

# Mp3 Eileen And Susie - Journey Songs



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Spiritual / Recovery Musical Prayers. Original works from the heart. Vocal duets with guitar. 22 MP3 Songs GOSPEL: Contemporary Gospel, KIDS/FAMILY: Kid Friendly Details: The following is the text found in the CD insert booklet: JOURNEY SONGS Performed by Eileen and Susie 1,5,12,17 GOD DIRECT ME \* (D) (pages 86,83) God direct my thinking Show me the way of patience. God direct my thinking Show me the way of tolerance. God direct my thinking Show me the way of kindness. God direct my thinking Show me the way of love. I'd heard these words before and was unable to remember them until this tune came to help me. You will find this song sprinkled throughout this CD because I need to hear it more than once. 2. MOM'S COOL PRAYER SONG 1997 (A cappella) Verse: Clear my mind my heart my body and fill me with your will. [Continue through verses]. Descant: Help me to show up as I am. Help me to show up in your plan. Help me to show up as I am. Help me to show up in your plan. Help me to let go of my will. Help me to let go of my plan. Help me to let go of my will. Help me to let go of my plan. This song began with fear. I hoped I could just will myself to "show up" in a group meeting (and then look good). I paced alone in the women's hot pool at Boulder Hot Springs, Montana. Little by little the verse began to come. I had a slight awareness of a descant also and my attention was on the verses. The next day I went back to the waters and the descant part was waiting there for me. I am an isolator and another gift of this song is that it takes at least two people to sing it. 3. PRAYER FOR SERENITY Words by Reinhold Niebauer (E) God grant me the serenity To accept the things I cannot change. The courage to change the things that I can And the wisdom to know the difference. I was having a hard time remembering the order of the words, wanting "courage"(I believed that I could "will" myself to have courage) before "acceptance." Then on a road trip to Albuquerque, New Mexico, a little tune came to help me remember. 4. Page 86-87\* 4/92 (A) As I go through the day, don't let me struggle. As I go through the

day, make me pause. As I go through the day, and face indecision, As I go through the day, let me rely on you. As I go through the day, and I feel scared. As I go through the day, make me pause. As I go through the day, help me remember. As I go through the day, let me rely on you. Show me all through the day what my next step is to be. Show me all through the day what your will is for me. Take my heart, take my mind, guide my feet to your will. Let me rely on you. A friend had given me a page of prayers, condensed from pages 86-87 in the Big Book. I was alone again in the hot pool at Boulder Hot Springs feeling fearful. I was trying to remember all of the concepts from the page of prayers. This tune came to help me remember.

6. THE THIRD STEP PRAYER \* (A) I offer myself to thee To build with me To do with me as you will. Relieve me of the bondage of self That I may better do thy will. Relieve me, relieve me. Relieve me, relieve me. Relieve me of the bondage of self That I may better do thy will. Take away my difficulties That victory over them May bear witness to those I would help of thy power and thy love May I do thy will always. Relieve me, relieve me. Relieve me, relieve me. Relieve me of the bondage of self That I may better do your will. Another gift from my Albuquerque trip. I'd heard and read this prayer before, but couldn't quite remember it. Again, a tune came to help me remember it. The extra two stanzas of "relieve me" came with a powerful image of Mahalia Jackson at a revival - her voice floating over a praying crowd in a revival tent.

7. TAKE ME THERE (A) Take me where you want me to go. Tell me what it is you want me to know. You know that I'm scared, Afraid to let go. Take me there. Take me there. Show me what you want me to see. Show me how it is you want me to be. Take my will. Replace it with yours. Take me there. Take me there. Tell me what you want me to hear. Hold me in your arms. Release me from fear. Guide my thoughts. Please make them yours. Take me there. Take me there. Once again, fear informed this song. I like this chord progression and the words followed.

8. IN YOUR MANY NAMES (D) In your many names I am calling to you. In your many names I fall on my knees before you. In your many names I ask you what shall I do. In your many names I come to thee. In your many names I come before you now. In your many names I ask you to take my fears. In your many faces I can see your presence. In your many names I come to Thee. In your many names I ask for your blessings. In your many names I long for your healing touch. In your many names I thank you for the joy I feel. Seeing in your many ways How you've come to me. Repeat the first verse I was traveling on a freeway at night, heading to an intensive in Palo Alto- the first verse knocked me to my emotional knees - the other verses came later, in a more deliberate process.

9. THE SEED 12/98 (A) Plant a seed in the ground It grows. How can it know? How

can it grow? With the earth, rain and sun It grows. Grows to the One. How can it know? When a rock's in the way It grows 'round Always goes up Never goes down. Something in me, hears that call I grow Just like the seed. How can it be? How can we be less than seed We grow. Face to the sun Called by the One. Plant a seed in the ground It grows. How can it know? How can it grow? Something there in the seed That knows That's how it grows That's how it knows. That's how it knows. I'd had a clear "vision" in 1989 about the seed. It brought me a bedrock-knowing of the Creator (force)-words are so inadequate here...Then in 1998, on a trip to visit my mother, I noticed "I've never had a song come to me about this" (vision) and, of course, there it was. When the time came for the first verse, I felt teary and, in awe of the power of song/Creator. Three verses came on the road and the others were there the next morning. An aside: When I arrived, my mother (who couldn't speak) came to greet me by patting my guitar case. Later, I was going over the song to commit it to memory. I was singing in the darkened room with my eyes closed and I heard my mother's beautiful alto voice humming the harmony part. We were both in tears.

10. FEAR AND WHY WE HAVE IT 3/97 (D) Wasn't it because my self-reliance failed me? Wasn't it because I thought I was alone? Wasn't it because I thought I had to understand? Wasn't it because I think I'm on my own? Isn't it because my self-reliance fails me? Isn't it because I think that I'm alone? Isn't it because I think I have to understand? Isn't it because I think I'm on my own? While living at Boulder Hot Springs I'd spent a couple of days sitting with the phrase "Fear and why we (I) have it". For me, this song says it. (also, a post-5th Step song). It continues to be relevant. 11. KERRI'S SONG -Words by Kerri Lyn Kumasaka (B) (Used with permission) Can you cry for your body? Can you cry for your soul/ Can you choose life over dying? Can you see yourself whole? Can you love those who've hurt you? Can your heart be pure? Creator asked me these questions, And I'm not very sure. Kerri is a gifted poet and friend that I met at Boulder Hot Springs. She offered some of her poems to me, hoping I might find music for them. This one just "popped right out." Thank you! 13. I SING YOUR NAMES 10/98 (A) Every cell in my body Cries out for You I sing your Names As you sing mine. Every cell in my body Cries out for Thee I sing your names You sing through me. Every cell in my body Cries out for you I sing your names You sing mine too. At "Hot Ditch," a hot springs near my home in Bishop, California, I got this wonderful image of each cell being a tiny medicine wheel (i.e. four directions-at least) and spinning. Without the Creator's presence, does the cell change and "die?" More questions than answers... 14. I'M IN THE DARK 4/91 (C) I'm in the dark, I'm in my fear I muddy up the waters I think that I'm the only one I pull my self inside.

I've gotta be right, it's black or white I think that I'm in charge. I leave myself and gut it through Or I find I'm paralyzed. Then I wake up to the light Oh, I wake up to the light I wake up, I wake up I wake up to the light. It's all about letting go It's all about opening up It's all about asking for help It's all about giving thanks I wake up to the light I wake up to the light I wake up, I wake up I wake up to the light. On my way to "Hot Ditch" before dawn-nothing but stars - then, watching the first glimmer of light, the birds waking, flying, chattering- being both an observer and a participant...

15. I ARISE O GOD 2/97 (Em) A Seventh Step Prayer I arise O God I arise O God I arise O God To serve Thee Take away my pride Take away my lies Take away my pride, my lies To serve Thee. Take away my envy Take away my greed Take away my envy To serve Thee. Take away my slothfulness Take away my judgment Take away my slothfulness To serve Thee. I arise O God I arise O God I arise O God To serve Thee. At a meeting, someone read a phrase from a book that stayed with me. The phrase was "I arise O God to serve Thee". Later, alone in the hot pool at Boulder Hot Springs, I stayed with it and this is what evolved. This song is dedicated to Alice Y.

16. SHOW ME THE TRUTH 2/96 (A) Show me the truth about myself Show me the truth today. Show me the truth about myself Show me a better way. Show me the truth about myself Show me the truth today. Show me the truth about myself Open my voice to say. Show me the truth about myself Show me the truth today. Open my mind, my heart to listen Open my voice to pray. I need help to see through my lies and illusions. Another gift from the Creator.

18. DIVINE CREATIVE SPIRIT 3/96 (Em) Oh Divine Creative Spirit of the Living Source Of the Living Air Of the Radiant Sun Of the Radiant Waters Of the Living Earth I come to Thee, in me Oh Divine Creative Spirit of the Living Source Of my Moving Breath Of my Beating Heart Of my Living Blood Of my Sacred Body I come to Thee. I will be gentle with myself I will love myself I am a child of the Universe Being born each moment. [Repeat the last verse]. My mind continues to forage for answers/understanding attempting to name the unnamable. So far, this one comes the closest for me (I feel a little silly even trying). I first heard the words of the last verse on "Fire Within" a Libana tape (used with permission). They fell into place as a perfect reminder of hope and divine promise.

19. THANK YOU SONG 7/95 (D) Thank you for this little bit of sun Oh, thank you for the sun. Thank you for this little bit of sun Oh thank you for the sun. Thank you for this little bit of sun Thank you for the sun Thank you thank you Thank you for the sun. Thank you for this little bit of rain Oh thank you for the rain. Thank you for this little bit of rain Oh thank you for the rain. Thank you for this little bit of rain Oh thank you for the rain. Thank you thank you Thank you for the rain. I was walking alone into

Boulder from the Hot Springs on a cold blustery day. Then a bit of sun showed briefly, along with this little song-then a little rain followed, along with the 2nd verse. A good gratitude/walking song for me. 20. HOW CAN I BEST SERVE THEE (C) (A WALKING SONG) How can I best serve Thee? How can I best serve Thee? How can I best serve Thee? Oh, how can I best serve Thee? [Repeat until you get where you are going]. This little song came on my walk to work. I needed to focus on the important. 21. TRAVERTINE MEDICINE WHEEL PRAYER (C) Help me to hear your voice Help me to see your face Help me to know your will Help me to take my place Help me to trust your voice Help me to trust your face Help me to trust your will Help me to trust my place Help me to clear my mind Help me to clear my heart Help me to clear my form Help me to sing your song. ( Repeat the first verse) I often do my spiritual work within a medicine wheel. This song came from that context at the Travertine Hot Springs, California. I forgot it when I left and on my next visit it there it was, waiting for me. 22. BLESS THE GROUND 1997 (A) (A RESENTMENT SONG) Bless the ground, bless the trees Bless me and thee. Bless the ground, bless the trees Bless me and thee. Bless the ground, bless the trees Bless me and thee. Bless the ground, bless the trees Bless me and thee. Bless the morn', bless the breeze Bless me and thee. Bless the morn', bless the breeze Bless me and thee. Bless the morn', bless the breeze Bless me and thee. Bless the morn', bless the breeze Bless me and thee. Bless the flowers, bless the sun Bless me and thee. Bless the flowers, bless the sun Bless me and thee. Bless the flowers, bless the sun Bless me and thee. [Continue, using clouds, shining sea, birds, bees etc]. I was at "Hot Ditch" again, and was picking up trash. I was okay with it for a while, then noticed a growing resentment (i.e. "Who would do this?" "What slob!" etc) I took a deep breath and asked the Creator for help. This song is the result and I continued to pick up the trash (without resentment!) until I felt finished. These songs came to me as prayers as I needed them. I hope they will be helpful to you too. \*The excerpts from the book, Alcoholics Anonymous are included with permission of Alcoholics Anonymous World Services, Inc (AAWS). Permission to include these excerpts does not mean that AAWS has reviewed or approved the contents of this CD, or that AAWS necessarily agrees with the views expressed herein. AA is a program of recovery from alcoholism only - use of these excerpts in connection with programs and activities which are patterned after AA, but which address other problems, or in any other non-AA context, does not imply otherwise. Acknowledgements: Thank you, Mom, for my rich musical heritage. When I stood next to you in church and you sang the alto part it became second nature to me.

Thank you to Elizabeth Anne Wilson Schaef for sharing your love and living your "Eagle vision" of "Living in Process" (LIP). Thank you to the LIP community for your open hearts, courage, love, support, encouragement and acceptance of me and my process. Thank you Susie for your enthusiasm, encouragement and for your beautiful harmony voice. I've had songs come to me as long as I can remember. As an adult I can remember thinking (and judging)"These are kid stuff. Some day I'll write a real song," and pushed them away. Of course, I never quite got around to it. About 15 years ago I became more conscious that I am on a spiritual path and became willing to receive and accept the songs as the gifts they are. Most of all, thank you Creator. Eileen All profits from the sale of this CD will be donated to Peace Valley Healing Center. Other tax-deductible donations may be sent to Peace Valley Healing Center P.O. Box 979, Boulder, MT 59632-0979. For more information about Living In Process, call Wilson Schaef Associates at (406) 225-9171 or visit [livinginprocess.com](http://livinginprocess.com). The purpose of Peace Valley Healing Center is: To provide education, research, and services to foster alternative approaches to healing from addictions and abuse. Lyrics and music by Eileen except where noted. Liner notes by Eileen. Cover Photo: Boulder Hot Springs Hotel, Boulder Montana, by Bobbi Lewis 1999 Other photos by Joyce Marshall 2003 Recorded at the Music Mill, Lewiston, Idaho, August 25, 2002 Engineered by Dan Faller

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