

## Everything is Energy

Energy is everything, everything is energy  
Energy is everything, everything is energy  
There's so many, many, many, many, many things

Plants, animals, people too  
Big big trees and worn out shoes  
Dogs, cats, butterflies  
Rocks in rivers clouds in the sky  
Cars, books, an electric guitar  
Glowing moon and a shining star  
Earth, sun, everything  
When we talk and when we sing  
It's all energy

Energy is everything, everything is energy  
Energy is everything, everything is energy  
There's so many, many, many, many, many things

Plants, animals, people too  
Big big trees and worn out shoes  
Dogs, cats, butterflies  
Rocks in rivers clouds in the sky  
Cars, books, electric guitars  
Glowing moon and shining stars  
Earth, sun, everything  
When we talk and when we sing  
It's all energy

Energy is everything, everything is energy  
Energy is everything, everything is energy  
There's so many, many, many, many, many things  
And it's all energy

Written by Steve Skudler and Sharon Myrah

Performed by Steve Skudler

©2009

## Did You Wear Your Bubble Today?

Did you know your aura can collect other people's thoughts and feelings?

If those thoughts are positive they can be healing  
But if they are negative, stressful, or sad  
If you don't take care of yourself, you can feel bad

Oh Yeah

Imagine yourself inside a bubble  
It can't be seen because it's subtle

Ohh – Did you wear your bubble today?

It's a protective shield; yes it's your bubble  
Surrounds your energy field helps keep out trouble

Ohh – Did you wear your bubble today?

Your aura can collect other people's anger and pain

And there's sometimes a feeling we can't explain  
If you've been around someone who has been mad

If you're wearing your bubble you will be glad

Oh Yeah

Imagine yourself inside a bubble  
It can't be seen because it's subtle

Ohh – Did you wear your bubble today?

It's a protective shield; yes it's your bubble  
Surrounds your energy field, helps keep out trouble

Ohh – Did you wear your bubble today?

Imagine yourself inside a bubble  
It can't be seen because it's subtle

Ohh – Did you wear your bubble today?

It's a protective shield; yes it's your bubble  
Surrounds your energy field helps keep out trouble

Ohh – Did you wear your bubble today?

Ohh – Did you wear your bubble today?

Written by Steve Skudler and Sharon Myrah

Performed by Steve Skudler

©2009

## Do the Chakra Spin

Your energy centers are like a wheel or a disc  
There's 7 of them along your spine that exist  
If they're all open and if they're cleared out  
You'll find balance and release any doubt  
If your chakras aren't active and you can't find peace  
Then spin your chakras until they release

Spin your chakras - do the chakra spin  
Spin your chakras over and over again  
Spin your chakras - do the chakra spin  
You'll love the mood it'll put you in

Stand straight. Start at the base of your spine  
Spin like a top, spinning around clockwise  
Spin each chakra, circles up your spine  
See them all spinning, in your minds eye  
Like a small tornado, circles up your spine  
Yeah spin your chakras, feel yourself unwind  
Spin them fast, circles up your spine  
Do the chakra spin, it'll help each time

Let's spin

My root chakra is the color red  
Like the earth safe and sound, I'm strong and rooted in the ground  
My sacral chakra is the color orange  
Like water flowing free, I move my way and I'm me  
My solar plexus chakra is the color yellow  
Like a flame burning bright, I spread my joy with my light  
My heart chakra is the color green  
Like the air everywhere, I share compassion and loving care  
My throat chakra is the color blue  
Like space that carries sound, I speak my truth all around  
My brow chakra is the color indigo  
Like a light clear and glowing, I'm focused with inner knowing  
My crown chakra is the color purple  
Like a spirit filled with love, I'm connected with above

(continued)

(Do the Chakra Spin, continued)

Your energy centers are like a wheel or a disc  
There's 7 of them along your spine that exist  
If they're all open and if they're cleared out  
You'll find balance and release any doubt  
If your chakras aren't active and you can't find peace  
Then spin your chakras until they release

Spin your chakras - do the chakra spin  
Spin your chakras over and over again  
Spin your chakras - do the chakra spin  
You'll love the mood it'll put you in

Yeah spin your chakras - do the chakra spin  
Spin your chakras over and over again  
Spin your chakras - do the chakra spin  
You'll love the mood it'll put you in

Stand straight. Start at the base of your spine  
Spin like a top, spinning around clockwise  
Spin each chakra, circles up your spine  
See them all spinning, in your minds eye  
Like a small tornado, circles up your spine  
Yeah spin your chakras, feel yourself unwind  
Spin them fast, circles up your spine  
Do the chakra spin, it'll help each time

Yeah - spin your chakras - do the chakra spin  
Spin your chakras over and over again  
Spin your chakras - do the chakra spin  
You'll love the mood it'll put you in

Spin your chakras - do the chakra spin  
Spin your chakras over and over again  
Spin your chakras - do the chakra spin

Written by Steve Skudler and Sharon Myrah

Performed by Steve Skudler

© 2009

## Follow Your Intuition

You can find your inner wisdom  
Oh, you can follow your intuition  
And make good decisions  
Oh, you can follow your intuition

Listen to your heart, what does it say  
When you're really listening?  
You can always choose to do the right thing, do the right thing  
Listen to your heart, what's it telling you?  
To find your inner power  
You can always choose to do the right thing, do the right thing  
You can always choose to do the right thing, do the right thing

You can trust your inner wisdom  
Oh, you can follow your intuition  
And make good decisions  
Oh, you can follow your intuition

Listen to your heart, what does it say  
When you're really listening?  
You can always choose to do the right thing, do the right thing  
Listen to your heart what's it telling you?  
To find your inner power  
You can always choose to do the right thing, do the right thing  
You can always choose to do the right thing, do the right thing

Written by Steve Skudler and Sharon Myrah

Performed by Steve Skudler

© 2009

## **Energy Flows Where Attention Goes**

Have you ever been soothed by cool hands  
Touching your feverish forehead, easing your pain?  
Have you ever been held by healing hands  
Holding you closely, helping you feel safe?

Energy flows where attention goes  
Did you know you can use your healing hands to help people feel better?

Energy flows where attention goes  
You can use your open heart and your healing hands  
To help people feel better

Healing hands can move energy  
Help bring change, lessen the tears  
Healing hands can move energy  
Soothe away your troubles and fears

Energy flows where attention goes  
You can use your healing hands to help people feel better  
Energy flows where attention goes  
You can use your open heart and your healing hands  
To help people feel better

Have you ever been soothed by cool hands  
Touching your feverish forehead, easing your pain?  
It takes an open mind to unleash the innate power  
Accessible to all of us again and again

Energy flows where attention goes  
Use your healing hands to help people feel better  
Energy flows where attention goes  
Use your open heart and your healing hands  
To help people feel better

(Repeat)

Written by Steve Skudler and Sharon Myrah  
Performed by Steve Skudler

© 2009

## **There's a Light in my Heart**

Nothing can stop the light that I have  
To find my own way to let my heart glow  
To think of how I want to be  
In my life for all to see

There's a light, there's a light, there's a light in my heart  
And everyday I know how to make it glow  
There's a light, there's a light, there's a light in my heart  
That is brightly shining through  
There's a light, there's a light, there's a light in my heart  
It helps me hold on to my dreams  
There's a light, there's a light, there's a light in my heart  
And it's brightly shining through

I'm like a flower in the rain  
My future's bright, my heart is open  
Like a flame warm and bright  
I spread joy with my inner light.

There's a light, there's a light, there's a light in my heart  
And everyday I know how to make it glow  
There's a light, there's a light, there's a light in my heart  
That is brightly shining through  
There's a light, there's a light, there's a light in my heart  
It helps me hold on to my dreams  
There's a light, there's a light, there's a light in my heart  
And it's brightly shining through

(Repeat)

Written by Steve Skudler and Sharon Myrah

Performed by Steve Skudler

©2009

## Your Invisible Gift

Your Invisible Gift, Your Invisible Gift

Uh Huh, What can you do when you see someone who is sad?

What can you do when you see someone in pain?

What can you do when you think there's nothing you can do?

You can send an invisible gift, something that can help them through

And it comes from inside you

There's always something you can do

Ohhh - Because healing energy flows through you

Your invisible gift lives inside you

It's in your heart and it's in your hands

Your invisible gift lives inside you

Its loving thoughts, healing thoughts, kind touch and a helpful hand

Its loving thoughts, healing thoughts, a smile and a helping hand

Your invisible gift, your invisible gift

Oh Yeah, What can you do when you see someone who is hurting?

What can you do when you see someone angry inside?

What can you do when you think there's nothing you can do?

You can send an invisible gift, something to help them through

And it comes from inside you

There's always something you can do

Ohhh – Because healing energy flows through you

Your invisible gift lives inside you

It's in your heart and it's in your hands

Your invisible gift lives inside you

Its loving thoughts, healing thoughts, kind touch and a helpful hand

Your invisible gift lives inside you

It's in your heart and it's in your hands

Your invisible gift lives inside you

Written by Steve Skudler and Sharon Myrah

Performed by Steve Skudler

©2009



## Nip It in the Bud

When something's bothering me  
It's like an itch that I can't scratch  
And if I don't work it out right away  
It might even start making me mad  
(I don't want it to live inside me)  
I can think it through and talk it out

I've gotta nip it in the bud so I can sleep well tonight  
Then I won't keep worrying about it all of the time  
If I nip it in the bud, it will be alright (no more feeling bad)  
Can't just sit back, I've got to make things right  
Need it off of my mind and out of my sight  
If I nip it in the bud it'll be alright (only happy feelings)

I want to have a good time  
Life's short enough as it is  
Don't want to spend my time thinking about  
How I'm going to take care of biz  
(I need to change it around)

I've gotta nip it in the bud so I can sleep well tonight  
Then I won't keep worrying about it all of the time  
If I nip it in the bud, it will be alright (no more feeling sad)  
Can't just sit back, I've got to make things right  
Need it off of my mind and out of my sight  
If I nip it in the bud, it'll be alright (only happy feelings)

Gotta nip, nip, nip, nip, nip it in the bud

Written by Steve Skudler and Sharon Myrah

Performed by Steve Skudler

©2009

## Gratitude

Gratitude - not a day goes by that I don't have gratitude, and I'm so thankful

Not a day goes by that I don't have gratitude  
For all the things that I have and things that I do  
Not a day goes by that I don't have gratitude  
Not a day goes by that I don't have gratitude  
For my heart, my health, my attitude  
Not a day goes by that I'm not thankful  
For this precious life and this incredible journey - gratitude

Not a day goes by that I don't have gratitude  
And I have compassion for others too  
Not a day goes by that I don't have gratitude  
Not a day goes by that I don't have gratitude  
For my heart, my health, my attitude  
Not a day goes by that I'm not thankful  
For this precious life and this incredible journey

I'm thankful for my life and I'm thankful for my home sweet home  
I'm thankful for my family and friends that I love  
I'm thankful for my happiness and dreams that I adore  
And I'm thankful cause there's so much to be thankful for - gratitude

Not a day goes by that I don't have gratitude  
For the earth, Mother Nature, and the animals too,  
Not a day goes by that I don't have gratitude  
Not a day goes by that I don't have gratitude  
For my heart, my health, my attitude  
Not a day goes by that I'm not thankful  
For this precious life and this incredible journey

I'm thankful for my life and I'm thankful for my home sweet home  
I'm thankful for my family and friends that I love  
I'm thankful for my happiness and dreams that I adore  
And I'm thankful cause there's so much to be thankful for - gratitude  
I'm thankful for my life and I'm thankful for my home sweet home  
I'm thankful for my family and friends that I love  
I'm thankful for my happiness and dreams that I adore  
And I'm thankful cause there's so much to be thankful for - gratitude

Written by Steve Skudler and Sharon Myrah

Performed by Steve Skudler

©2009

## Breathe In Breathe Out

So many thoughts running through your mind  
Hard to keep up all the time  
So many thoughts racing through your mind  
Hard to let go, relax and unwind  
Just gotta meditate, slow down  
Calm your mind, when there's no sound  
Just gotta meditate, slow down  
Be very still where there's no-one around, no-one around

Breathe in, inhale real slow  
Breathe out, let your worries go  
Rest your body; get in touch with your heart and your soul  
Breathe in, inhale real slow  
Breathe out, let your troubles go  
Rest your mind; get in touch with your heart and your soul

A quiet mind is a peaceful place  
Where the slowing of time creates sacred space  
When something is so beautiful, it takes your breath away  
It's a cleansing feeling in a healing way  
Just gotta meditate – slow down  
Be very still, without a sound  
Just gotta meditate, slow down  
Calm your mind where there's no-one around, there's no-one around

Breathe in, inhale real slow  
Breathe out, let your worries go  
Rest your body; get in touch with your heart and your soul  
Breathe in, inhale real slow  
Breathe out, let your troubles go  
Rest your mind; get in touch with your heart and your soul

(Repeat 3 times)

Written by Steve Skudler and Sharon Myrah

Performed by Steve Skudler

©2009

## To Meditate

To meditate, close your eyes, sit up straight  
To meditate, breathe in slow and breathe out slow  
To meditate, slow your thoughts, repeat a phrase  
To meditate, breathe in slow and breathe out slow

On the in breath say – I receive love  
On the out breath say – I give love  
On the in breath say – I receive love  
On the out breath say – I give love

To meditate, be very still and sit up straight  
To meditate, breathe in slow and breathe out slow  
To meditate, calm your mind, repeat a phrase  
To meditate, breathe in slow and breathe out slow

On the in breath say – I am thankful  
On the out breath say – Thank You thank you  
On the in breath say – I am thankful  
On the out breath say – Thank You thank you

To meditate, close your eyes, sit up straight  
To meditate, breathe in slow and breathe out slow  
To meditate, relax your mind, repeat a phrase  
To meditate, breathe in slow and breathe out slow

To meditate, close your eyes, sit up straight  
To meditate, breathe in slow and breathe out slow  
To meditate, close your eyes, sit up straight  
To meditate, breathe in slow and breathe out slow

Written by Steve Skudler and Sharon Myrah

Performed by Steve Skudler

©2009