



Now
Our breath
At the core
Away from
noises and war
Still and whole
the Soul
One

1. Light a Flame

Light a flame
Inside your breast
To guide your soul throughout
The darkest night
Unfold your self
Be only who you really are
Find your own true note

Be your note
Beyond all doubts
To form your shelter
Within your heart
You are your home
Be only who you really are
Find your own true note

(Instrumental)

Your shelter within your heart
You are your home
Be only who you really are
Be your own true note

2. Away Away

Away away
Away your sorrow
Follow your way
Let your heart open
Follow the sun
Go and surrender
The heart overflows all borders
My heart is wider than that
My journey goes one with yours
Goes your journey one with mine?
Follow your way
Open your heart
Follow your heart
Open the way

Away away
Away your sorrow
Follow your way
Let your heart open
Follow the sun
Go and surrender
The heart overflows all borders
My heart is wider than that.
I will not go anywhere
Do you need to go somewhere?
What is this light,
Within my bones
Within our breath
What is this love?
Light in our bones,
Love in our breath

Away away
Away your sorrow
Follow your way
Let your heart open
Follow the sun
Go and surrender
The heart overflows all borders
My heart is wider than that.
Today I know I am alive
Some day you know why you live
Beyond ideas
Of wrong and right
There is a field,
I'll meet you there
Stand by my side,
And be my shield
Beyond ideas of wrong and right

Away away
Away your sorrow
Away away
A way away away a way away
Away away
Away away

..A way

3. Winds

They told me to go where the winds would lead me
That's why I followed these flowing air streams
Till the day where it is the wind that found me
Reaching from far behind, blowing my fair dreams

Refrain:

If it were true there is a destiny for all
Why wait before, we could make it our own?
Waiting for whom? waiting for what?
The rising of the seas

Losing oneself to find ourselves anew
Loneliness embraced, come out renewed
To cease our pace, just for a true encounter
And losing oneself to find one another

They told that there must be a train I take
So I started running till I could not fake
Everybody pretended to go somewhere
Above all, what I love is to lose my way

Refrain

(Instrumental)

Refrain

Waiting for whom?

Waiting for what?...

...For whom? For what?...

4. We Are an Island

Breathe and expand, now
You are an ocean
We'll go with your flow
Aim beyond our shore
Even the sky blue is move by your waves
I fly in your eyes
We are an Island
Free

Seek to arise, grow
Deep and upright
Dive within these heights
Feel how wide you are
Eternity flows, with what's alive
I fly in your eyes
We are an Island
Free

(Instrumental)

Beam as a sunrise
You are the ocean,
I'll sail way off shore,
And flow how far I can
Until Eternity reaches our core
I will fly in your eyes.
We are an Island
Free

Breathe and expand now,
You are an Ocean.
We'll go with your flow.
Aim beyond our shore.

5. With an If

Refrain:

With an 'if', they say,
You may build the world anew (2X)
Anew

If it were true I would change the world
I would change the world
But where to start?
Tell me where to start?
Myself? of course!
Never tamed yet, never
I would go further there
In the land of my soul

Refrain

If it were true I would change myself
I would change
But, where to start?
Tell me where to start?
My hair or the way my feet and the ground meet
My ink blue and the white sheet
The shape of my dreams

Refrain

If it were true
I would get to know you (x2)
But where to start
Tell me where to start?

6. Love or Fear

Refrain:

Love or fear
We may choose
And rise above
What makes us narrow
Fall and falling
Discover our wings

People tell you where to go,
How to be, and what to think, what to think
Until you feel your heartbeat,
Only you can walk your feet, walk your feet
They will tell you who you are,
Make you travel near and far, near and far
Only you can feel your heart,
Your only guide is inside. It's inside.

Refrain

If you need to reach your home,
Rivers take you through the land, hold my hand
With the winds or on the seas,
Over hills or in your dreams, in your dreams
Draw the path it will be yours,
Only you can feel your heart, feel your heart
Draw the path it will be yours,
Only you can feel your heart, feel your heart
Refrain

What to think, what to think
Walk your feet, walk your feet
Near and far, near and far
It's inside, it's inside
Feel your heart, feel your heart
Feel your heart

7. Day by Day

Long ago far away in the country
Was a man who was ploughing his field, with his own hands
And the man sowed his wheat, seed by seed
Like gold the sun made it shine
Day by day, the flowing hours, a man working with his own hands
Day by day, the flowing hours, a man working with his hands
What did it mean to him to plough, the earth by hand?
What does it mean to me to stand, on his field?

Long ago far away, by the riverside
An old lady was knitting some clothes for her family
Knitting for her sons and her grand-sons
She was working there all day long

Day by day, the flowing hours, an old lady working with her own hands
Day by day, the flowing hours, of a lady working with her hands
What did it mean to her to work there by the riverside?
What does it mean to me to stand in her river?

There was, far away, deep in Africa
A young potter who made some jars for the whole tribe
Her hands, lovingly, shaping the mud
The work done she would gaze at the jar
Day by day, the flowing hours, of a girl working with her own hands
Day by day the flowing hours, a young girl working with her hand
What did it mean to her to shape, the earth by hand?
What does it mean to me to stand in her desert?

And today, with the jar she gave me
I will go back home and dig a hole by the riverside
I will empty the jar in the river,
Then I'll bury it into the earth
I will empty the jar in the river,
Then I'll bury it into the earth

...And I will be fine

8. The Earth's Whisper

Within the womb of the Earth
Sounds
Another voice
The deepest call reminding us that
We are related
The Earth says, we are all hers

Within the womb of the Earth
Sounds
Another voice
The deepest call we've ever heard for
She knows us by heart
She whispers,
How we
Will become
Awake

(Instrumental)

The deepest call we've ever heard
For she knows us by heart
She whispers
How we will become awake



9. Praise

Waking up in the morning
Can I praise the sunglow?
On the way to work running
Can I be still and go slow?
Praise the rain on the field, on the rose.
Praise the Joy in the heart, the sorrows.

Can I praise train running by and that will
Never wait?
Can I praise the wind in my back?
That will lift my fate,
Lift my soul
Can I praise?
Yes I can

Each day, every night,
When you dance, as you fight
As you water a plant, or
when you burn on the sand
Praise the friend who is blinded by despair
And when you don't see the end of your pain
Can I praise the train running by that will never wait?
Can I praise the wind in my back that will lift my fate?
Lift my soul,
Can I praise?
Yes I can!

(Instrumental)

Waking up in the morning
Can I praise the sunglow?
On the way to work running
Can I be still and go slow?
Praise the rain on the field, on the rose.
Praise the Joy in the heart, the sorrows.

Can I praise the train running by that will never wait?
Can I praise the wind in my back?
That will lift my fate,
My soul
I praise
I can!

10. A Summer Afternoon

You took the back door
Quiet as a soft wind
In a Summer afternoon game
Then gone

We thought you just had to change your shirt
To close a window before the storm
We had not seen it come anyway
Was there any storm on that day?
And then nothing of you left
Just a chair forever empty
Often I wonder why
And if you will come
To the sea

The empty room
You left when you withdrew
In that attic under that sky
You drew a line

I have taken that for a bad joke
Expecting you'd come out of the wardrobe
You were standing behind all the curtains
No matter what, we'd hold the reindeers
When I look back on this garden
Much too green, to be true
Often I wonder why
And if you will come to the woods

Come with me and feel
How the trees grow
Feel those barks of birches and oak, feel
Feel the meadows ancient fragrance
I'll embrace for you the universe
Feel the meadows ancient fragrance
I will hug for you the world
Come with me walk at my pace
Walk on this path
Leave your darkness behind
Stand on this side
Where there is Light

11. A Land with no Boundaries

When all in you needs to blossom
Together or lonesome
When everything leads you away
Nothing stands in the way
Why don't you leave?
Wide open spread your wings
To the land with no boundaries.
A land that your heart and soul
Without fear embrace.
The only land you know
When you are tirelessly striving, your soul starving
No mountain to climb or to move.
Nothing to claim or prove

When all in you, needs to blossom
Together or lonesome
When everything leads you away
Nothing stands in the way

12. Grounded in Freedom

Let go of what is in your way
Make yourself wind and tree
Be your landscape, your own landscape
Embrace the fire, the Sun
Make yourself a flame, or a salamander
A salamander
All walls between us will fall
Let them go down once for good and go
All walls between us will fall, down on the ground
And shall set us free

Embrace the fire, the sun
Make yourself a flame
A salamander, a salamander
All walls between us will fall
Let them go down once for good and go
All walls between us all fall down on the ground
And shall set us free

(Instrumental)

Let go of what is in your way, grounded in freedom
Speak for the Rose
Let go of what is in your way
Make yourself wind and tree
Be your landscape, your own landscape

13. Flow

There is under you a the river
The water will take you further
May it flow as your lifeblood goes
From stone to stone, land to land, let it flow

Here I am standing on the Earth
Ready to be me, and still love
Love all, what makes you so you
Who are you to reveal me who I am?

How do you make the days so bright
And fill with stars night after night
How do you know the song where I was born?
The sounds that brought me on this ground
This ground, a ground, the ground,
Where we can be

(Instrumental)

All around us a circling warmth
Deep within me a certainty calls
Through you a knowing, with a heartbeat
Let it sound, and sound, we sound, we sound
Just who we are to become, Infinite and true

(Instrumental)

...Infinite and true.
Let's stand upright. Let's stand upright,
And breathe, and breathe deep and wide
Deep and wide

14. Once Time in a Life

This comes once
Once in a life
This comes once
It's once in a lifetime a thing

Why should I bury thee
Why should we hide or flee
Let's unfold through this bond
Let it be
May it breathe deep and round
Endless force
Infinite source

(May it inspire you as it fulfills me)

This comes once
Once in a life
This comes once
It's once in a lifetime a thing

I am yours, yes
I am yours
Not that someone owns another
All of me recognizes you,
As a ground knows the gardener
Who made it lighter.
My every cell is alive,
When you are around

(Own me...
For the river belongs to the ocean
As the reflection of heaven)

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