



stop, drop and feel

Lyrics

It's my hope this music is a sacred space where you can feel grounded, supported and held in joy and peace, as together we do the sacred work together of rebuilding, and planting the seeds of what we wish to see in the next phase of our turn on Planet Earth.

With love,
Trina Brunk

Click a link below to view lyrics.

1. we will find our way home
2. down to the heart of you
3. the light within the light
4. becoming belonging
5. i'm gonna die someday
6. stand tall
7. blessed are the meek
8. i'mpossible
9. just remembering
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1. we will find our way home

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When I've lost my way
And I don't know where to go
Mmmmm
When it's cold outside
And I'm feeling all alone
Mmmmm
Will I find . . . My way home

Well we've come to the end
Of our most cherished dream
Mmmmmm
Waking up, and we've found
That it's not what it seemed
Mmmmmmm
Will we find . . . Our Way Home

Rising up from the ashes
Of the ancient battleground
Oh what have we done to our home
Well the Earth still remains
And her wisdom abounds
And she sings us a song called Home
We will find . . . Our Way Home

Plant a seed of forgiveness
And water with love
We are on Our way Home
If my home is where my heart is
Then my heart is my home
I was already home
We will find . . . We're already Home



This song is dedicated to all who feel disconnected from their roots, are feeling emotionally lost, or who seek a deeper sense of home right where they are at.

And it is for all who are sensing that the changes that are happening on the planet now are asking us to lean in and make home where we're at, with whomever we're with, in the same spirit as Jesus was recommending when he said to love our enemies, and our neighbors as ourselves.

2. down to the heart of you

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Don't listen to your mind
when you're twisted up inside
When it hurts too much to feel
what you're thinking won't be real.

Free your mind
Get down to the heart of you
Free your mind
Get down to the heart of you
Free your mind
Get down to the heart of you

I'll meet you there, beyond your mind

Stop, drop and feel
Stop, drop and feel
Stop, drop and feel
Stop, drop and heal.

Feel the ground under my feet
Allowing the Earth to ground me
Feel the breath moving in me
Feeling the air all around me

Mother I feel you under my feet
Father I feel your heartbeat within me
Mother I feel you in the air
Father I feel you everywhere

Stop, drop and feel
Stop, drop and feel
Stop, drop and feel
Stop, drop and heal.

*Our minds are one of our superpowers, but
will be destructive unless integrated with our
other superpower - the ability to feel.*

*This song is for those moments when the
mind is on fire, but not in a good way: when
we want to step out of anxious or manic over-
thinking and reconnect with our bodies, our
breath, our feet on the ground, our
connection with the living universe all around
and within.*

*It takes part of its inspiration from the song
"Mother I Feel You" by Dianne Windsong
Martin © 1996 WindsongMakani*





3. the light within the light

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I open the door,
I hold the key
I open my heart
I set myself free

Whenever i feel
Lost in the shadows
Aching through the night
Turn towards
The day that's arising
The life within the light

Remember what you long for
Remember why you came
Remember who you were before
The story and the name

I open the door,
Cause I hold the key
I open my heart
I set myself free

This song is for those moments when you feel completely stuck, completely lost, unable to find your way through the tangle of what you felt went impossibly wrong.

Its gentle, persistent rocking drum beat calls you to move, to dance, to remember your power to step into your purpose, to bring your attention to the place before thought began, where new beginnings are always emerging.

We can start fresh when we remember.

4. becoming belonging

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When I become the space that can welcome
all that arises in me,
I become, I become
the belonging that I seek.



Sometimes inside me there's a sigh of relief when I have some time alone with myself, can feel my own skin and I'm not unconsciously modulating my emotional body so it fits in the shapes that I can sense will help me to not bump into others' emotional bodies uncomfortably. . . . One morning, I was exploring this terrain in my journal. and my journal's answer to my questing was:

"the belonging that I seek can't be given by another person or group, no matter how ideal; it's already here for the asking in my own being, manifest in all of life within and all around. When I become the space that can welcome the different aspects of me, I become the belonging that I seek. And then paradoxically that expands my ability to offer belonging and welcome to other wayfarers."

5. i'm gonna die someday

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I'm gonna die someday
Gonna leave this body gonna fly away
Until that time then I get to say
What I do with my life and what's OK
Who I wanna be and how I wanna play
Cause I get to live my life MY way

This is my time and I'm gonna be
The way that I am and I am free
I'm free as a bird in a big oak tree
As a little bitty fish in a big blue sea

And the world might end and it might go on
And while I live I'm gonna sing my song

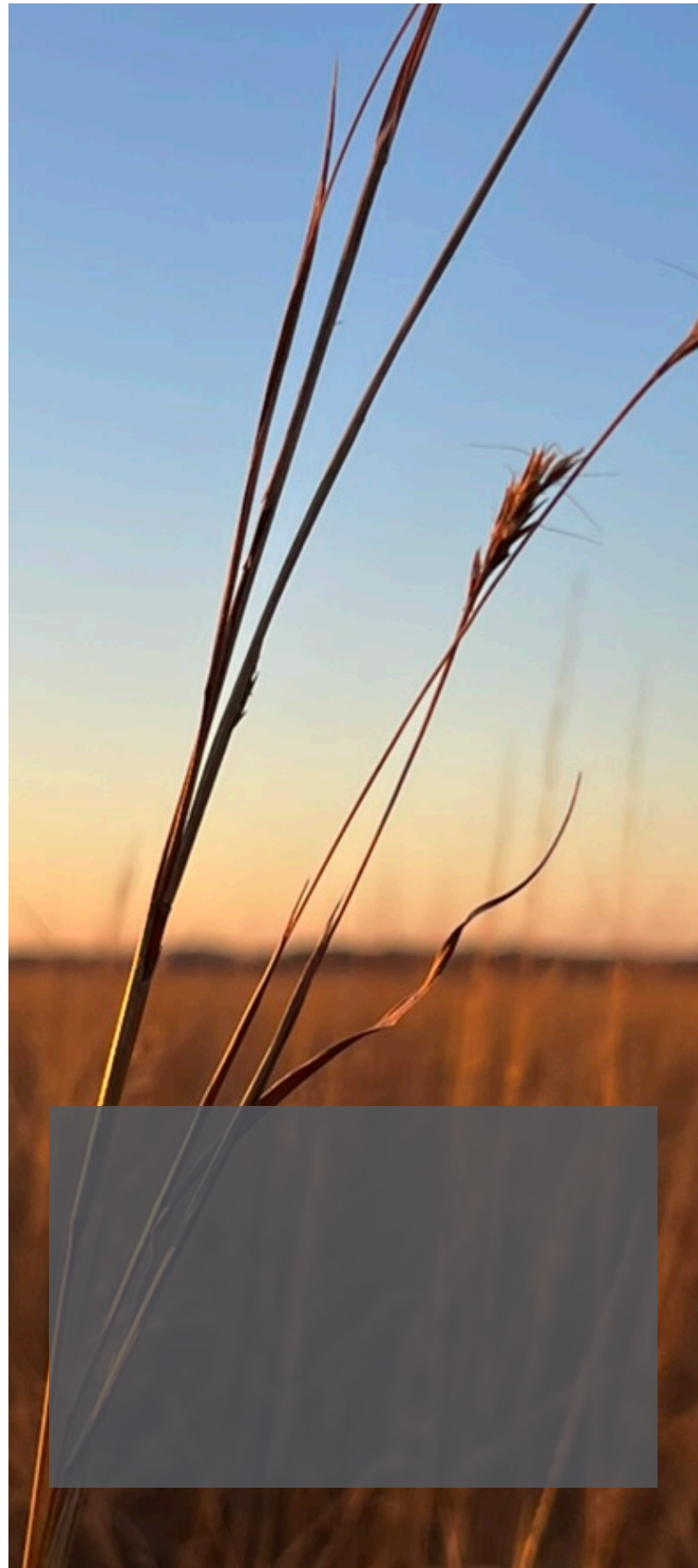
You might think, and you wouldn't be wrong
It's strange to sing this dying song
But I'll tell you something that's really weird
That's not living while I'm really here

I'm gonna die and that's ok
Everybody's got their dying day
Gonna live right now while I can
Gonna do what i do and be who I am

And the world might end and it might go on
And while I live I'm gonna sing my song

I'm gonna die some day, Some day
But until that time,
I am alive
And I don't know how
and I don't know why
I get this life

And I am alive today (4x), Today





6. stand tall

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i stand tall
let the earth carry me
i breathe deep
into my core
letting go
everything that held me down
come pouring in
what i long for

right now
there's nowhere else to be
right here
i am who i am
deepest YES
always guiding me
i open to
Divine Mystery

This song was taught to me by a tree.

7. *blessed are the meek*

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I bear no allegiance to frozen silence
I won't stand quietly by while justice weeps
When those in charge
are doling out the violence
I won't mistake passivity for peace

But I've learned that there are
different kinds of silence
There's a quiet living knowing in my soul
A whisper that brings peace amidst the violence
That heals and shows me I was always whole

There's a choice to hold my tongue
when I'm on fire
To take a breath and give my heart some space
Self-righteous rage is a fool and it's a liar
And if I'm wise I stop before I make my case

Be still my heart when silence speaks
Whisper wisdom that I seek
Lay down what I think I know
Open to the love I'm shown
And my foolish pride help me release

Blessed are the meek
Blessed are the ones who mourn
Blessed are the ones who feel and grieve
when the fabric of our lives is torn
Blessed are the ones who walk for peace
And the neighbors with their songs
that fill the streets
Singing love to the enemy
Calling them home
Calling all of us back home
Blessed are the meek

(Instrumental)

Blessed are the meek
And the ones who mourn
Blessed are the ones who plant the seeds
of the Earth reborn
Blessed are the ones who walk for peace
And the neighbors with their songs
that fill the streets
Singing love to the enemy
Calling them back home
Calling all of us
to remember the way back home
Blessed are the meek





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8. i'mpossible

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So much going on that we can't control
But please remember we get so much stronger when we live from our soul
When we come together from our hearts what can we create
Knowing that our love is so much stronger than hate

What is possible? (I am)
What is possible? (We are)
Changing impossible
Into I'm possible
What is possible
If I can change my mind
When I open my heart
One breath at a time

Breathing in breathing out with the life that's all around
There's a quiet power in letting go of what weighs us down
Possibility sprouts up in the spaces between
What could happen if we really let ourselves dream
(Chorus)

So much love is needed in this sweet world right now
We can start where we are and open, we'll be shown just how
We can heal the suffering as we face into the pain
Why worry bout the storm when you can dance in the rain
(Chorus)

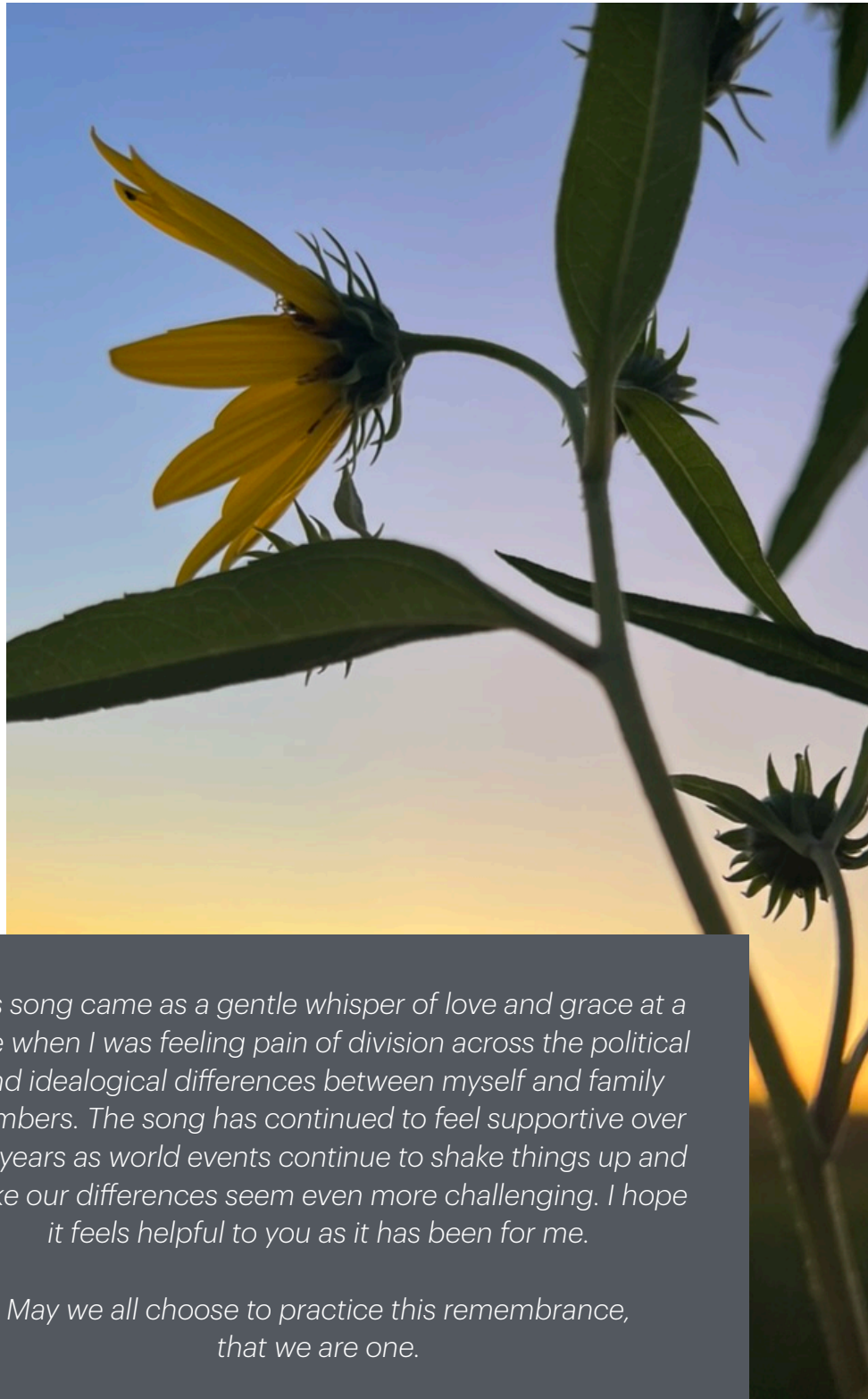
*Our minds tend to look
for conclusions, for
what's already decided.
That helps us feel that
reality is somewhat
stable. But it doesn't
serve us when situations
are less than desirable,
and we've already given
up our power to create
something new. That's
when it's good to
remember that life is a
flow, constantly in
motion, and that the
story isn't over yet!
What is actually
possible? let's allow the
life that breathes us to
surprise us.*

9. just remembering

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we are all born
of one heart
and we stand
under the same sun
and we all
came here for love
and we're all
just remembering
that we are one

We are one family
We are one heart
We are a symphony
Each playing our part
We are one planet
We are one love
And we're standing
under one sun
Shining above



This song came as a gentle whisper of love and grace at a time when I was feeling pain of division across the political and ideological differences between myself and family members. The song has continued to feel supportive over the years as world events continue to shake things up and make our differences seem even more challenging. I hope it feels helpful to you as it has been for me.

*May we all choose to practice this remembrance,
that we are one.*

10. earth anthem

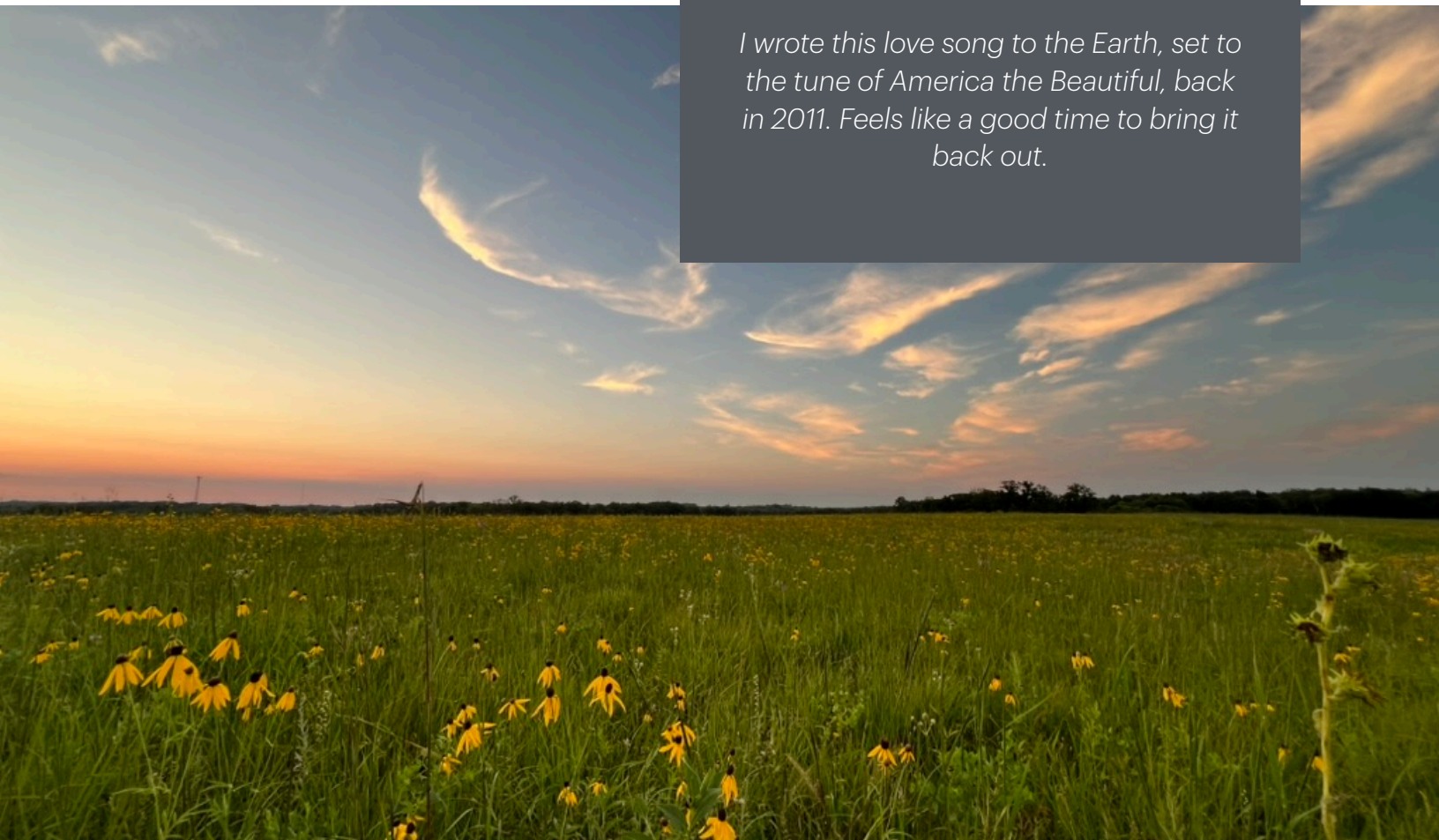
Melody by Samuel Ward; Lyrics © 2011-26
Trina Brunk

Oh beautiful for spacious skies
That spread the light we see
Life all around on Earth abounds
In Earth and sky and sea
Our hearts infused with gratitude
For Earth's diversity
I'll do my part with humble heart
In love and unity

Peace in our hearts
Peace in our minds
Peace in our world
Peace in our time

*Loving your country is a beautiful thing.
But why stop there? There's a whole big
planet here that's going to open our
hearts wider than we thought possible, if
we just give it half a chance.*

*I wrote this love song to the Earth, set to
the tune of America the Beautiful, back
in 2011. Feels like a good time to bring it
back out.*



Thank you for listening to my music!

I hope you enjoyed it.

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With love, Trina



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