

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

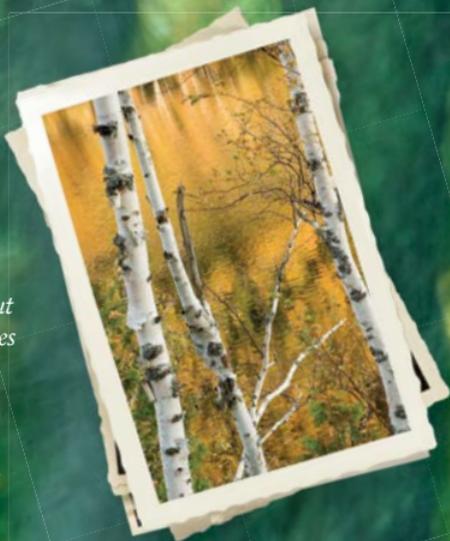
"This is the first song I ever wrote. It's all about having the courage and the faith in yourself to follow your heart, to free your dream, to face anything that keeps you trapped in fear. And, so it's kind of a love song to myself and to all those out there who are searching for courage to be themselves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



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.*