

All Means All

Grisha Stewart, 2026

We the people are ready
Minnesota is a clarion call
We the people are many
Democracy belongs to us all

All means all (do do do do do do)

All means all (do do do do do do)

Balance

Grisha Stewart, 2025

Balance

Isn't always being steady
It's finding the ground
before we're all the way down

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

A Part: BELONG

B Part: Be SAFE

C Part: Be FREE

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

The Basket We're Weaving

Grisha Stewart 2025

Can the basket we're weaving
Carry the water we're calling in?

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

Best Case Scenario Chorus

Grisha Stewart & Tom Clark 2020

Part one

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

Part two

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

Blame Song

Grisha Stewart 2024

When I run away from what I feel

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

I blame somebody else
Or beat myself up all night long

When I take the time to breathe
My fear begins to melt
So I weave these words into a
song

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

Celebrate
Grisha Stewart 2025

I celebrate, celebrate
Celebrate this moment
I am proud of me

I celebrate, celebrate
Celebrate this moment
I am grateful
for the work that it took to get here

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
Remember to remember we
belong

Remember to remember we
belong

Compost Your Poop
Grisha Stewart 2025

We let nutrients go to waste
When we flush what we eat
down the drain

Close the loop
Compost your poop

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

Dinnertime!

Grisha Stewart, 2025

(can replace with *eating time, etc.)

Oh, it's *dinner time

Let's take a moment to sing

Oh oh I'm glad you're here

Thank you for what you bring

Thank you for what you bring

Don't Gotta Be Great to Do Good

Grisha Stewart, 2025

Don't gotta be great to do good

Don't gotta be perfect to be perfect

Good enough is good enough

Let go of that empire stuff

Do You Know the Song?

Grisha Stewart

Lyrics are from Robert Jordan's book series
Wheel of Time

Part one:

You are welcome to this **fire**
Do you know the song?
You are welcome to this **fire**
Do you know the song?

Part two:

Your words warm my spirit as
your fire warms my bones
But we do not know the song (yet)
We do not know the song

Part three:

Then we seek still
As it was so **shall** it be
If we but remember seek and find

Even the Road is Home

Grisha Stewart 2025

All roads lead home
Even the road is home ↑

All roads lead home
Even the road is home ↓

All roads lead home

Even the road is home ↑

Let's be home ↑

Let's be home ↓

EugeneTogetherStrong.org

Grisha Stewart 2025

Eugene together strong dot
Org organizes
Eugene together strong

Feel Free Chorus

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

Find the Courage

Grisha Stewart 2026
Zipper song

Let's find the courage
For awkward conversation
Find the courage
(In) this time

Possible zips:

To lean into our grief
To question what we've learned
To show up for our love
To reach to our neighbors
To reach the other side
To love with all our hearts
For tender connection
To share what have

Focusing

Grisha Stewart 2025

Focusing
Focusing
Focusing
In the flow, 'til I'm all the way
done, I'm

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 Trouble

Grisha Stewart 2025

Zipper song

Inspired by Congressman John R. Lewis

Good trouble
Good trouble
We're gettin' into good good
trouble

Gone Forever

Grisha Stewart, 2020

Gone forever
Gone forever
Gone forever, somehow

Gone forever
Gone forever
Gone forever, til now

Gr-attitude

Grisha Stewart 2025

Grateful, full of gratitude

All I control in this life is my
attitude

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,
Joy, Pain, 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.

Hold Steady (the fire starter song)

Grisha Stewart 2025

Hold steady
The **kindling** is dry
The fire can breathe
And the spark is alive
(So just)

Hold Steady

Grisha Stewart 2025

I am Nature

Grisha Stewart 2025

Zipper

*I'm a living member of
humanity*

Hold steady
Hold on steady
Hold steady hold on hold on

Hold steady
Hold on steady
Hold steady hold on

How Are We?

Grisha Stewart 2025

How are **we**?
Asking all my quiet parts
How am I today?

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

I am nature, I am nature

*With the trees I breathe in
reciprocity*

I am nature, I am nature

*I'm a loving human who can be
angry*

I am nature, I am nature

I Choose to Trust

Grisha Stewart 2025

I choose to trust

I choose to trust

The unfolding of life

I'm Not a Victim of My Life

Grisha Stewart 2025

I'm not a victim of my life

IT'S OK TO TEACH LOVE

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.

I have a choice

I have a choice, I do

Intergenerational Healing

Grisha Stewart 2023

Intergenerational healing

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

[At the end repeat]

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

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

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

I Choose to Keep On Lovin'

Grisha Stewart 2026

Could be a Zipper Song (replace 'lovin')

I choose

To keep on lovin'

I choose

To keep turnin' to love

Won't give up, never gonna give
up

Won't give up on love

I'm in the Right Place

Grisha Stewart 2026

Can replace I/I'm with you/we/they

part one

I'm in the right place
This is the right time
Got an old story that I don't
belong
But **I'm** here to shine

We're in the right place
The right time
Got an old story that we don't
belong
But **we're** here to shine

part two

Ancestors calling me
In solidarity
I am well held
Ancestors calling me
In synchronicity
I am well held

I Show Up Tenderly

Grisha Stewart 2025

Zipper Song

Inspired by a talk by Aaron Johnson

I show up *tenderly*
So I can hear you

And you can hear me

Is There an Adult in the Room?

Grisha Stewart 2026

We are
The ones we've been waiting for
We are, we are we are

Kettle Song

Grisha Stewart 2023

Could be a Zipper Song (replace put the 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

part one (the soil)

Teach reach
Learn listen

part two (the seeds)

Kinship tending
Is the bedrock

Of a village that remembers
We all belong

part three (the water)

Listen, listen
Sweet divinity listening
Listen, listen
Sweet divinity listening

Letting Go of Urgency

Grisha Stewart 2026

part one

Letting go of urgency
There's more to life than we can
see

part one

Breathe in, breathe in release
Breathe in, breathe in release

Light is the Returning

Grisha Stewart 2026

Light is returning
Solstice fires are burning brightly
Light is returning
Celebrate the coming of the light

Life is Short and Life is Long

Grisha Stewart 2025

Life is short and life is **long**
The birds and the creek sing a
beautiful song

Oh oh oh

Look For the Opening

Grisha Stewart 2025

Look for the opening
Look for the opening, opening,
opening

May I Be Free

Grisha Stewart 2022

Part 1

Breathe In
Let Love In
Breathe Out
Let Love Out

Part 2

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

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.

Mama Earth, You've Got Me

Grisha Stewart 2025

Part 1

Down deep, I remember I'm a seed
Mama earth, mama earth you've got me

Even in the sky,
I feel your gravity
Mama earth, mama earth, you've got me

Part 1

I am well held
Mama earth, mama earth, you've got me

You've got my whole ancestry
Mama earth, mama earth, you've got me

Memory Portal

Grisha Stewart, 2025

*city, river, people, etc. place you want!
Put your whole imagination into the sensory experience as you weave

Weaving a memory portal
Weaving memories
Weaving a memory portal
Back to the *desert* where the love is big

Motion is Lotion

Grisha Stewart, 2025

Motion is lotion so I'm movin'
every **bone**
Twist and turn to activate my **flow**
Real slow

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

New Day Dawning

Tom Clark 2021

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

Oh Sh##!

Grisha Stewart 2025

Zipper with all your default cuss words

Oh *Darn*

When I say *darn* I know

It’s time for me to breaths

Time for me to breathe

One Thing at a time

Grisha Stewart 2025

Zipper song (*breathing, etc)

One thing at a time

One thing at a time

Feeling overstimulated

Cleaning clears my mind

Onto Something Big

Grisha Stewart 2023

Round

Onto something

Onto something

Big, big

Onto something

On to something big

The Other Side of a Song

Grisha Stewart 2025

Inspired by Sheniqua Trotman

On the other side of a song is

Pure joy for me

The other of a song is

Pure joy for me

The other of a song is

Pure joy for me

Release, release, release

Patient Companion

Grisha Stewart, 2025

Paraphrased quote from the *Motivational Interviewing* book

Guide me to be

A patient companion

Heart wide open

Wide open as the sky

Grant me the wisdom to recognize

Yearning in their story

Permission

Grisha Stewart, 2023

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

Psychobiological Regulation

Grisha Stewart, 2025

Psychobiological regulation
Body, mind, spirit in collaboration

How's your part of the we doing
today? Oh oh oh
Honey how are you?
Really, how are you **today**?

Puppy Potty Song

Grisha Stewart 2026

Online puppy class:
school.grishastewart.com/courses/empowered-puppy-raising

After every meal
And every couple hours

I take my puppy out
I take my puppy out

I say 'potty' as she squats to pee
And when she's done
I feed her a treat

I take my puppy out
I take my puppy out

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 ↑

[Every other person goes up at the
end]

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

Slow Down

Grisha Stewart 2022

Slow down, slow down
You're bumpin into the walls
Slow down, there's time
Feel. Intuit all.

So Tired of Rushing

Grisha Stewart 2025

I'm so tired of **rushing**
So tired of rushing around
I'm so tired of **rushing**
I'm making time
To put put my feet upon ground

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

Stay Humble

Grisha Stewart, 2025

Stay **humble** as a human
Humble as a friend
Stay **open**, stay curious
What's it **like** to be them?

Steady Supply of All I Need

Grisha Stewart, 2025

I've **got** a steady supply
Of all I need
Surfin' on the waves of
synchronicity

I've **got** a steady supply
Of all I need
Loved as much as I can let myself
be

Oh yeah
Oh yeah, oh yeah
Oh yeah, yeah

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.

Take Me to the River

Grisha Stewart 2025

Take me to the river, river
Take me to the river
Take me to the river
Lay me down
Lay me all the way down

Take It Slow and Trust Will Grow

Grisha Stewart 2025

Part 1

Take it slow
Trust will grow
Take it slowly
Trust will grow

Part 2

Listen, Observe
Take it slow and trust will grow
Listen, Observe
What else do you not yet know?

Takin It Slow

Tom Clark & Grisha Stewart 2023

We're takin in slow
Letting go of the go go go
We're takin in slow
Letting go of the go go go

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

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 Dream

Grisha Stewart 2025

Turn down
Turn down the heat
As the room gets cold
You'll fall asleep

Breathe in
Slowly release
Let your body seek
The rest it needs

Let go
Forehead to feet
Release your worries
It's time to dream

Time to Transition

Grisha Stewart 2024

I need time to transition
Time to transition
I need time to transition
Oh 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
Let abundant love
Guide Intuition

B part:

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

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**

Trust Your Body

Grisha Stewart 2025

Healing

You're healing, my friend

Trust your body

Your body knows

Trees Can't Thrive Without the Forest

Grisha Stewart 2025

Trees can't thrive without the forest
Forest ain't nothin' without the trees

Universal Goal (Targeted Universalism)

Grisha Stewart 2026

Based on the work of John A. Powell and the
Othering and Belonging Institute at Berkeley

A universal goal

Is a dream we all share

Different parts of the family

Need different ways to get us there

We all care

We're in this together

We all care

We Are Interconnected

Grisha Stewart 2024

Stellar Village Theme Song

We are interconnected

Interconnected woven

We are interconnected

Interconnected weaving

We Take Care of Each Other

Grisha Stewart 2026

Zipper Song

We take care of *each other*

Take good care of one another

Take care of *each other*

In community

Welcome Home

Grisha Stewart 2025

Zipper Song *kindness, your grief, conflict, all
of you, or people's names, for example.

Your love is welcome here

Welcome, welcome

Your love is welcome here

Welcome home

We Need to Find a Better Solution

Grisha Stewart 2026

We need to find a better solution

Where's the **solution** that we need
to find?

We need to find a better solution

Organic healing that reaches all
lives

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

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,

where the roots grow deep.
Roots grow deep. ↑
Roots grow deep. ↓

Roots grow deep. ↑
Roots grow deep. ↓

What am I Holding?

Grisha Stewart, 2025

What am I holding
Holding onto?
What have I learned that is untrue?

What do I carry?
Carry with me?
What will I witness when I grieve?

What am I On This Phone to Do?

Grisha Stewart, 2025

What am I on this phone to do?
What am I on this phone to do?
What am I on this phone to do?
Get it done, turn it off, take back
my life

When We Know We Belong

Grisha Stewart, 2025

When we know we belong
We lift one another

Lift with our voices
Tenderly strong

Stronger together
We gather to sing and

That's how we remember
We all belong

Why I Look Away

Grisha Stewart, 2024

Ooh, I recognize
I **look** away when your eyes seek
mine
I **fear** I'll drown in the tears I'll
cry when
I open **up** my eyes

Witness the Storm

Grisha Stewart, 2025

High, the river is **high** today
I'm not, I've my **wits** about me

Flow, wind **blowin'** through the
trees
Raindrops tappin' on my window

Yes to My Body

Grisha Stewart 2023
(Goes with This is My Life)
Zipper Song

I say Yes to my _____

Yes, yes

Yes to my _____

Yes Yes

Yes to my _____

Yes, yes

When I say no

To that

You Were Wild Once

Grisha Stewart 2025

You were wild once

Don't let fear tame you

You were wild once

Don't let shame take you

Under development:

- elements song Sep 10 2023
- earth beneath my feet Aug 27
- I am alive tree song Aug 1
- Warmup - I am enough, see Oct 23 recording
- Also see what other songs I have on the sheets