

All I Am Doing

Grisha Stewart, 2024

What I'm doing now
Is all I am doing X X
What I'm doing now
Is all I am doing **now** X

A Matter of Time

Grisha Stewart, 2023

It's **only**
a **matter** of time before we
Come together and
Find our way

Oh
It's **only** only
A **matter** of time before we
Come together and
And find our way

[At the end both harmonize on]
Home

Ancestors / Future Ones

For Community Grief Ritual
Grisha Stewart, 2024

Part A:

Ancestors, we do this for

you
Future Ones we do this for you
too

Part B:

All generations, we **need** you
Feelin our way through the
shadow to the source of **light**

Ancestors Remind Me

Grisha Stewart, 2024

X Ancestors remind me
We do not do this work alone

X Ancestors remind me
We do not do this work alone

Awkward Has Time

Grisha Stewart, 2024
Inspired by Aaron Johnson

Awkward has time
To **turn** to tender
X When we slow down [2 bars]

A fire burns
From the embers
When we lean into the now

Beating Heart Chorus

Grisha Stewart, 2018

[Whole group]

I've got a beating heart, just like
you, just like you
I've got a beating heart,
just like you, just like you

Rounds

I need to BELONG...

I need to Be SAFE...

I need to Be FREE...

I've got a beating heart...

*More info on dogs being S.A.F.E.
at grishastewart.com/safe*

A Being Being Guided

Grisha Stewart 2023

A part

(I'm a) **being** being guided
(A) **being** being guided
Being being guided
When I **pause** to feel

Being being guided
Being being guided

Being being guided when I
Pause to feel

Being being guided
Being being guided
Being being guided when I
Pause to feel

I let **go**
Of the **wheel**
Spirit knows the way when I
Pause to feel

B part
I let **go**
Of the **wheel**
Spirit knows the way when I
Pause to feel

I let **go**
Of the **wheel**
Spirit knows the way when I
Pause to feel

I let **go**
Of the **wheel**
Spirit knows the way when I
Pause to feel

Being being guided
Being being guided
Being being guided when I
Pause to feel

Best Case Scenario Chorus

Grisha Stewart & Tom Clark 2020

A Part:

(X) I believe in the best case
(X) Holding on to the best case
(X) I believe in the best case
Best case scenario
pause 4 beats

B Part:

Best case Scenario
Best case Scenario
Best case Scenario
Best case Scenario
pause 4 beats

Breathe It In and Out Out Out

Grisha Stewart 2024

Breathe it in
And out out out
Breathe it out
You belong
You're safe here in my arms

Butterfly Wings

Grisha Stewart, 2021



CHORUS:

Try flappin your butterfly wings
Can you feel the flow?
Of the river of life around you
And the ground below?

VERSES:

Mother of time, you sent me Love
To hold me through my tears
Daughter of time, I send you Faith
To fly you through your fears.

Brother of time, you set me free
To feel my way to simple
Sister of time, you shared your trust
Breathing in your tempo

Father of time, you sent me Hands
To learn what I can do
Son of time, I send you Trust
To see the world anew

Mother of time, you sent me Hands
To learn what I can do
Daughter of time, I send you Trust
To see the world anew

Bumping Into Walls

Grisha Stewart 2022

Slow down, slow down
You're bumpin into walls
Slow down, there's time

Feel.
Intuit all.

Circle of Trees

Grisha Stewart 2023

In a circle of trees
Weaving melodies
May wisdom ripple through me
for us all

All beings everywhere,
May we dare to care
(X) **Remember** to remember
We belong
Remember to remember we
belong

Day by Day

Grisha Stewart 2022

Day by day,
Drop by Drop,
Water fills a jar.
Turn by turn,
Yes by yes,
Becoming who we are

Every Dawn

Grisha Stewart 2022

(Part 1 is a round)

Every dawn comes a brand new
day
A chance to say hello, Here I am

Part 2:

Hello-oh here I am
Hello-oh here I am

Part 3:

Here I am, Here I am, Here I am

Part 1:

Find us at GrishaStewart.com/songs, StellarVillage.com, and SpinnerProject.org
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Feel Free to Release

Grisha Stewart & Tom Clark 2021
Do the chorus as a Round

Chorus:

Feel feel to release
What holds you back
What's holdin you back?
What holds you back?

Feel free to let go
All you think you know
We're all stars in this show
Feel free to let go

Verses:

Glad I'm **walkin** home beside you
I'm **afraid** of this dark road too
The **only** way out is bravely
through
My Love

Befriend your **dragons** in the dark
Discourage the **hunter** who seeks
to harm
Distinguish the **present** from the
false alarm
My love

Grateful to **grace** that you're with
me
Our **four** eyes are better to see
Together we **set** our spirits free
My Love

The only way *home* is bravely
through
Only way home is *bravely* through
Only way home is bravely *through*
My Love



Giggle in the Middle

Grisha Stewart 2020

Zipper song

We're born, we die, we *giggle* in the middle
The work gets done when we all do a little

Circle back, circle back
Circle back, on back, circle back

We're born we die, we * _____ * in the middle
The work gets done when we all do a little

Good Morning

Grisha Stewart, 2023

It's a **good** good morning
I love you I see you
Grateful every day I wake up
By your side

It's a goooooood morning
I love you I see you
Grateful every time I look
Into your eyes

Gone Forever

Grisha Stewart, 2020

Gone forever
Gone forever
Gone forever, somehow

Gone forever
Gone forever
Gone forever, til now

Grief

Grisha Stewart 2024

Grief

Grief is a journey to the
Wounded parts of me
Grief is a reckoning
Of reality

Grief take me
Down to the place where the
sadness lives
Release
Release

Grief is what's buried in my
Anger, blame, and shame
Grief is the truth when I
Feel into the pain

Grief take me
Down to the place where my
sorrow lives
Release
Release

Grief is a time to let a
New story begin
Grief is remembering
How to love again

Grief

Take me down to the
Place where my music lives
Release
Release
Free
Free
[keep singing free, quieter and quieter]

Happy Happy Birthday

Grisha Stewart 2022

Happy happy happy
Birthday
Happy happy birthday to
you-oooh-oooh

Happy happy happy
Birthday
May all your dreams come
True

Home Wherever I Go

Grisha Stewart 2022

Round
(Got my) arms open wide,
(X) Feet in the dirt.

Grateful that my body
and my spirit walk the earth.

Home! Wherever I go.
I'm letting that air flow.

Through my belly,
down to my toes.

Home wherever I go.

We share this planet
We aren't the only ones,
Pain, Joy, Sorrow
Water in the river that runs
Oh we share

(Got my) arms open wide,
(X) Feet in the dirt.

Grateful that my body
and my spirit walk the earth.

I am Nature

Grisha Stewart 2025

The beauty of this planet also lives
in me
I am nature, I am nature

I'm a living member of humanity
I am nature, I am nature

With the trees I breathe in
reciprocity
I am nature, I am nature

The waters of the river also flow
through me
I am nature, I am nature

I am held by more than what my
eyes can see
I am nature, I am nature

I Choose to Be Here

Grisha Stewart 2023

I choose to be here, I
choose, Oh I do
I choose to be here, I
do

Intergenerational Healing

Grisha Stewart 2023

Intergenerational healing

Feeling our way through the shadow to the source of the
Light

It's Okay

Grisha Stewart & Tom Clark 2022

It's okay to teach me how to
love you.
It's okay to teach you how to
love me.
It's okay to teach me how to
love you.
I don't know your story this
time 'round.

It's okay to teach you how to
love me.
It's okay to teach me how to
love you.
It's okay to teach you how to
love me.

You don't know my story this
time 'round.

Inside Outside

Grisha Stewart 2024

Zipper song

The bright full moon is calling me
(X) Outside, outside
My warm tea mug is calling me
(X) Inside, inside

Kettle Song

Grisha Stewart 2023

Could be a Zipper Song (replace put kettle on)

I'll *put the kettle on* darlin
Happy for a way to care for you
I'll *put the kettle on* darlin
Grateful every day you're mine
Grateful every day you're mine
Grateful every day you're mine

Kinship Tending

Grisha Stewart 2024

Kinship Tending
Is the bedrock
Of a village that remembers
X We all belong

Lean In

Grisha Stewart 2024

Lean in to the / pain
Let / flow like / rain.
That's why we **have** them x4

Salty sorrow sacred as the
ocean
Floating our way home on a river
of **tears**
That's why we **have** them x4

Aching, buried /deep

Keening cries release

That's why we **have** them x 4

The **tears** that we cry/ melt what's
frozen inside

That's why we **have** them x 4

Lettin that FOMO Go

Grisha Stewart 2024

(FOMO is Fear of Missing Out)

Lettin that FOMO go

Lettin that FOMO go

Livin and lovin here in the mo—
ment

Lettin that FOMO go

Light Upon the World

Grisha Stewart 2024

May **I** be free, may **you** be free

May **we** be free of **enmity**

Elders, we need you

Ancestors, we need you

All generations it's

Time to Feel

It's our **turn** to shine

Light upon the world

It's our **turn** to shine

Light upon the world

Children we need you

All beings, we need you

People of all nations, it's

Time to Heal

It's our **turn** to shine

Light upon the world

It's our **turn** to shine

Light upon the world

May **I** be free, may **you** be free

May **we** be free of **enmity**

It's our **turn** to shine

Light upon the world

It's our **turn** to shine

Light upon the world

Love is a River

Grisha Stewart 2020

A Part: (River)

Love is a river flowing

Love is a river flowing through

Love is a river flowing through us
all

B Part: (The Land)

X

Strong as a river

Wild as a river

Deep as a river

Love flows through us all

Mama's Love

Grisha Stewart & Marcel Robicheaux, 2019
Dedicated to Dani

Thankful for the sunshine
Thankful for the blue skies
Grateful for the rainbows
That come out after the hard times

Thankful for the green trees
Thankful that we've still got bees
Grateful for the love of dogs
And multicolored memories

Thankful for clean mountain air

Thankful for the life up there
Grateful for my mama's love
I take it with me everywhere

Thankful for the sunshine

Thankful for the blue skies
Grateful for the rainbows
That come after the hard times

May I Be Free

Grisha Stewart 2022

Definition

Enmity (en-mi-ty) The state or feeling of being actively opposed or hostile to someone or something. Feeling like one has an enemy, externally or internally.

A Part:

Breathe In
Let Love In
Breathe Out
Let Love Out

B Part:

May I be free
May I be free
May I be free
From enmity

My Body is Calling Me

Grisha Stewart 2022

My body is
Calling me
Mother nature is
calling me
What I carry

I **now** set free
My **body** is calling me
home
My **body** is calling me

home
My **body** is calling me
home

Never Alone

Grisha Stewart & Tom Clark, 2020
Dedicated to Bean

Chorus:

Never alone
Never alone
Wherever you go may you know
your way
home

Never alone
Never alone
Wherever you go may you know
your way
home

Verses:

In a **forest** lost
Deep **in** the trees
May **you** discover
Your way **back** to me

Though your **path** is steep
And **shadows** fall
May you **feel** my love
May you **hear** my call

On a **mountaintop**, I
Coyote howl
May you **feel** my love
Like I **feel** yours now.

Flower to flower
Nimble **bumble** bean
oh **may** you gather
All **that** you need

When **sun** returns, violet
Digitalis grows
May you **feel** my love
Oh I **know** you know

Outro:

(You're) Never alone

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Never alone
Wherever you go may you know
Wherever you go may you know
Wherever you go may you know your way
home

New Day Dawning

Tom Clark 2021
Zipper song

I just wanna sing about a new day
dawnin'
I just wanna sing about a new day
dawnin'
I just wanna sing about a new
daaaaay

Givin' rise to delight in my eyes
Givin' rise to delight in my eyes

I just wanna sing
I just wanna sing about
I just wanna sing about *breezes*
blowin
'bout *breezes blowin*
'bout *breezes blowin*

Now In This Moment

Grisha Stewart 2024
Zipper song, process song

Now in this moment

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Givin' rise to delight in my eyes

Onto Something Big

Grisha Stewart 2023
Round (also can throw in words of joy and
resilience strategies)

Onto something, onto something
Big, big
Onto something, on to something
Big

Permission

Grisha Stewart, 2023
Round

I **give** myself
Permission
To **heal** to feel to find a way to
Shine, shine, shine
To **heal** to feel to find a way to
Shine

X In this present moment
Now in this moment
I breathe in
[pause to breathe]
(Clap or snap the 4 to restart)

Plenty

Grisha Stewart & Tom Clark 2024

There's **plenty**, plenty
Plenty to go around
Plenty, plenty
Plenty to be found

When we share x 2

There's **plenty**, plenty
Of ways to get along
Plenty, plenty
We are soft and strong

When we share x 2

Pocket Hug Chorus

Grisha Stewart & Tom Clark 2022

On this journey you will laugh
On this journey you will cry
With every breath, may you learn to
be
kind

May you find peace

Feel the power of love
May you get what you need
May you know you're enough

Reciprocity / Rest

Grisha Stewart 2024

Reciprocity, reciprocity
Rest, Rest

Reciprocity, reciprocity
Rest, Rest

Salty Sorrow

Grisha Stewart 2024

Salty sorrow, sacred as
the **ocean**
Floating our way home on a river of
tears

That's why we have them x4

Sanctuary Song

Grisha Stewart 2022

Butterfly
Flutter by

Sipping flowers
by the creek
When I ask for
Sanctuary
(X) I need time before we speak

Say Hello

Grisha Stewart 2023

Zipper song

I say hello to ___ ___ [3 syllables]

Grateful in this moment to ___ ___

I say hello to ___ [2 syllables]

Grateful in this moment to ___ ___ ↓ or ↑ (alternate)

Slowly

Grisha Stewart 2024

Go **slow**, when you don't know where to go

Go **slow** when you've got a heavy load

Go **slow**, go slow

Slowly

Slow **down**, for the turnin' we're in

Slow **down**, ready set lean in

Slow **down**, slow down

Slowly

The Song Was Silent

Grisha Stewart 2023

The **song** was silent
I felt every word
Woven by the trees and the
Birds

The **song** was silent
I felt every word. The most
beautiful song I never
heard

Sensory Song

Grisha Stewart 2024

What can I see / in this space?
What can I hear here / x in the
world around me?
What can smell / in this place?
I touch and taste, let my senses
/ ground me

Spirit's Calling Me

Grisha Stewart 2022

A Part
(My) Spirit's calling me to
Remember who I am
Spirit's calling me to
Remember

B Part
Oh, I remember
I remember who I am
Oh, oh, oh, oh
I remember

Sunshine

Grisha Stewart, 2022

Sunshine, sunshine
Wakin up to morning sunshine

Sunshine, sunshine
Wakin up to the light

Superhero

Grisha Stewart, 2024

I'm not tryna be some kinda
super superhero with no / sleep
No sleep? Not **me**
Not meeeee

I give myself permission to sleep
It's my sacred duty to tend to this body's needs
I give myself permission to rest
It's my sacred duty to tend to this body's breath

STEP UP

Grisha Stewart, 2024

3 Rounds

Part 1:

(X) Step up, [syncopated]

(X) Step Up [syncopated]

Can I, can I [on the beat]

Step on Up? [on the beat]

Can I, can I [on the beat]

Step on Up? [on the beat]

Part 2:

Step [inhale] Up [inhale]

Step [inhale] Up

I can I can!

I Step on Up.

[Then just keep repeating the end until we all sing together.]

I can I can!

I Step on Up.

I can I can!

I Step on Up.

I can I can

I Step on Up.

Takin It Slow

Tom Clark & Grisha Stewart 2023

We're **takin** it slow
Letting **go** of the go go go
We're **takin** it slow
Letting **go** of the go go go
We're **takin** it slow

Tears are Medicine

Grisha Stewart 2024

Tears are medicine for your
soul, your soul oh
Tears are medicine for your soul

Tending to Belonging

Grisha Stewart 2024

A-oh, a-oh, a-oh, a-oh
Ah-oh, ah-oh, ah-oh, ah-oh
We *sing* to liberate us all
Tending to belonging is our call
We *sing* to liberate us all
Tending to belonging is our
calling

This is My Life

Grisha Stewart 2023

(Can do a round with the train part. Also goes
with Yes to my Body)

Not a preview, nor an intro

Not foreplay nor foreshadow

(X) (X) This is my life

(X) Right here on the train
On the **bus**, on the plane, on the
path I'm walkin'

(X) This is my life

(X) This is my life

(X) This is my life

(X) This is my life

Time to Transition

Grisha Stewart 2024

I need **time** to transition
Time to transition
Time to transition
Oh oh oh **oh** I need time

Tomorrow's Garden (Chorus & 1 verse)

Grisha Stewart 2021

A part:

Today I turn to love
Open up and listen
(X) Let abundant love
Guide
Intuition

B part:

(X)

Open up and listen ↑
Slow and down and listen ↓
Open up and listen ↑
Slow and down and listen ↓

Welcome to the circle where we
all belong

VERSE:

We didn't choose the soil
In which our seeds were planted
down
The only thing that we can do
Is choose what to do now

Today I turn to love
Today I turn to love
Today I turn to love

Water Flows Through Stone

Grisha Stewart 2024

Flow, flow
Learn and let go
Eventually water
Flows through stone

Welcome to the Circle

Grisha Stewart 2024

Come join the circle
Let's sing the welcome song

We Gather Together

Grisha Stewart 2024

Slow Down

Listen

Can you feel the **call**?

Quiet

Wisdom

Flowin' through us **all**

In the **tapestry** of life,

We're **woven** all together

We **gather** together

To behold it all

You're not meant to

Hold it all together

We **gather** together

to **hold** it all

Woven

Grisha Stewart 2024

We are interconnected

Interconnected, woven

We are interconnected

Interconnected, weaving

The We-Tonomy Song

All of us matter
That's where I begin
We all have needs
We all have gifts
All beings are kin

Chorus: If it matters to you,
It matters to me
Thoughtful and free,
We-tonomy

We've been isolated
But the answer's not war
Chorus: If it matters to you,
It matters to me
Thoughtful and free,
We-tonomy

[solo]

When problems don't change
We fear for our lives.
I see a future
Where we all can thrive

Woven together,
There's no enemy.
Strategies differ
(but) We share the same needs

Grisha Stewart 2024

We're born to be tender
We're yearning for more

I feel a heartbeat
That aches for the wild
I hear a mother
Who grieves for a child

The real revolution
Is happening now
Caring is part
Sharing must start
Let's figure this out

You are not broken,
And neither am I.
We all can learn,
We all can grieve,
We all can arise!

Chorus: If it matters to you,
It matters to me
Thoughtful and free,
We-tonomy

A flutter of wings
Bumble bee floating by
Flowers for breakfast
I watch the sun rise

The stories we carry

They've kept us alive
When we let them go
We learn how to fly

I'm ready to see you.
Oh I'm ready to dare.
Dare to listen,
And dare to share.

What Am I Here to Learn?

Grisha Stewart 2021

What am I here to learn?
What am I here to know?
What am I afraid of?
How am I here to grow?

Let your inside **play** outside
Let your outside **play** inside
x2

What's **this** a metaphor for?
Where's the wisdom in this **story**?

Wind in the Leaves

Grisha Stewart & Tom Clark 2022

Wind in the leaves and the rain
pours down.
Trickles down the trunk,
into the ground,

Chorus: If it matters to you,
It matters to me
Thoughtful and free,
We-tonomy 2X

Thoughtful and free, we-tonomy

where the roots grow deep.

Roots grow deep. ↑

Roots grow deep. ↓

Roots grow deep. ↑

Roots grow deep. ↓

When We Dream

Grisha Stewart 2024

Hey ay
When **we** dream
Can **we** dream
big enough for all of us?

Oh oh
All **beings**
can **be** kinder when we're safe and
loved

Witness

Grisha Stewart 2024

We're **here** to **bear**
Witness to the parts of you that
feel alone and scared

Here to care

Grateful for the bravery it
takes for you to share

Worlds Weave Together

Grisha Stewart 2024

I have **faith** in the wisdom
That **all** bodies embody

Faith in the healing of
sharing grief

Faith in re-remembering,
Our **worlds** weave together

I have **faith** in you and me

Yes to My Body

Grisha Stewart 2023

(Goes with This is My Life)

Zipper Song

I say Yes to *my body*
Yes, yes
Yes to *my body*
Yes Yes

Yes to *my body*
Yes, yes
When I say no
To that

You Belong (Your Presence is Sacred)

Grisha Stewart 2022

Goes with Circle of Trees and The Song Was Silent)

You belong (X X)

You are here (XX)

Your presence is sacred, we hold you dear

You Belong II

Grisha Stewart 2022

You belong

I belong

We all carry

The **words** to the song