  
in the Colorado mountains

now I've found my place  
the one that nurtures me  
in the Colorado mountains  
it's only heaven that I see

in the Colorado mountains  
I awoke to my Soul  
in the power and the silence  
I got back to being whole

in the Colorado mountains  
i found hidden deep inside  
a voice that longed to sing  
and a dream that never died

in the Colorado mountains

## **THE BRIDGE**

crossing the bridge  
i've made it halfway  
it hasn't been easy  
i've struggled along the way

but today as I sit  
and I cling to that rope  
i'm no longer there alone  
for I've found me some hope

so which way should I go  
forward or back  
should I sit here and wait  
for the strength that I lack

but I've made it this far  
if I run back and hide  
then I never may know  
what's on the other side

it's got to be better  
then this long bitter fight  
behind I see the darkness  
but ahead I see the light

so I slowly stand up  
and I hang onto the rope  
As I look back I am sad

but I move on with my hope

## THE GIRL IN THE MIRROR

### **VERSE 1**

who are you  
looking back at me  
what I imagined  
is not what I see

do I really know you  
as I gaze into your eyes  
your grace and perfection  
catch me completely by surprise

### **REFRAIN**

cause the girl in the mirror  
is smiling back at me  
asking me to love  
my perceptions and debris

cause the girl in the mirror  
is reaching out to me  
tearing down my walls  
and setting me free

### **VERSE 2**

sometimes when i look  
I see nothing in there  
the battles that i fought  
left me blind and unaware

but as my vision clears  
and you reflect back to me  
the truth of who I am  
is what your wanting me to see

### **REFRAIN**

cause the girl in the mirror  
is smiling back at me  
asking me to love  
my perceptions and debris

oh the girl in the mirror  
is reaching out to me  
tearing down my walls  
and setting me free

### **BRIDGE**

so the shadows that i see  
they come and they go  
there must be more to me  
then my reality often shows

the mirror never lies  
it reflects what is true  
I don't know who i am  
until I'm looking at you

## WHEN DID I LOOSE ME

### **VERSE 1**

when did I lose me  
somewhere along the way  
on a dark and winding path  
i got lost and then i strayed

the light within my eyes  
and the spark within my soul  
got beaten and bruised  
from my 9 to 5 role

### **REFRAIN**

my bones are wanting out  
of the fear that strangles me  
trapped behind my skin  
my warrior fights to be

in a world full of dreams  
i've forgotten to live mine  
to taste the fruit of life  
and drink from the divine

### **VERSE 2**

i show up for the battle  
with my sword and my shield  
i defend my outer mask  
less my heart be revealed

for all my sacrifice  
and all my public steel  
I have nothing left to give  
and nothing left to feel

### **REFRAIN**

my bones are wanting out  
of the fear that strangles me  
trapped behind my skin  
my warrior fights to be

in a world full of dreams  
i've forgotten to live mine  
to taste the fruit of life  
and drink from the divine

## **UNITY**

### **VERSE 1**

there's a spirit in this place  
and I know that i am home  
I feel it in my body  
where blessings freely roam

i gather here today  
embraced with those I love  
grateful to be present  
to the oneness i know of

### **REFRAIN**

i awaken to the joy  
that i feel deep inside  
in this unity and peace  
i am happy to reside

i awaken to the truth  
i am holy and complete  
i am loving and eternal  
and my life is oh so sweet

### **VERSE 2**

i am here to find myself  
and the god that lives within  
ideas are put before me  
i can choose where to begin

I unite with the presence  
and power that is good  
acceptance is the virtue  
that is simply understood

### **REFRAIN**

I awaken to the joy  
that i feel deep inside  
in this unity and peace  
i am happy to reside

i awaken to the truth  
i am holy and complete  
i am loving and eternal  
and my life is oh so sweet

### **REFRAIN**

i awaken to the joy  
that i feel deep inside  
in this unity and peace  
i am happy to reside

i awaken to the truth  
i am holy and complete  
i am loving and eternal  
and my life is oh so sweet

Oh, Oh, Oh,

## **CRADLE YOU GENTLY**

i'll cradle you gently  
and hold you in my arms  
whisper to you softly  
your worthiness and charm

i'll soothe you with my silence  
reassure you with my touch  
embrace you in my heart  
and comfort what's too much  
i'll cradle you gently

## **LET ME BE THE ONE**

has anyone told you today  
that you are loved  
has anyone assured you... you're exactly  
who you need to be

has anyone made you feel appreciated  
or told you how special you are  
if not, then let me be the one

## **PLEASE DON'T BE AFRAID**

please don't be afraid  
as i gently touch your face  
will you let my fingers trace  
your beauty and your grace

trust me with your heart  
trust me with your tears  
trust me with your hopes  
and trust me with your fears

and as I see your light  
and I feel all the years  
my touch won't be the same  
for I've found a souvenir

trust me with your heart  
trust me with your tears  
trust me with your hopes  
and trust me with your fears

please don't be afraid

## **I CAN SEE RIGHT THRU YOU**

i can see right thru you  
right to your soul  
please don't look away  
your beautiful and whole

i can feel your spirit  
and the joy within your heart  
gently we embrace  
for this love will never part