

Sing

ALL the WAY HOME!

VOLUME 1

Lyric Booklet

Music and Lyrics by
Judy Armstrong

♪ 45 Songs to Energize, Inspire and Open the Heart ♪

* For Group and Individual Singing *



“Thank you all for telling your friends about these songs. The proceeds from SING ALL THE WAY HOME, Vol. 1 will go towards producing succeeding volumes. Songbooks (including piano arrangements and lyrics) and accompanying CD’s can be ordered from my website, or purchased at my concerts, talks and workshops. All songs and arrangements are protected by copyright. Photocopying the music and/or recording the songs is not allowed without my written consent. However, you do have my permission to duplicate and share this Lyric Booklet, as long as you copy this Lyric Booklet Cover and all the lyric pages with all copyright information as indicated (Songbook pages 229 -244)” Enjoy!

Judy

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www.judyarmstrong.ca

Original Music & Lyrics for *LET THE SPIRIT WALK TALL* by: Tink Robinson (group singing adaption by Judy Armstrong)

* Lyrics for *I AM HERE* by: Tink Robinson www.tinkrobinson.ca *

Piano Arrangements by: Miles Jackson www.ma-me-o.com

♪ *Alphabetical Index of Songs* ♪

(Lyric Booklet Song Numbers and Pages)

by **Judy Armstrong**

**NOTE: Songs in this Lyric Booklet are in the same order as the Songbook, *SING ALL the WAY HOME, Vol. 1*
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Feel Good Songs

Page 1

1. A LITTLE BIT OF LOVE

* CD Tracks * 1, 46 * Songbook Pg 8 *

Music and Lyrics by Judy Armstrong

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~~~~~  
A little bit of love goes a long long way  
A little bit of love's what we're needing  
today  
Give it to the world, and make it stay  
A little bit of love goes a long long way

A little bit of joy goes a long long way  
A little bit of joy's what we're needing  
today  
Give it to the world, and make it stay  
A little bit of joy goes a long long way

#### BRIDGE

Give it up, give it up, give it all away  
Take the love, from above in a rich array  
Send it out, send it out, sent it out a lot  
The more you give, the more you've got

A little bit of love goes a long long way  
A little bit of love's what we're needing  
today  
Give it to the world, and make it stay  
A little bit of love goes a long long way

#### BRIDGE

Give it up, give it up, give it all away  
Take the love, from above in a rich array  
Send it out, send it out, sent it out a lot  
The more you give, the more you've got

A little bit of joy goes a long long way  
A little bit of joy's what we're needing  
today  
Give it to the world, and make it stay  
A little bit of joy goes a long long way

Well, a little bit of love goes a long long  
way  
A little bit of love's what we're needing  
today  
Give it to the world, and make it stay  
A little bit of love goes a long long way

### 2. A LOT OF LOVE

\* CD Tracks \* 2, 47 \* Songbook Pg 12 \*

Music and Lyrics by Judy Armstrong

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~~~~~  
Nothin' in the world sounds better than a
little music
Sing about the kind of world, that I'm
dreamin' of
Nothin' in the world, like unity, seeing all,
the people free
Nothin' in the world heals better than a
lot of love

Nothin' in the world, like a little bit of
celebration
Gonna celebrate my life, and the stars
above
Nothin' in the world, like when I start,
living here, from my heart
Nothin' in the world heals better than a
lot of love

BRIDGE

Well, I don't know why, I look outside
myself, to be happy and free
Give it all I've got, I've got a lot of love,
livin' in me

Nothin' in the world, like a little bit of
understanding
Gonna be as free as a bird, that soars
above
Nothin' in the world works better than,
living by, the Master Plan
Nothin' in the world heals better than a
lot of love

BRIDGE

Well, I don't know why, I look outside
myself, to be happy and free
Give it all I've got, I've got a lot of love,
livin' in me

Nothin' in the world sounds better than a
little music
Sing about the kind of world, that I'm
dreamin' of
Nothin' in the world, like unity, seeing all,
the people free
Nothin' in the world heals better than a lot
of love

Nothin' in the world, like a little bit of
understanding
Gonna be as free as a bird, that soars
above
Nothin' in the world, works better than,
living by, the Master Plan
Nothin' in the world heals better than a
lot of love,
Nothin' in the world heals better than a
lot of love
Nothin' in the world heals better than a
lot of love

3. ALL THAT WE ARE IS LOVE

* CD Tracks * 3, 48 * Songbook Pg 18 *

Music and Lyrics by Judy Armstrong

© 2005 Judy Armstrong

~~~~~  
Oh why do we fear when hope is so near  
When all that we are is Love  
Oh why do we stray, regret what we say  
When all that we are is Love  
We look in the mirror  
The answers are clear  
That we need to rise above  
It's time that we start  
To lead from our heart  
'Cause all that we are is Love

#### BRIDGE

There's nothing else that feels as good  
As being true to what's inside  
There's nothing else but Love  
That's stood the test of time

So be here and stay and don't turn away  
For all that we are is Love  
Relax for awhile, it's easy to smile  
When all that we are is Love  
Our life's like a play, a Divine holiday  
It's what all our dreams are made of  
It's time that we start  
To lead from our heart  
'Cause All that we are is Love

#### BRIDGE

There's nothing else that feels as good  
As just being Who we are  
True Love is All there is  
So dream and reach your star

So be here and stay and don't turn away  
For all that we are is Love  
Relax for awhile, it's easy to smile  
When all that we are is Love  
Our life's like a play, a Divine holiday  
It's what all our dreams are made of  
It's time that we start  
To lead from our heart  
For All that we are is Love  
It's time that we start  
To lead from our heart  
'Cause All that we are,  
We'll follow our star  
'Cause All that we are is Love



**4. CAREFREE**

\* CD Tracks \* 4, 49 \* Songbook Pg 22 \*

Music and Lyrics by Judy Armstrong  
© 2005 Judy Armstrong

~~~~~  
Carefree, carefree
Want to live my life so carefree
Carefree, that's me
Nothing's gonna worry me
BRIDGE
I won't get in my way, when I don't know
what to do
Never gonna try too much
I'll know what to say, when listening to
Wisdom with a Master's touch

Oh, carefree, carefree
Want to live my life so carefree
Carefree, that's me
Nothing's gonna worry me
Gonna live my life carefree

Oh, carefree, carefree
Want to live my life so carefree
Carefree, that's me
Nothing's gonna worry me
BRIDGE
When I'm in a jam, and I don't know
where to turn
And decisions are too great
I know Who I AM, there's nothing to earn
Have a little faith and wait

Oh, carefree, carefree
Want to live my life so carefree
Carefree, that's me
Nothing's gonna worry me
Gonna live my life carefree

Oh, carefree, carefree
Want to live my life so carefree
Carefree, that's me
Nothing's gonna worry me
BRIDGE
When the problems seem
like they've gone beyond control
Better just to stop, and Be
Easy is my theme that's making me whole
Then the answers come to me

Oh, carefree, carefree
Want to live my life so carefree
Carefree, that's me
Nothing's gonna worry me
Gonna live my life carefree
Oh, carefree, carefree
Want to live my life so carefree
Carefree, that's me
Nothing's gonna worry me
It's as easy as can be
Gonna live my life carefree

5. CELEBRATE YOUR LIFE

* CD Tracks * 5, 50 * Songbook Pg 25 *

Music and Lyrics by Judy Armstrong
© 2005 Judy Armstrong

~~~~~  
Celebrate your life, celebrate your life  
Celebrate your life  
You're the greatest star  
Celebrate your life, celebrate your life  
Celebrate, your life is best by far  
Elevate your life, elevate your life  
Elevate your life  
And your deepest dreams  
Going through life is easier than it seems

Be a part of life, be a part of life  
Be a part of life, 'till it feels like Home  
Be a part of life, be a part of life  
Be a part of life, you've always known  
See a part of life, see a part of life  
See a part of life, and laugh instead  
Going through life  
Is easier done, than said

Dancin' through your life  
Dancin' through your life  
Dancin' through your life  
Stepping out in style  
Dancin' through your life  
Dancin' through your life  
Dancin' through your life  
Can't help but smile  
Singin' through your life  
Singin' through your life  
Singin' through your life  
With a special song  
Your true Voice  
Was singing there all along

Bringin' out the best  
Bringin' out the best  
Bringin' out the best that I have in me  
Bringin' out the best  
Bringin' out the best  
Bringin' out the best is what I see  
Steppin' through my life,  
Steppin' through my life  
Steppin' through my life  
With the greatest flair  
Bringin' out all the gifts I want to share

Celebrate my life, celebrate my life  
Celebrate my life, I'm the greatest star  
Celebrate my life, celebrate my life  
Celebrate, my life is best by far  
Elevate my life, elevate my life  
Elevate my life, and my deepest dreams  
Going through life is easier than it seems

Glowing through life on sunlight beams  
Flowing through life on heart-felt dreams  
Going through life is easier than it seems  
Going through life is easier than it seems

**6. DARE TO BE YOURSELF**

\* CD Tracks, \* 6, 51 \* Songbook Pg 30 \*

Music and Lyrics by Judy Armstrong  
© 2005 Judy Armstrong

~~~~~  
Dare to be yourself, my baby
Dare to be yourself
Dare to take a risk, my baby
Don't live for somebody else
Be yourself, no matter if you're up or down
Even if your feelin's goin' round and round
It doesn't matter what the others say
You're gonna be your real self anyway

Dare to be yourself, my baby
Dare to be yourself
Dare to take a risk, my baby
Don't live for somebody else
Livin' isn't easy, but you gotta try
Some days are downers, and you just get by
Dig a little deeper, give it your best shot
So take a big leap, give it all you've got

Dare to be yourself, my baby
Dare to be yourself
Dare to take a risk, my baby
Don't live for somebody else
How ya gonna find what the world is like
If you keep on livin' someone else's life
Don't you blame your sorry luck on dad or mom
Time to take a stand, beat your own drum

Dare to be yourself, my baby
Dare to be yourself
Dare to take a risk, my baby
Don't live for somebody else
You gotta dare it all to being you
You gotta care and then believe in you
Stand up, declare that you are freeing you
Your heart's call is the key to you

Dare to be yourself, my baby
Dare to be yourself
Dare to take a risk, my baby
Don't live for somebody else
Now you gotta let your inhibitions go
Dance around, move your body, let it flow
Soon you will be hanging from the chandelier
Is it just me, or is it hot in here?

Dare to be yourself, my baby
Dare to be yourself
Dare to take a risk, my baby
Don't live for somebody else
Time for you to shine, push away the cloud
Liberate your inner nut, laugh out loud
Time to take your dreams off the dusty shelf
Time to dare to be yourself

TAG (Repeat 3 Times)

Dare to be yourself, my baby
Dare to be yourself
Dare to take a risk, my baby
Don't live for somebody else

(Softer) Don't live for somebody else
(Softer) Don't live for somebody else
(Loud) Dare to be yourself!



7. FEEL THE POWER OF YOUR LOVE

* CD Tracks * 7, 52 * Songbook Pg 38 *

Music and Lyrics by Judy Armstrong
© 2005 Judy Armstrong

~~~~~  
Celebrate, the wonder of Creation  
Celebrate, it's time for jubilation  
Celebrate, repeat the affirmation  
Feel the Power of your Love

Celebrate, the joy of transformation  
Celebrate, singing your elation  
Celebrate, feel ev-er-y sensation  
Feel the Power of your Love

**BRIDGE**

Feel all the Love  
Beaming out of your soul  
Shine like the stars above  
Know that your faith is making you whole  
'Cause that's the Power of Love

Feel the dance, swayin' to the rhythm  
Let's advance  
We find ourselves by givin'  
Take a chance  
And change your way of livin'  
Feel the Power of your Love

**BRIDGE**

Feel all the Love  
Beaming out of your soul  
Shine like the stars above  
Know that your faith is making you whole  
'Cause that's the Power of Love

Feel the moon, looking down upon us  
Be in tune, the grace is all around us  
Let's commune  
For all the Love has found us  
Feel the Power of your Love

Celebrate, your sister and your brother  
Co-create, and give to one another  
Integrate, for we are all each other  
Feel the Power of your Love

Celebrate, the wonder of Creation  
Celebrate, it's time for jubilation  
Celebrate, repeat the affirmation  
Feel the Power of your Love  
Feel the Power of your Love  
Feel the Power of your Love

**8. HANGIN' OUT IN EASY LAND**

\* CD Tracks \* 8, 53 \* Songbook Pg 43 \*

Music and Lyrics by Judy Armstrong  
\* From the recording, *TIME TO SHINE*  
Written and Performed by Judy Armstrong \*  
© & © 2002 Judy Armstrong (SOCAN)  
\* CD Music Arrangements by Miles Jackson \*  
Adapted for group singing by Judy Armstrong  
© 2005 Judy Armstrong

~~~~~  
I'm hangin' out in easy land
I'm lettin' my consciousness expand
I'm knowin' Spirit's holdin' my hand
Oh yeah
I'm gonna hang out my shingle
I'm hangin' out in easy land

I'm hangin' out and lettin' go
I'm lettin' my abundance overflow
I'm knowin' Spirit's holdin' my hand
Oh Yeah
I'm gonna hang out my shingle
I'm hangin' out in easy land

BRIDGE

Easy does it I say
The old ways I've outgrown
Easy does it today
For my heart says that I've always known

I'm hangin' out in easy land
I'm lettin' my consciousness expand
I'm knowin' Spirit's holdin' my hand
Oh yeah
I'm gonna hang out my shingle
I'm hangin' out in easy land

BRIDGE

Easy does it I say, I'm hangin' out awhile
Easy does it today
For the comfortable way is my style

I'm hangin' out in easy land
I'm lettin' my consciousness expand
I'm knowin' Spirit's holdin' my hand
Oh yeah,
I'm gonna hang out my shingle
I'm hangin' out in easy land
I'm gonna hang out my shingle
I'm hangin' out in easy land
I'm gonna hang out my shingle
I'm hangin' out in easy land

9. HAPPINESS COMES

WHEN I AM ME

* CD Tracks * 9, 54 * Songbook Pg 48 *

Music and Lyrics by Judy Armstrong
© 2005 Judy Armstrong

~~~~~  
Don't have to be what I am not  
Don't have to show society  
Just gonna give life what I've got  
"Happiness comes when I AM me!"

Don't have to say, "I've got my pride"  
Don't have to have anxiety  
I am smiling deep inside  
"Happiness comes when I AM me!"

**BRIDGE**

No worries, no cares  
Won't put - on phony airs  
To get, ahead  
I'm gonna be myself instead!

Lovin' my body, short or tall  
I'm gonna face reality  
Fat or lean, I love it all  
"Happiness comes when I AM me!"

~~~~~  
Don't have to be like someone else
Just gonna have integrity
Don't have to gush, I'll be myself
"Happiness comes when I AM me!"

Don't have to force a smile or two
When I'm with the company
I'll be natural, I'll be true
"Happiness comes when I AM me!"

BRIDGE

No worries, no cares
Won't put - on phony airs
To get, ahead
I'm gonna be myself instead!

~~~~~  
Don't have to try to be a saint  
Just gonna live in harmony  
Don't have to be the one I ain't  
"Happiness comes when I AM me!"

~~~~~  
I won't pretend when I'm not fine
Just gonna live with honesty
Trusting in my life's design
"Happiness comes when I AM me!"

Look out the windows, here I come
Don't have to make apologies
I love beating my own drum
"Happiness comes when I AM me!"

I'm gonna get along with you
You look good when I like me!
Let's enjoy this rendezvous
"Happiness comes when I AM me!"

~~~~~  
Peace with the earth begins inside  
I'm gonna live in unity  
I've got nothing more to hide  
"Happiness comes when I AM me!"  
"Happiness comes when I AM me!"  
"Happiness comes when I AM me!"



**10. I AM THE GIFT OF LOVE**

\* CD Tracks 10, 55 \* Songbook Pg 55 \*

Music and Lyrics by Judy Armstrong  
© 2005 Judy Armstrong

Gonna give love, Hallelujah, singing  
Hallelujah, Hallelujah  
I AM the gift of love  
Gonna give love, Hallelujah, singing  
Hallelujah, Hallelujah  
I AM the gift of love

Gonna give joy, Hallelujah, singing  
Hallelujah, Hallelujah  
I AM the gift of joy  
Gonna give joy, Hallelujah, singing  
Hallelujah, Hallelujah  
I AM the gift of joy

Gonna give peace, Hallelujah, singing  
Hallelujah, Hallelujah  
I AM the gift of peace  
Gonna give peace, Hallelujah, singing  
Hallelujah, Hallelujah  
I AM the gift of peace

Gonna give faith, Hallelujah, singing  
Hallelujah, Hallelujah  
I AM the gift of faith  
Gonna give faith, Hallelujah, singing  
Hallelujah, Hallelujah  
I AM the gift of faith

Gonna live Now, Hallelujah, singing  
Hallelujah, Hallelujah  
I AM the gift of Now  
Gonna live Now, Hallelujah, singing  
Hallelujah, Hallelujah  
I AM the gift of Now

Gonna give love, Hallelujah, singing  
Hallelujah, Hallelujah  
I AM the gift of love  
Gonna give love, Hallelujah, singing  
Hallelujah, Hallelujah  
I AM the gift of love

Gonna give love, Hallelujah, singing  
Hallelujah, Hallelujah  
I AM the gift of love  
I AM the gift of love

**11. I KNOW I'M ALWAYS OK**

\* CD Tracks 11, 56 \* Songbook Pg 60 \*

Music and Lyrics by Judy Armstrong  
© 2005 Judy Armstrong

I'm gonna change my life today  
Won't be afraid, won't run away  
I'll rearrange my life today  
I know I'm always OK

I'm gonna make a start today  
Thinking my thoughts another way  
I'm gonna hear my heart today  
I know I'm always OK

BRIDGE  
To laugh, to sing, just watch me opening  
To just be me  
To be the very best I can be

I'm gonna change my thoughts today  
Blowing the dark clouds all away  
I'm gonna play a lot today  
I know I'm always OK

BRIDGE  
To smile, to dance, to risk, to chance  
To Be, to choose  
To love myself gently through the blues

I'm gonna change my life today  
Won't be afraid, won't run away  
I'll rearrange my life today  
I know I'm always OK

I'm gonna change my life today  
Won't be afraid, won't run away  
I'll rearrange my life today  
I know I'm always OK

I'm gonna change my life today  
Won't be afraid, won't run away  
I'll rearrange my life today  
I know I'm always OK

TAG  
I know I'm always, Oh  
I know I'm always, Oh  
I know I'm always OK

**12. JOIN THE DANCE (of Life)**

\* CD Tracks \* 12, 57 \* Songbook Pg 65 \*

Music and Lyrics by Judy Armstrong  
© 2005 Judy Armstrong  
Adapted from "Come On Over"  
© 2001 Judy Armstrong  
Adapted for group singing by Judy Armstrong  
© 2005 Judy Armstrong

Live your life, with resolve  
Plunge right in and get involved  
So come on over  
Come on and join the dance  
Clap your hands, feel the beat  
Jump right in with two left feet  
So come on over  
Come on and join the dance

BRIDGE

Lighten up and be here now  
Wipe that frown right off of your brow  
Let your hair down, take a chance  
Life's more fun when you're joining the dance

Knock your knees, move and sway  
Then turn 'round the other way  
So come on over  
Come on and join the dance

Pull out stops, don't be shy  
You won't know until you try  
So come on over  
Come on and join the dance  
Bump your hips, shimmy and shake  
Just have fun, there're no mistakes  
So come on over  
Come on and join the dance

BRIDGE

Say goodbye to doubt and strife  
Say hello to a wonderful life  
Your old ways, they won't be missed  
Life's more fun when you don't resist

Snap your fingers, tap your toes  
Flap your ears, and wiggle your nose  
So come on over  
Come on and join the dance

Take a breath, aim and jump  
Even if your heart goes thump, thump,  
thump  
So come on over  
Come on and join the dance  
Try again if you fall  
Dive right in and risk it all  
So come on over  
Come on and join the dance

BRIDGE

Doesn't matter where or when  
You can start all over again  
Lift your spirits, take a chance  
Life's more fun when you're joining the dance

Might as well, go for gold  
Don't wait 'till you're growing old  
So come on over  
Come on and join the dance

TAG  
Well, come on now, be your own fan  
Dance through life the best you can  
So come on over, run right over  
Come on over, and join the dance!



**13. JOY, JOY, WONDERFUL JOY**

\* CD Tracks 13, 58 \* Songbook Pg 72 \*

Music and Lyrics by Judy Armstrong  
© 2005 Judy Armstrong

~~~~~  
There is joy, joy, wonderful joy
Knowing we're never alone
There is beautiful joy, wonderful joy When
we all come Home

There is love, love, wonderful love
Knowing we're never alone
There is beautiful love, wonderful love
When we all come Home

BRIDGE

There is abundance and blessings to go
around
Take from that great Reservoir
Give love away, and there's more to be
found
As we accept Who We Are

There is song, song, wonderful song
Knowing we're never alone
There is beautiful song, wonderful song
When we all come Home

BRIDGE

Don't have to wait for tomorrow for singing
Melodies come naturally
Let all the music inside of you bring
Blessings and pure harmony

There is joy, joy, wonderful joy
Knowing we're never alone
There is beautiful joy, wonderful joy
When we all come Home

There is joy, joy, wonderful joy
Knowing we're never alone
There is beautiful joy, wonderful joy
When we all come Home

There is joy, joy, wonderful joy
Knowing we're never alone
There is beautiful joy, wonderful joy
When we all come Home

There is joy, joy, wonderful joy
Knowing we're never alone
There is beautiful joy, wonderful joy
When we all come Home
When we all come Home
When we all come Home
When we all come Home

14. LET THE SPIRIT WALK TALL

* CD Tracks 14, 59 * Songbook Pg 79 *

Songbook Lyrics by Tink Robinson and Judy
Armstrong © 2005 Judy Armstrong
Original Music and Lyrics by Tink Robinson
© 1969

Adapted for group singing by Judy Armstrong
© 2005 Judy Armstrong

CHORUS

~~~~~  
Let the Spirit walk tall, tall, tall  
Let the Spirit walk tall in you  
Let the Spirit walk tall, tall, tall  
Let the Spirit walk tall in you

Keep your chin up, hold your head high  
The people will say it's true  
That the Spirit walks tall, tall, tall  
That the Spirit walks tall in you

Keep a smile on your face, and love in  
your heart  
The people will say it's true  
That the Spirit walks tall, tall, tall  
That the Spirit walks tall in you

**CHORUS**

Give a helping hand, let your heart expand  
The people will say it's true  
That the Spirit walks tall, tall, tall  
That the Spirit walks tall in you

**CHORUS**

Now Love's the key, for Harmony  
The people will say it's true  
That the Spirit walks tall, tall, tall  
That the Spirit walks tall in you

**CHORUS**

Now let's proclaim, that Peace will Reign  
The people will say it's true  
That the Spirit walks tall, tall, tall  
That the Spirit walks tall in you

**CHORUS**

~~~~~  
LAST CHORUS (with tag)
Let the Spirit walk tall, tall, tall
Let the Spirit walk tall in you
Let the Spirit walk tall, tall, tall
Let the Spirit walk tall in you
Let the Spirit walk tall in you
Let the Spirit walk tall
Let the Spirit walk tall
Let the Spirit walk tall in you

15. LIGHTEN UP

* CD Tracks 15, 60 * Songbook Pg 86 *

Music and Lyrics by Judy Armstrong
© 2005 Judy Armstrong

~~~~~  
Hey, hey, get with it, won't you lighten up  
Hey, hey, just give it up, and brighten up  
Hey, hey, that workin' is excitin', but  
You have more fun, when you lighten up

Hey, hey, get with it, wipin' off that frown  
Hey, hey, so what if you are upside down  
Hey, hey, come over to this side of town  
You have more fun, when you act the  
clown

**BRIDGE**

And by the way, thought you'd like to know  
That livin' in the light helps everyone  
So hooray, know the Power of the One,  
two, cha cha cha, One, two, three

Hey, hey, it's not another rainy day  
Hey, hey, 'cause laughin' is a lighter way  
Hey, hey, I understand about your plight  
But lift your heart, come on, and feel the  
light

**BRIDGE**

And by the way, thought you'd like to know  
That livin' in the light helps everyone  
So hooray, know the Power of the One,  
two, cha cha cha, One, two, three

Hey, hey, get with it, lighten up today  
Hey, hey, remember what it's like to play  
Hey, hey, you've got a little kid in there  
That knows that life, is a 'light' affair

Hey, hey, get with it, won't you lighten up  
Hey, hey, just give it up, and brighten up  
Hey, hey, that workin' is excitin', but  
You have more fun, when you lighten up

Hey, hey, get with it, won't you lighten up  
Hey, hey, just give it up, and brighten up  
Hey, hey, that workin' is excitin', but  
You have more fun, when you lighten up  
You have more fun, when you lighten up  
You have more fun, when you lighten up



**16. LIVING**

\* CD Tracks 16, 61 \* Songbook Pg 91 \*  
 Music and Lyrics by Judy Armstrong  
 © 2005 Judy Armstrong

~~~~~  
 Living with the Love, living just to Be
 Living with the trust that we're born to be
 free
 Living in the Oneness, live in Unity
 Living with the music of pure harmony

Living with my neighbors, living like a
 friend
 Living with the knowledge that all hurts
 will mend
 Living with a prayer, living with the peace
 Living with the hope that all striving will
 cease

Living just for now, being present here
 Living ev'ry moment, without any fear
 Living with the will, that I can choose a
 way
 That will bring the best out of me ev'ry day

Living with a song, living to express
 Giving to the moment, and choose to
 say yes
 Living with the truth, let my voice proclaim
 I will live my life, giving joy in Your name

Living with a smile, shining like the sun
 Living with the lightness of being as One
 Living from my heart, kindly and with care
 Living with the knowing, that Love's
 everywhere

Living with the Love, living just to Be
 Living with the trust that we're born to
 be free
 Living in the Oneness, live in Unity
 Living with the music of pure harmony

(Tag)
 Living in the Oneness, live in Unity
 Living with the music of pure harmony
 Living with the music of pure harmony
 Living with the music of pure harmony

17. MIRACLES ARE NATURAL THINGS
 * CD Tracks 17, 62 * Songbook Pg 98 *
 Music and Lyrics by Judy Armstrong
 © 2005 Judy Armstrong

~~~~~  
 CHORUS  
 Miracles are natural, happening things  
 Coming to our lives on angels' wings  
 Gotta love the freedom that a miracle  
 brings, miracles are natural things

I believe that miracles happen to me  
 And they even come when I can't see  
 I believe in miracles, do you agree,  
 That they happen naturally

BRIDGE  
 I believe in having a wonderful life  
 Living with the joy, and not the strife  
 I believe in being the best that I can  
 I believe in loving who I AM

I believe that miracles come every day  
 When I choose to get out of my way  
 I believe that miracles are natural things  
 I wonder what they'll bring today

I believe that miracles happen to you  
 Take a little time to watch the view  
 Miracles are happening, round and about  
 See them, don't just shut them out

BRIDGE  
 Let a little miracle into your dream  
 Let a lot of laughter be your theme  
 Let a little happiness into your heart  
 Let the little children help you start

I believe in choosing a miracle now  
 With a little faith, it comes somehow  
 Letting go of worries will keep me in line  
 Everything will turn out fine

CHORUS  
 Miracles are natural, happening things  
 Coming to our lives on angels' wings  
 Gotta love the freedom that a miracle  
 brings, miracles are natural things

Miracles are natural, happening things  
 Coming to our lives on angels' wings  
 Gotta love the freedom that a miracle  
 brings, miracles are natural things

Miracles are natural, happening things  
 Coming to our lives on angels' wings  
 Gotta love the freedom that a miracle  
 brings, miracles are natural things  
 Miracles are natural things  
 Miracles are natural things  
 Miracles are natural things

**18. YOU CAN CHANGE IT**  
 \* CD Tracks 18, 63 \* Songbook Pg 106 \*  
 Music and Lyrics by Judy Armstrong  
 © 2005 Judy Armstrong

~~~~~  
 CHORUS
 Well you can change it
 Well you can change it
 Well you can change, if you don't like
 what you see
 So rearrange it, 'cause you can change it
 And you can be the very best you can be
 If you believe it, you can achieve it
 If you want a brand new way
 Well you can change it
 Well you can change it

VERSE
 Come out of your shell, it's starting
 to crack
 You take a step forward, then a step back
 You gotta come out, and open what's shut
 It's time that you jumped right out of
 that rut
 You can change your thinking now
 Let your hearts call teach you how
 Let down your guard, it's not that hard
 It's time to clean your own back yard

CHORUS

VERSE
 You're starting to be, a stick in the mud
 You're climbing a bit, then fall with a thud
 You always react, the predicable way
 A shell of yourself is what you portray
 You can change your mind today
 Worn out habits, throw away
 Live your life, with no regret
 But if sometimes you just forget

CHORUS

VERSE
 You have to not strive, or try to conform
 You gotta just let, your Self be the norm
 So don't try to be, what others expect
 Be true to yourself, you'll have an effect
 Let your honest heart reveal
 What is false and what is real
 Speak your truth, embrace the new
 And if you don't like what you do

LAST CHORUS AND CHORUS TAG
 Well you can change it
 Well you can change it
 Well you can change, if you don't like what
 you see
 So rearrange it, 'cause you can change it
 And you can be the very best you can be
 If you believe it, you can achieve it
 If you want a brand new way

Well you can change it
 Well you can change it
 Well you can change, if you don't like
 what you see
 So rearrange it, 'cause you can change it
 And you can be the very best you can be
 If you believe it, you can achieve it
 TAG
 If you want a brand new way
 And your life's in disarray
 You can let your spirit soar
 There's adventure through that door
 Time to start a brand new page
 Honey, step out on that stage
 You can dare to risk it all
 'Cause you can change it! 🎵

Fun Songs to Bring Out the 'Kid' Inside

Page 7

19. CHATTER CHATTER

* CD Tracks 19, 64 * Songbook Pg 112 *

Music and Lyrics by Judy Armstrong

© 2005 Judy Armstrong

CHORUS

Oh, chatter, chatter, chatter, chatter
Talk, talk, talk
Rhubarb, rhubarb, beat the clock
Why the rush and hectic pace?
When all I need, (gasp) is a quiet space

When I go to bed at night
To get some sleep at last
But I stay awake instead
My mind just ticks too fast
When I finally go to sleep
I toss and turn and snore
I wake up in the early morn
Tired-er than before

CHORUS

When I have a busy day
With piles of work and stuff
And my room's in disarray
If that wasn't enough
Everything has gone askew
I've had it up to here
Slow the pace, that's what I'll do
To change the atmosphere

CHORUS

When I'm with the company
And all I do is chat
'Bout the weather and the news
And where the world is at
Maybe I should listen to
Another's point of view
In quiet, I'll communicate
And see the light in you

CHORUS (original tempo)

CHORUS (slower tempo)

CHORUS (slower shuffle)

LAST CHORUS (gentle, lazy, tempo)

Oh, it doesn't matter, doesn't matter
Take a walk
Rhubarb, rhubarb, no time clock
I have found a peaceful place
I choose to take, a quiet space (yawn)

20. KICK IN THE 'BUTS'

* CD Tracks 20, 65 * Songbook Pg 117 *

Music and Lyrics by Judy Armstrong

© 2005 Judy Armstrong

Do you ever want your life to rearrange
But you're holding on too tight
'Cause you're afraid to change
Going through the motions
Though you're in a rut
If you try to make a change
You say, "But, but, but, but!"

CHORUS

Turn around and bend across your knee
Scold yourself only if you have the guts
Just be sure you do it lovingly
And give yourself a swift, kick in the butts!

Do you put yourself down
Say that you're a jerk
And you use the same excuse
Why it doesn't work
On and on and on
With all the stuff you strut
Don't you think it's time
That you got off your but, but, but!

CHORUS

Do you ever wonder
Why you're life is stuck?
And you put the blame on someone else
for your bad luck
Taking off the blinder
Change the mind you shut
Then you wouldn't have to use your
But, but, but, but, but!

CHORUS

Time to make a choice
To step across your fear
Have the life you've wanted to
This will be your year
Live your deepest dreams
The apron strings are cut
Drop the thoughts that pull you down
And kick your but, but, but!

CHORUS

REPEAT CHORUS WITH TAG
Turn around and bend across your knee
Scold yourself only if you have the guts
Just be sure you do it lovingly
And give yourself a swift
Give yourself a lift
Time to make a shift
You're a wonderful gift
Give yourself a great big swift -
Kick in the butts!

21. WE'RE ALL THE SAME INSIDE

* CD Tracks 21, 66 * Songbook Pg 120 *

Music and Lyrics by Judy Armstrong
From the recording, *KIDS (for all ages)*
by Judy Armstrong and Tink Robinson

© & ©, 1995 Judy Armstrong and Tink Robinson (SOCAN)

Adapted for group singing by Judy Armstrong
© 2005 Judy Armstrong

We're all the same on the inside
We all want to learn
How to live, how to love
And be loved in return
We're all the same on the inside
Not what we appear
And if we turned inside out
Our differences would disappear

BRIDGE

If you try reaching out your hand
Take a step and you'll understand
Take a walk in someone else's shoe
There's always another point of view

We're all the same on the inside
You're the same as me
All we want is to love
And be loved equally
We're all the same on the inside
Short, tall, thin or wide
And if you took a better look
We're all the same inside

BRIDGE

What people say isn't always real
So listen to how they really feel
To be a friend, go the extra mile
And then you'll make somebody smile

We're all the same on the inside
You're the same as me
All we want is to love
And be loved equally
We're all the same on the inside
Short, tall, thin or wide
And if you took a better look
Turned about inside out
Then you'll see and know that we
Are all the same inside
(Spoken)
We're all the same inside!



Gentle Songs for Reflection and Centering

22. ALWAYS REMEMBER TO DREAM

* CD Tracks 22, 67 * Songbook Pg 127 *

Music and Lyrics by Judy Armstrong
From the recording, *INSIDE OF ME*
Written and Performed by Judy Armstrong
© & © 1993 Judy Armstrong (SOCAN)
* CD Music Arrangements by Ted Alexander *
Adapted for group singing by Judy Armstrong
© 2005 Judy Armstrong

INTRO

What would it be like to take out your
dreams
And dust off the cobwebs again
What would it be like to play in your
dreams
And ride on the wind again
What would it be like to dance again
What would it be like to laugh again
What would it be like
If you could only start to dream again

CHORUSES

Dream your dreams, hope your hopes
Look around you and see
Sing your song, dance your dance
Be the best you can be
Think your thoughts, live your life
And remember to see
All that life brings to you
Always remember to dream, dream
Always remember to dream

Dream your dreams, share your joy
And be true to your heart
Cry your tears, smile your smile
Tie your dreams to a star
Give your gifts, take your time
As you flow with the stream
of life, and all that it gives to you
Always remember to dream, dream
Always remember to dream

Dream your dreams, play awhile
Take a look at yourself
See your Light shining through
Weave a magical spell
Feel the breeze toss your hair
Circle round with the stream
of life, give back what it gives to you
Always remember to dream, dream
Always remember to dream

23. BEING'S THE ONLY WAY TO BE

* CD Tracks 23, 68 * Songbook Pg 130 *

Music and Lyrics by Judy Armstrong
From the recording, *TIME TO SHINE*
Written and Performed by Judy Armstrong
© & © 2002 Judy Armstrong (SOCAN)
* CD Music Arrangements by Miles Jackson *
Adapted for group singing by Judy Armstrong
© 2005 Judy Armstrong

Being right here, loving and clear
Being's the only way to Be
Being Here Now, accept and allow
Being's the only way to see
All that I AM, with All that I can
I'm living in Unity
Being at rest, knowing I'm blessed
Being and trusting I AM free
Being's the only way to Be

Being as One, the joy has begun
Being's the only way to Be
Being at peace, living with ease
Being's the only way to see
All that I AM, with All that I can
I breathe in the Harmony
Being the Light, in Oneness unite
Singing a healing melody
Being's the only way to Be
Being's the only way to Be

24. BORN JUST TO BE

* CD Tracks 24, 69 * Songbook Pg 133 *

Music and Lyrics by Judy Armstrong
From the recording, *TIME TO SHINE*,
Written and Performed by Judy Armstrong
© & © 2002 Judy Armstrong (SOCAN) *
CD Music Arrangements by Miles Jackson *
Adapted for group singing by Judy Armstrong
© 2005 Judy Armstrong

Little one, you're not alone
As you travel down the road
Little one, you're not alone
Let me take the load
Little one, close your eyes
And rest a little while
For Love gently calls to you
As tears turn into smiles

CHORUS

Born of the Light, born to take flight
Born to be free, born just to Be

Little one, you can lean on me
For you are not alone
Little one, just lean on me
I'll help to bring you Home
Little one, child of Life
Knowing what is true
I see your innocence
And all the wondrous gifts in you

CHORUS

Born of the Light, born to take flight
Born to be free, born just to Be

REPEAT CHORUS 5 MORE TIMES
(Longer ending on last line)

25. HERE IN MY HEART

* CD Tracks 25, 70 * Songbook Pg 136 *

Music and Lyrics by Judy Armstrong
© 2005 Judy Armstrong

Here in my heart, All Truth is known
It's the place I can be
Wise with all certainty
In Oneness, I AM shown
That here in my heart, there is a song
Beautiful and clear
It sings throughout the spheres
For You are always here in my heart

Here in my heart, where You abide
Everything's possible
Peaceful and plentiful
Your Wisdom is my guide
For deep in my heart, I hear Your song
It blesses me each day
You help me find my way
For You are always here in my heart

Here in my heart, I speak Your Name
Hallow-ed, wonderful, glorious, bountiful
My worthiness I claim
And deep in my heart, Love sings a song
It brings Your Presence near
My destiny is clear
For You are always here in my heart

Here in my heart held deep inside
Lovingly, tenderly, total surrendering
I bathe in Love sublime
And deep in my heart, I sing Your song
I feel Your Presence here
Each breath I feel You near
For You are always here in my heart

I know You're always here
In wonder I revere
For You are always here in my heart



26. I KNOW THAT I KNOW

* CD Tracks 26, 71 * Songbook Pg 141 *

Music and Lyrics by Judy Armstrong
© 2005 Judy Armstrong

~~~~~  
What do I hear, when angels are near  
I hear melodies so sweet  
And what do I see, so colorfully  
In messages they bring me  
Gentle and true  
Their joy beams right through  
I'm bathed in their tender glow  
This love that I feel, is pure and so real  
I know, for my heart shows, that my heart  
knows, that I know, I Know

I look at trees, that bend with the breeze  
In majesty, as they grow  
Their Spirit within, reminds me again  
The nature of letting go  
Earth teaches me, to live and to Be  
And trust, as I let it flow  
My life stays on course  
With Love's healing force  
I know, for my heart shows, that my heart  
knows, that I know, I Know

What do I feel, this Presence so real  
Within me, it gives me peace  
My life flows along, with music and song  
Whenever I choose with ease  
I see a child, so precious and mild  
Who looks in my very soul  
This essence of Love  
Is what we're made of  
I know, for my heart shows, that my heart  
knows, that I know, I Know

This essence of Love  
Is what we're made of  
I know, for my heart shows, that my heart  
knows, that I know, I Know

**27. I WONDER**

\* CD Tracks 27, 72 \* Songbook Pg 144 \*

Music and Lyrics by Judy Armstrong  
© 2005 Judy Armstrong  
Adapted from: "I Wonder"  
© 1993 Judy Armstrong  
Adapted for group singing by Judy Armstrong  
© 2005 Judy Armstrong

~~~~~  
I wonder, I smile, as I pause awhile
And I listen to life's wonder anew
Where miracles are
I follow my star, my dream

The wonder of You, Who helps see me
through
Who knows that I'll be, what I want to be
I have much to give
And I choose to live my dream

BRIDGE

When my life's amiss
You remind me to see the best
You help me remember this
My life is heaven blessed

I wonder that I can let myself fly
And always be free
With knowing and peace
To live without fear
For I know You're here with me

BRIDGE

Always, I'll allow You to teach me
and keep me warm
I see so much clearer now
I let my life transform

I feel so alive, I'm Trusting that I've
Been bathed in the flow
And truthfully Know
I wonder what more
That You have in store for me

I trust in Your Plan, Exalted, I AM
In Creative Force
My Rock and my Source
I wonder my right
To Love, to Delight, to Be
I wonder, I see, the wonder of me, to Be

28. LEAD FROM YOUR HEART

* CD Tracks 28, 73 * Songbook Pg 149 *

Music and Lyrics by Judy Armstrong
© 2005 Judy Armstrong

~~~~~  
Lead from your heart and you will find  
Beautiful treasures there  
Lead from your heart's perfect design  
Nothing else can compare  
For inside your heart, precious and rare  
So many gifts are just bursting to share  
All you desire, you've had from the start  
Dear one, just lead from your heart

Lead from your heart, feel what is true  
Many surprises are waiting for you  
Lead from your heart, child of the earth  
Sing melodies celebrating your birth  
And lead from your heart  
And you'll turn living into an art  
For all you desire, you've had from  
the start  
Dear one, just lead from your heart

Lead from your heart, what do you see?  
Listen to how it beats  
Lead from your heart, trusting and free  
Letting go is so sweet  
For soon you will find, inside your heart  
Whatever you wish for, you already are  
All you desire, you've had from the start  
Dear one, just lead from your heart

(Tag)

Dear one, your vision has never been  
hiding  
So many riches are in you residing  
Always your heart keeps on teaching  
and guiding  
Love Who You Are  
And lead from your heart

**29. SAFE IN LOVE'S CARE**

\* CD Tracks 29, 74 \* Songbook Pg 154 \*

Music and Lyrics by Judy Armstrong  
© 2005 Judy Armstrong

~~~~~  
As you go through your life
And the journey seems long
And it feels like you carry the load
And you know that your life
Seems to turn out all wrong
And it's been hard to travel the road

BRIDGE

Lift your eyes
You've never left your Home
Know that you're safe
And not ever alone

If your path isn't clear
And you can't seem to move
With the same problems day after day
And you can't seem to hear
If a sign's coming through
Then it's time for another new way

BRIDGE

Rise up now
Speak out and take a stand
It's time to trust and know
Love is at hand

If you can't seem to find
Where your purpose has gone
And you're searching and wondering how
Then you're trying too hard
As you drag yourself on
'Cause it's easy to live in the Now

BRIDGE

Love is here
There's nothing more to fear
You are a treasured child
Safe in Love's care

(Bridge Tag)

I know that Love is here
There's nothing more to fear
You are a treasured child
Safe in Love's care
Love's everywhere, safe in Love's care
Love's everywhere, safe in Love's care



Meditation Songs

30. I AM HERE

* CD Tracks 30, 75 * Songbook Pg 161 *

Lyrics by Tink Robinson
Music by Judy Armstrong
Adapted for group singing by Judy Armstrong
© 2005 Judy Armstrong

~~~~~  
As the ancient gnarled oak embraces  
the sky  
And feels its leaves dropping to earth  
with a sigh  
It's not time for sorrow, the pattern is clear  
Though the season has turned,  
I AM HERE

As the geese heading south against  
the gray light  
Their far-flung choruses echo in flight  
The land in their absence will lack of  
their cheer  
But will find it again, I AM HERE

For I AM the sunshine and I AM the rain  
I AM the mountains and I AM the plain  
I AM the child you hold on your knee  
I AM the leaf he's brought you to see

For I AM within you and I AM without  
I AM your laughter and I AM your shout  
I AM the You that has nothing to fear  
Be still, and Know, I AM HERE  
Be still, and Know, I AM HERE

## 31. I AM THAT I AM

\* CD Tracks 31, 76 \* Songbook Pg 166 \*

Music and Lyrics by Judy Armstrong  
© 2005 Judy Armstrong

~~~~~  
Sacred Breath, cleanse me now
Sacred Fire, warm me now
Sacred Love, overflow now
My heart is open now

Sacred Earth, ground me now
Sacred Oil, anoint me now
Sacred Air, bend me with the wind
My heart is open now

Gentle stream, play to me
Fill my dream, help me see
Who I AM, a child of Life, free,
For all eternity

Sacred Joy, smile within
Sacred Light, One again
Sacred Power, Being All I can
I AM That I AM

32. I'M CREATED PERFECTLY

* CD Tracks 32, 77 * Songbook Pg 169 *

Music and Lyrics by Judy Armstrong
© 2005 Judy Armstrong

~~~~~  
Listening now, hearing the quiet  
Inside of my heart and my mind  
Listening how silk threads of messages  
come, as I listen, I find  
All that I need, or ever will be  
Is already present inside of me  
All is at One, in pure symmetry  
I'm created perfectly

Listening now, hearing in silence  
And feeling the warmth of the flame  
Listening how peaceful I'm feeling  
Whenever I speak in God's name  
Tenderly here and gracefully near  
The Presence within me absolves  
my fear  
All is at One, in pure symmetry  
I'm created perfectly

Listening now, living the quiet  
Reflecting the heart of the land  
Listening how all Nature's beauty's  
revealing that God is at hand  
Love's choice I make  
With each breath I take  
I know I'm enfolded in Love's embrace  
All is at One, in pure symmetry  
I'm created perfectly  
I'm created perfectly  
I'm created perfectly

## 33. ONLY LOVE

\* CD Tracks 33, 78 \* Songbook Pg 172 \*

Music and Lyrics by Judy Armstrong  
© 2005 Judy Armstrong

~~~~~  
Listen to your sound
Listen in the Oneness
Listen through your sound
Feel yourself surrounded by Love
Only Love, Only Love

Let your note resound
You are all a part of everything around
Listen to your heart full of Love
Only Love, Only Love

BRIDGE

Listen to your note
Hear it deep within you
Sacred, crystal note
Let the sound come in through your Love
Only Love, Only Love

Listen deep within
Your own Voice is singing
Let your song begin
I AM with you bringing the Love
Only Love, Only Love

BRIDGE

Listen to your tone
Feel the colors glowing
Let the Love be shown
With the gentle Knowing of Love
Only Love, Only Love

Now you hear your tone
Hear the still small Voice now
Feel the sacred Aum
Peace will be your choice now, for Love
Only Love, Only Love

Staying deep within
Sacred Breath is near now
Let the peace begin
Dear one, I AM Here now, my Love
Feel My Love, I AM Love,
Only Love



34. ONLY ONE

* CD Tracks 34, 79 * Songbook Pg 176 *

Music and Lyrics by Judy Armstrong
© 2005 Judy Armstrong

~~~~~  
(Call and response)

You and I, and I and you  
We are ONE and ONE is two  
Greet someone in unison  
And you'll Know there's only ONE

CHORUS (Everyone sings)  
Underneath the sun, there is only ONE  
Your reflection is me in your eyes  
When you look back at me  
It is You, you see  
ALL perfection of ONE so Wise  
(ALL perfection of ONE so Wise)

(Call and response)

I AM You and You are me  
We are ONE Divinity  
ALL is done in unison  
Breathe, become, there's only ONE

CHORUS (Everyone sings)  
Multifaceted jewels shine within our Being  
You are All a mirror to my Soul  
Feel the pure Harmony  
As we Know and see  
That in Oneness, we're All made Whole  
(That in Oneness, we're All made Whole)

(Call and response)

There is no comparison  
In the Allness of the ONE  
Transformation has begun  
When we Know there's only ONE

CHORUS (Everyone sings)  
All throughout this dream  
Things are not what they seem  
Turn within, and your Truth will be shown  
In the Silence, a Voice will reveal  
a choice  
To remember your ONE True HOME  
(To remember your ONE True HOME)

(Call and response)

You and I, and I and you  
We are ONE and ONE is two  
Greet someone in unison  
And you'll Know, there's only ONE  
(Everyone sings)  
And you'll Know there's only ONE

**35. THE VOICE**

\* CD Tracks 35, 80 \* Songbook Pg 178 \*

Music and Lyrics by Judy Armstrong  
© 2005 Judy Armstrong

~~~~~  
Within me is a Voice, so pure and so
beautiful
It helps me live in wonder and in harmony
From this crystal Voice, secure with
wisdom true and full
It calls me to remember as It speaks
to me
CHORUS
I AM within you, your Voice still and clear
Be still now and listen
My dear one, it's time now to hear

Within me this pure Voice reminds me
of my innocence
Where all's forgiven, pure and true
Where all is known
I embrace this Voice
And claim my worth with confidence
That all my life's a miracle
My heart, my Home

CHORUS
I AM within you, so let your heart sing
Be still now and listen, to gentle music
I bring

This eternal Voice, is guiding me to know
what's real
For It's the only Voice of my true destiny
Now this soothing Voice, is teaching me to
cleanse and heal
It tells me all is well, for I AM whole
and free

LAST CHORUS
I AM within you, My Love is your song
For I AM within you, in Me you belong
I AM within you, let Love be your choice
For I AM within you
And I AM your only True Voice
The I AM within me
Has always been my True Voice

36. THIS PLACE OF PEACE

* CD Tracks 36, 81 * Songbook Pg 182 *

Music and Lyrics by Judy Armstrong
© 2005 Judy Armstrong
Adapted from: "To George"
© 2002 Judy Armstrong
Adapted for group singing by Judy Armstrong
© 2005 Judy Armstrong

~~~~~  
I listen to the quiet now  
My earthly thoughts let go  
I listen to my truth within  
Where blessings overflow  
To hear the peaceful Silence now  
Where troubles are no more  
I listen to Love's Presence  
Gently knocking at the door

I listen in the Silence now  
And hear Its gentle call  
I know that Love is calling me  
To Be at One with All  
I give my worries to Your care  
With trust and calm release  
I'm filled with awe and wonder  
Just to know this place of Peace

I give my worries to Your care  
With trust and calm release  
I'm filled with awe and wonder  
Just to know this place of Peace

*Offering Song*

**37. AS I GIVE, I RECEIVE**

\* CD Tracks 37, 82 \* Songbook Pg 186 \*

Music and Lyrics by Judy Armstrong  
© 2005 Judy Armstrong

~~~~~  
As I give, I receive
My cup overflows, expands and grows
I live abundantly, gently letting go

I AM Pure Creative Force
I AM One with ALL, my Life, my Source
I give gratefully
Richly blessed through Eternity
I Know and believe
As I give, I receive

(Repeat once)



Songs of Celebration, Praise & Thanksgiving

38. I WILL PRAISE YOUR NAME

* CD Tracks 38, 83 * Songbook Pg 190 *

Music and Lyrics by Judy Armstrong
© 2005 Judy Armstrong

I will praise Your Name every morning
When the sky glows red with the dawn
of each day
I will praise Your Name forever more
I'll praise You, and honor Your Name

I will praise Your Name every evening
I will praise Your Name, every hour
of each day
I will praise Your Name forever more
I'll praise You, and honor Your Name

BRIDGE

Even when I'm feeling tired and lonely
I know Your Love is always here
inside me
Even through the times when my doubts
make me stray
Your Love for me, eternally, will show me
the Way

I will praise Your Name forever
It's Your Love, and Power and Wisdom,
I claim
I will praise Your Name, forever more
I'll praise You, and honor Your Name

BRIDGE

Even when I'm feeling tired and lonely
I know Your Love is always here
inside me
Even through the times when my doubts
make me stray
Your Love for me, eternally, will show me
the Way

I will praise Your Name every morning
When the sky glows red with the dawn
of each day
I will praise Your Name forever more
I'll praise You, and honor Your Name

I will praise Your Name every evening
I will praise Your Name, every hour
of each day
I will praise Your Name forever more
I'll praise You, and honor Your Name

I will praise Your Name forever
It's Your Love, and Power and Wisdom
I claim
I will praise Your Name, forever and ever
I'll praise Your Name
I'll praise Your Name
I'll praise You, forever more

39. SING ALL THE WAY HOME

* CD Tracks 39, 84 * Songbook Pg 199 *

Music and Lyrics by Judy Armstrong
© 2005 Judy Armstrong

1. Sing, sing, sing from your soul
Sing, sing, loving and whole
Sing, sing, sing from your soul
In Celebration

Sing, sing, all the way Home
Sing, sing, sounding the Tone
Sing, sing, all the way Home
In Celebration

2. Sing, sing, sing from your soul
Sing, sing, loving and whole
Sing, sing, sing from your soul
In Celebration

Sing, sing, all the way Home
Sing, sing, sounding the Tone
Sing, sing, all the way Home
In Celebration

3. Sing, sing, sing from your soul
Sing, sing, loving and whole
Sing, sing, sing from your soul
In Celebration

Sing, sing, all the way Home
Sing, sing, sounding the Tone
Sing, sing, all the way Home
In Celebration

4. Sing, sing, sing from your soul
Sing, sing, loving and whole
Sing, sing, sing from your soul
In Celebration

Sing, sing, all the way Home
Sing, sing, sounding the Tone
Sing, sing, all the way Home
In Celebration
Celebration
Celebration
Celebration



Songs of Oneness and World Healing

40. A PRAYER FOR MOTHER EARTH

* CD Tracks 40, 85 * Songbook Pg 205 *

Music and Lyrics by Judy Armstrong
© 2005 Judy Armstrong

Adapted from: "Where The Yukon Meets The
Klondike" © 2001 Judy Armstrong

Adapted for group singing by Judy Armstrong
© 2005 Judy Armstrong

VERSE

Listen to the Earth
And hear Her pleading call
She nurtures, cares, protects, sustains
and feeds us
Heal Her aching heart
And lift Her as She falls
Restore Her life to Balance now
She needs us

CHORUS

Where the oceans ebb and flow here
Where the valleys stretch for miles
Where the rivers are like lovers,
running free here
Where the mountains in their glory
Silent watchers tell the story
Of our Planet on Her journey Home

VERSE

Listen to Her soul
Tread softly on Her ground
Hold Her heart within the Violet Flame
here
Thank Her Spirit's song
Intoning with Her Sound
Hold the vision close
That Peace will Reign here

CHORUS

VERSE

Bathe our wondrous Earth
With Love and healing Light
Our garden Planet's colors merge
like gold here
Feel Her crystal grids
In balance as they hold
The memories, that Love's promise
was foretold here

LAST CHORUS

Where the oceans ebb and flow here
Where the valleys stretch for miles
Where the rivers are like lovers,
running free here
Where the mountains in their glory
Silent watchers tell the story
Of our Planet on Her journey Home
Love each other 'till we all come Home

41. BLESS ALL THE CHILDREN

* CD Tracks 41, 86 * Songbook Pg 208 *

Music and Lyrics by Judy Armstrong
© 2005 Judy Armstrong

Bless all the children, bringing a new birth
Bless all the little ones, whose love will
heal the earth

Bless all the angels, who care for us
at night

And bless all the young ones
Who bring us to the Light

Bless all the mothers, help their dreams
impart

Bless all the fathers, let them feel their
heart

Bless all the young ones, knocking at
the door

And bless all the children
Who bring us hope once more

Bless all the nations, far across the sea
Bless all the people, help them to be free
Bless all the star seeds
Who lift us as we pray
And bless all the new babes
Who help us find our way

Bless all the music, pulsing through the
spheres

Bless all in Silence, transforming all
our fears

Bless all the butterflies, coloring the sky
And bless all the children
Who teach us how to fly

42. DO YOU REMEMBER

* CD Tracks 42, 87 * Songbook Pg 210 *

Music and Lyrics by Judy Armstrong

* From the recording, *TIME TO SHINE*,
Written and Performed by Judy Armstrong *
© & © 2002 Judy Armstrong (SOCAN)

* CD Music Arrangements by Miles Jackson *
Adapted for group singing by Judy Armstrong
© 2005 Judy Armstrong

Do you remember, an aspen leaf, when
it's fallen

Do you remember, your Spirit's song,
when it's callin'

Do you remember, do you recall

Do you remember

That you are One with All

Do you remember, the chanting Aum,
forever humming

Do you remember, the Silent Tone,

Whose Heart is drumming

Do you remember, do you recall

Do you remember

That you are One with All

Do you remember, the primal dance,
as drums are beating

Do you remember, the Cosmic Theme,
that keeps repeating

Do you remember, do you recall

Do you remember

That you are One with All

Do you remember, that I AM Here,
and I will guide you

Do you remember, the Sacred Fire,
dwelling inside you

Do you remember, do you recall

Do you remember

That you are One with All

Do you remember

That you are One with All

Do you remember

That you are One with All

You are One with All

You are One with All



**43. GATHER ALL
THE LITTLE CHILDREN**

* CD Tracks 43, 88 * Songbook Pg 215 *
Music and Lyrics by Judy Armstrong
* From the recording, *INSIDE OF ME*,
Written and Performed by Judy Armstrong
© & ©1993 Judy Armstrong (SOCAN) *
CD Music Arrangements by Ted Alexander *
Adapted for group singing by Judy Armstrong
© 2005 Judy Armstrong

Gather all the little children
From each corner of the earth
Gather all the little children
And let them know their worth
Gather all the little children
For we are all little children
Wanting so, to be known
Traveling Home

Gather all the little children
And help them ease their pain
Gather all the little children
And help them trust again
Gather all the little children
For we are all little children
Searching for, an open door
Traveling Home

Gather all the little children
From all the many realms
Gather all the little children
And help them love themselves
Gather all the little children
For we are all little children
Centering, surrendering
Traveling Home

Gather all the little children
And bring them center stage
Gather all the little children
To usher in this new age
Gather all the little children
Be a Light for all the children
Teaching them, reaching them
Knowing them, showing them
Loving them, as we're traveling Home

**44. GIVE US ALL
OF YOUR VISION**

* CD Tracks 44, 89 * Songbook Pg 220 *
Music and Lyrics by Judy Armstrong
* From the recording, *FLYING FREE*,
Written, Arranged and Performed by
Judy Armstrong *
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Adapted for group singing by Judy Armstrong
© 2005 Judy Armstrong

Give us all of your vision, little one
Let your soul rebirth
Give us all of your vision, little one
And you will heal the earth

Give us all of your song, my little one
Like a lustrous pearl
Give us all of your song, my little one
And you will heal the world

BRIDGE
Cradle mother earth
Welcome her into your open arms

Give us all of your love, my little one
Let your heart unfurl
Give us all of your love, my little one
And you will heal the world

BRIDGE
Give to someone else, for as you share
You will give to yourself

Give us all of your trust, my little one
Let your fears dispel
Give us all of your trust, my little one
And you will heal yourself

BRIDGE
Live in Unity
All of the people will soon be free

Give us all of your dance, my little one
Know your worth and stand tall
Give us all of your dance, my little one
And you will heal us all
You will heal us all

45. ONE FAMILY

* CD Tracks 45, 90 * Songbook Pg 224 *
Music and Lyrics by Judy Armstrong
* From the recording,
LET YOUR HEART SING,
Written and Performed by Judy Armstrong *
© & © 1994 Judy Armstrong (SOCAN)
* CD Music Arrangements by Ted Alexander *
Adapted for group singing by Judy Armstrong
© 2005 Judy Armstrong

One family, holding hands, and joined
in Being
One family, look within ourselves
and see
One beautiful Being full of Light
We're just One family
Glowing in Thy sight

One family, in this world to play our part
One family, One Voice, One Mind,
One Heart
One family, here we have come to know
We're just One family
Going Home

One symphony, blending colors
in One song
One symphony, healing hearts, growing
strong
One melody, pure as the soft winged dove
We're just One family
Singing our Love

One family, breathing Love to all
the earth
One family, holding vision for the birth
Of One planet, the healing has begun
This graceful universe, All is One
We are a family
All is One



Music and Lyrics for *SING ALL THE WAY HOME, Volume 1* by Judy Armstrong © Judy Armstrong 2005

Original Music & Lyrics for *LET THE SPIRIT WALK TALL* by: Tink Robinson (group singing adaption by Judy Armstrong)
* Lyrics for *I AM HERE* by: Tink Robinson www.tinkrobinson.ca *

Piano Arrangements by Miles Jackson www.ma-me-o.com

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*“You’ve got to Be Here every little minute
and show up on the stage of your life.
Life is free here.
Sing and dance within it
and everything will turn out right.”*

Excerpt from ‘You Gotta Be Here’
Music & Lyrics by Judy Armstrong
from Judy’s CD, *TIME TO SHINE*
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