



*Photography by John Radigan
www.adklight.com*

Find Your Bliss!

Songs of Hope and Healing From The Troubadours of Divine Bliss •

Something Better

One foot on the shore, one in the boat
Afraid to make a move - will you sink or
float?

Time to trust, time to choose
You know what you have to do
Torn apart, ripped in two

Fairytale you believed did not come true
Let go of someone you loved the most -
hardest thing you've had to do.

There is something better for you.
Gotta believe it. Wanna receive it.

Something better for you. Hang on
There is something better for you
Clouds are liftin', Tide is shiftin'

Something better for you - Hang on
There is something better
There is something better for you

Bottom fell out, roof caved in
Rug pulled out from where you stand
Firing squad put an end to your means
Now what will you do?
There is something better for you

Wounded wing too confused to fly
Turn your trembling heart from the wall
Show it the sky!

Turn the page on tragedy
Tell yourself a better story
Put a mask on God's face
Never felt worthy of amazing grace
till you fell to your knees and prayed
You heard what Love has to say
Love over Pain
Light over Dark
Love over Fear
is the prayer of my heart

"Something Better" is from the 2015 CD "As You Wish".

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Broken Open

Winds are moving from the west
Time to take my place and place my bet
Fly into the storm, wounded wings reborn
Burned at the stake - I've been forged.
Maps and Compass sank
Forced to take the fall and walk the plank.
Doors slammed in my face, cold and empty
space
I know the biting sting
that severing and betrayal can bring

chorus: But I won't be afraid
I will not hesitate to make a great big
mistake
and take another chance with Fate
Because I'm ALL IN.
Time and time again this heart's been
broken in
If the crack is where the Light pours in...
Break me open

With the heart of a lion, I lay my weapons
down at your feet
There is no victory, no battle to concede
I lost the need for locks and keys.
Dropping the veil, I'm a pearl shedding its
shell
Whose worth is finally known when it opens
up to show
its willingness to brush against everything



"Broken Open" is from the 2015 CD "As You Wish".

*Songs of healing, hope and
inspiration for survivors of abuse.*

Be Brave

Be brave, hold your head up high
Your spirit's high enough to reach the sky
Be brave, baby, set yourself free
Time to take part in your destiny

I've been broken, I've been used
Lost my voice, lost my muse
Trampled by the best
Let my voice out
Let it shout, let it scream
Fall down like rain
Shattered dreams

"This is the first song I ever wrote. It's all about having the courage and the faith in yourself to follow your heart, to free your dream, to face anything that keeps you trapped in fear. And, so it's kind of a love song to myself and to all those out there who are searching for courage to be themselves and find their way on this beautiful journey."

Aim Me Smiley

"Be Brave" is from the live CD "Off the Cuff", recorded at The Winchester in Cleveland, Ohio, in 2005.

(chorus)

I can hear myself, calling myself
Ever calling myself home
Well, it's never too late to dream again
It's never too late, to dream my friend
It's never too late to dream.



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shatter

Someone tried to bottle this restless wind
Won't let them do it again
Tried to tell me where to begin, where to end
Now this wind's stirred up, looking for a
change
To think I've stayed here so long, seems so
strange, to me
Tried to leave but someone held my wings
Tried to raise my voice to the sky
I couldn't sing
Searched the sunset for my song
Let my pain sleep with the dusk
And my Hope rise with the dawn

These old bones are knockin' at my skin
These old ghosts are walking on ice that's
getting thin
And if I have to be the one
to make a mirror of this wall
Shatter it all.
Shatter it all to see
what's inside of me.

*"Shatter" is from the live CD "Off the Cuff",
recorded at The Winchester in Cleveland, Ohio,
in 2005. "Shatter" features guest guitarist
Brian Henke.*

Tell a child it's impossible
They'll try it anyway
Dampen their fire long enough,
You'll smother their flame
Why plant a flower in unyielding ground?
Why tell the nightingale not to make a
sound?
Tell me I can't walk again, and I'll run
Tell me I can't shine, and I'll chase the sun
Lock the door and throw away the key
Walls can't hold the spirit that sings to be free
These old bones are knockin' at my skin...

Break me, shake me.
Take me, take me
Go on and set me free
I wanna cry, I wanna cry
I wanna die to this
I wanna fly, I wanna fly
Free, in the wind
I wanna dream
I wanna spread my wings
I wanna sing my song
Make a mirror of this wall
And shatter it all

*Songs of healing, hope and
inspiration for survivors of abuse.*

Bird Called Hope

I'm sorry for your pain, tried to shield you
from the rain
When the clouds wring out their tears and
the sky starts to fall...
and I know that you feel lost, if I could I'd
pay the cost
but I've learned that Poverty is worth it all



chorus:

Take this moment...in your hands
It will never come again, my friend
Hope's a bird perched in your Soul
that sings the tune without the words and
never stops at all

As long as a rainbow still follows the rain
As long as a momma's hand still comforts
the pain
If when we hear heartbreak, we keep crying
When all seems hopeless, we don't
stop trying

As long as our cries don't drown beneath
the sea
As long as we can pray to the God in which
we believe
as long as the seasons still come and go
as long as we're willing to know there's so
much more to know

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chorus

bridge: What am I?

What are we?

We are but dreamers, you and me
We're all the same, whatever your name
can't we believe this Bird has wings...this Bird
has wings

Where I end...you begin
We extend, extend my friend
We don't win. We don't lose.
We choose. We choose. We choose.

chorus

bridge

There's still hope
Take this moment...in your hands
It will never come again, my friend.

"Hope Is The Thing With Feathers"

by Emily Dickinson

Hope is the thing with feathers
That perches in the soul
And sings the tune without the words
And never stops at all

And sweetest in the gale is heard
And sore must be the storm
That could abash the little bird
That kept so many warm

I've heard it in the chilliest land
And on the strangest sea
Yet, never, in extremity
It asked a crumb of me

"Bird Called Hope" was recorded at a live event for WomenSafe in Munson, Ohio, in May, 2008. Lyrics of "Bird Called Hope" inspired by the Emily Dickinson poem, "Hope Is The Thing With Feathers".

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inspiration for survivors of abuse.*

Cami's Rainbow

Nobody ever said it was going to be easy
and certainly it has never been easy for you
A little girl's dreams and innocence
shattered...

at such a tender age
It's a wonder any soul could make it through
Everything they took from you made you
question what you have
Everything they said to you still echoes in
your head
and like a turtle in its shell you slipped inside
to save yourself
but your volcano's going to erupt one day

So come on out and let me in
It's not too late to begin
to say all the things you want to say

chorus: If the rainbow was your palette
and your canvas was the sky
how high would you fly, girl
to paint the masterpiece of your life?
How high would you fly?

Remember when we used to play
dress up in roller skates and hide and seek
in the cornfields out back

whispering under the covers
about nightmares and secret dreams
oh, I would have done anything
to protect you
You know a wolf will heal its wounds
by howling at the moon
Only people close their eyes
and hope it will go away soon
But baby sister I'm here to say
the past don't disappear
It's with you every day
till you release your pain and
set yourself free.

chorus
I knew you before your walls went up
I knew you before your rage
and I've always seen deep in your eyes
the warmth of a child's playful gaze
and it makes me wonder...

If the rainbow was your palette
and your canvas was the sky
how high would you fly, girl,
to paint the masterpiece of your life?
How high would you fly?

Mariposa means butterfly in Spanish.

A mariposa leaves that place which has held her captive—that place which has made her feel alone in darkness, trapped and afraid that she may never be free. Yet in the cocoon, sitting in the stillness, wings are created that let us fly! How do you envision your future? If you were a butterfly—now free from restraint—how would you paint the canvas of the sky in all its infinite possibility? The rainbow is your palette! May your spirit soar free like that of a butterfly. Paint a masterpiece of your life!



This drawing was made by Cami Gucinski. She is the Cami sung about in the song. This is Cami's Rainbow.

"Cami's Rainbow" was recorded at a live event for WomenSafe in Munson, Ohio, in May, 2008.

Songs of healing, hope and inspiration for survivors of abuse.

Awakening to Love

All of these rooms in my Soul
I'm so afraid to go
behind the walls- secrets, scars
and shadows

I will no longer feel this pain
no longer be restrained
Wild-eyed innocence
let my Soul be born again

Now's the time to heal
what's been broken inside
I've waited, waited too long
to cry

Now's the time to show
all the things I felt I had to hide
I hold the key to the cage I'm
locked inside
Open the door and let me fly!

Awaken Me to Love. Awaken
Me to Love. Awaken Me
to Love

We're all humming the same
tune
Dreaming under the same Moon
just trying to get it right
longing for the Light
So many stories to tell,
we know that Love will prevail
if we believe we are all worthy

We are worthy to be loved and
love abundantly
Worthy to feel the depths so
tenderly
Worthy to forgive and be
forgiven
Worthy to hold the Kingdom of
Heaven within
The Kingdom of Heaven is
within

Awaken Us to Love

From every corner we will meet
Encircle the Ancient Tree

and if we stand there long
enough
we'll remember how to Sing
how to Laugh, how to Trust,
how to be at Peace
how to Dream in a Chorus of
Remembering

We are called to be Wise, to be
Strong, to be True
Called to rise to the Higher Self
inside of you
Called to be Whole to Heal and
Reveal
Called to feel this Ocean of Love
Ocean of Love
Awaken Us to Love
Release rejection
Release perfection
Release hate, it's not too late
You're not a prisoner of your Fate
Awaken Love in us
Awaken Love in us
Awaken us to Love

"Awakening to Love" is from the 2012 CD "Awakening to Love".

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It Is Well

(Inspired by the hymn "It Is Well With My Soul")

Take this hurt, empty this cup
I've been drinking from it long enough
Let it spill all the poison that it holds
I am thirsty but not for this
I can taste on my lips
The sweet nectar of letting this all go

chorus: Lift me up, Make me whole
Make me peaceful in my Soul
It is well, it is well, it is well

Take this anger and its clenches
There's no safety in these trenches
Let this battle finally be won
I want to fight for peace not war
Wield my sword of truth but only for
Opening and letting this all go

"It Is Well" is from the 2012 CD "Awakening to Love".

chorus

Take this fear from my head
I want to wear a crown instead
Filled with jewels of compassion,
courage, grace and love
Move these mountains, lift these veils
I haven't lost, I haven't failed
I've been forged, fired, revealed
I am healed

chorus



*Songs of healing, hope and
inspiration for survivors of abuse.*

Walking Wounded

My heart has scars made by your hands
Wounds so deep they keep opening
You came to show what sharp edges do
The daggers that pierced you, pressed into me too
You made a Minefield of me,
hidden destructions buried so deep,
so deep I can't recall where I'm keeping them all
but I see the devastation they leave.
The war is over, but the battle rages on
No matter which side of the line you're on.

chorus: We're all Walking Wounded
not bad, just so broken
We're all Walking Wounded
How can I beg for grace then turn around and deny
you the same?
If I let this go it doesn't mean you don't own it-
It means it doesn't own me.
If I let this go it doesn't mean it didn't happen-
It means it's not still happening.

The Shadow of a Thief sought to steal my Light
from me
You entered my home but I still hold the key
I built an iron fence and locked myself in
so I'd never be caught in those clutches again
But now I can't tell if I'm in heaven or hell
or which side of the cell I'm in

chorus: We're all Walking Wounded...

I untie, I untie
I untie the weight of a dead man I've been carrying
I untie the debt you could never repay anyway,
I untie the crimes you made in my name
and all the times I let you do it again.
Untie the strangling, untie the tangling,
Untie the mangling, the shame and the blaming,
Untie the hold you had on me.

I release, go in peace.
I release, go in peace.

"Walking Wounded" is from the 2015 CD "As You Wish".

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Umbrella In The Sea

When you stumble and you fall,
can't see the writing on the wall
When your mind's a roulette wheel,
spinning, searching for what's real,
When you feel frustrated,
this world seems over-rated,
Life is waiting in the wings -
sitting in an Umbrella in the middle of
the sea.

chorus: You are not alone
You have a home inside my heart
and for every storm a rainbow, every tear a
smile
Every care a promise, and a blessing in each
trial
For every problem Life sends a faithful friend
to share
Every sigh a sweet sweet song and an answer
to each prayer

When you feel like a puppet on a string
always second guessing
if it's you that makes the move
or what others want you to do
When you're shoes without a soul,
pull the blinds and lock the doors
When you burn the house down
just to find the key

chorus

Hold your shell up to your ear
but you can't hear a sound
You're a message in a bottle
drifting waiting to be found
When you're a bird whose wings are furled
into a tiny little cage
When you ache for an embrace
that could crumble a thousand walls

chorus

"Umbrella in the Sea" is from the 2015 CD "As You Wish".

*Songs of healing, hope and
inspiration for survivors of abuse.*

Soul Song

Curious one, ragamuffin child grew up where houses are small and the kids run wild. Playing tag, steal the flag, Little League, down by the creek catching crawdads. But as the seasons changed so did the rules of the game. You learned that hearts can be broken. Spirits tried to be tamed. Taunted and used, broken and bruised left you confused as to your Holy name. Your Sacred Temple became a storehouse for shame. So you'd retreat to the peace, the sweet release, when you'd dance and sing you'd let it all out. You felt you were really something. Then a Voice within began to filter through you. It was the Melody of your Soul – singing – You.

chorus:

I'll sing your Song to you (when you've forgotten it)
I'll show you your Beauty (See what I see)
I'll call you by your name (when you've forsaken it)
I'll sing your song

As you grew you knew there was more to explore so you opened every door you came before. You found Jesus, you found Faith, found the weight of your father's fist against your face. You found Hope then you lost it, found a way out, then you double-crossed it, found a Hail Mary then you tossed it. Fumbling to find your feet, stumbling feverishly, blindfolded and searching for something you'd lost. So you hitchhiked the Yellow Brick Road with a sign that said, "Oz or Bust". And all the masks you wore trying to find out who you really are - a student, a dancer, traveling philosopher, a credit card carnie and a dime-a-dance girl, High School President, Hollywood Rock Chick, Catholic, Charismatic, avid Agnostic, a nanny, an Extra, an actress, a waitress, a wailing widow and a Guru's secret. Though your heart would break 1000 times you still came back for another try. All the while you were being drawn by the siren call of your Soul's Song

chorus

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Troubadours of Divine Bliss

Close your eyes, you will find, I have always been right here. Still your mind, you can design anything on the blank canvas. Let a hush fall upon your lips. Let your heart tell you who you've always been. Open eyes, Root to Sky. I Say, all my Heart, all my Life. When you no longer awoke with the weight of your lack – a rose bloomed inside your chest, Awakened by the grace of a Great Mystery. You beat the odds and bet it all on a Mystic's Dream, set your sights on the clearest gods Relentlessly pursued the Truth from the Teachers, all the Poets, all the Holy Books. It was then that began, your Hero's Quest, the writing of the pages of your Sacred Text. You found that Life is the instrument and you – the Troubadour and the privilege of a lifetime is to become who you are. You fell back into Music's arms and haven't stopped singing along. You became the reed for your Soul Symphony.

chorus



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inspiration for survivors of abuse.*

The Troubadours of Divine Bliss are a musical duo from Louisville, Kentucky. They have been recognized as “Best Folk Band” in Louisville and New Orleans. With Renee Ananda on accordion and Aim Me Smiley on guitar, together their voices create harmonies that BBC Radio says, “could melt a stone statue.” They perform, speak, and help facilitate healing retreats called Mariposa heARTwork shops for survivors of abuse or for anyone searching to find healing from pain, from shame, from hurt, from hopelessness. They sing about opening your heart, healing, and freeing your dream.

“These songs are an offering of hope, encouragement, and inspiration. May they act as signposts to point the way to peace, joy, and fulfillment. It is our hope that this music will plant seeds in the hearts of all who hear it and listen, and that a deep love will grow in you until a new world is born. These songs come from our hearts because, you see, we are survivors, too.”

—*Aim Me and Renee*



Contact Troubadours of Divine Bliss on facebook,
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Special thanks to Steph Dlugon on violin throughout this CD.