

*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  
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# 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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# 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

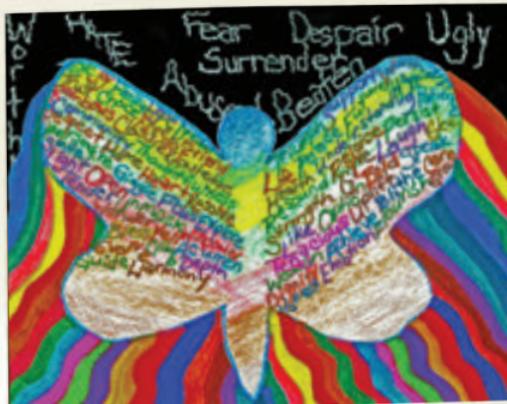
whispering under the covers  
about nightmares and secret dreams  
oh, I would have done anything  
to protect you  
You know a wolf will heal its wounds  
by howling at the moon  
Only people close their eyes  
and hope it will go away soon  
But baby sister I'm here to say  
the past don't disappear  
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*



*Songs of healing, hope and  
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,  
at their website: [www.troubadoursofdivinebliss.com](http://www.troubadoursofdivinebliss.com)  
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*Special thanks to Steph Dlugon on violin throughout this CD.*