



***Healing Songs  
to Sing to  
Yourself***

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The ~~FLORAL~~  
**FLOWERHOOD  
PROJECT**   
Live your Legacy, Love your Life

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## *Healing Songs to Sing to Yourself*

Songs are medicine for the body and soul when they're enriched with healing, empowering and uplifting lyrics.

Singing in community circles can intensify the power of a songs ability to bring more peace and joy to your heart, so if you can get together with friends to sing, do it.

Even if singing is 'not your thing', I encourage you to give this a try anyway.

As our community song leader in my town, Kva Mary Wajer, who taught me all these wonderful songs, always says, 'you can't do it wrong', there's no need to be a 'good' singer at all, it's not about that. Plus you might just surprise yourself. Singing out-loud can also help you find your voice.

I have specifically chosen songs you can sing to yourself on your own. They are simple, short, easy to learn songs. Which I sing on repeat so you can sing-a-long and get the tune and lyrics in your bones.

Unfortunately I didn't manage to find the name of the author of all of the songs. Huge thanks to the authors for bringing these wonderful songs into our world and for all the people that shared them and passed them on, that I can now also share them with you. May they bring you power, strength, peace and joy like they do for me.

Below are the lyrics. Sing along with me on the video plus there are downloads of each song so you can put them on your mp3 player. Sing these songs when you need a mood boost.

Have fun with it!



**I AM FINDING MY WAY BACK TO NOW (AUTHOR UNKNOWN)**

I am finding my way

I am finding my way

I am finding my way, back to now

**BREATHING IN, BREATHING OUT (BY BETSY ROSE)**

Breathing in, Breathing Out.

Breathing in, Breathing Out.

I am blooming as a flower,

I am fresh as the dew

I am solid as a mountain,

I am firm as the earth

I am free, I am free, I am free

I am free, I am free, I am free



This song is actually called 'We Are Sending You Light', which is such a beautiful song to sing as a group directing it out to a specific person, group of people or the world.

You could also sing 'I Am Sending You Light' to a friend who is struggling. I sent a recording of this to my cousin when she lost her husband. It also works to sing this line and direct it to yourself, but one day whilst grieving a death in my family, I found that singing 'I Am Sending Me Light' was really helpful. Try them out and see which one resonates best for you.

**I AM SENDING ME LIGHT (MELANIE DEMOORE)**

I am sending me light  
To heal me, to hold me  
I am sending me light  
To hold me in Love



**DWELLING IN THE PRESENT MOMENT**

**(THICH NHAT HANH MEDITATION/MUSIC BY LAURENCE COLE)**

Dwelling in the present moment

I know this is the only moment (x2)

Breathing in I calm, body and mind

Breathing out I smile, I smile. (x2)

**EVERY LITTLE CELL IN MY BODY IS HAPPY (AUTHOR UNKNOWN)**

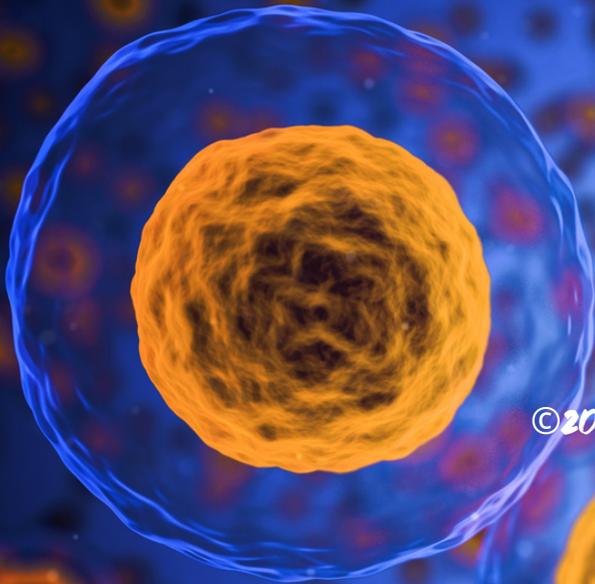
I heard the melody was the same as Shortnin' Bread - an African-American folk song dating back at least to the 1890s by James Whitcomb Riley)

Every little cell in my body is happy

Every little cell in my body is well (x2)

Every little cell, every little cell

Every little cell, in my body is well (x2)



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