

WHAT ARE YOU AFRAID OF?

Album Lyrics



1. Rock My Soul

the quitting-my-job song

I'm ready for some home and family, love and sanity. Oh, rock my soul. Oh, rock my soul. When the world is too much, catastrophes and such, I'm looking for a lighter touch. Oh, rock my soul. There's a time to take a stand, do everything you can—and a time to play in sand. Oh, rock my soul. Go rest your head, my old grandma said. Garden, kitchen, bed. Oh, rock my soul.

2. Wedding Vow

for Jim Mastin, my husband

Woo-oo, woo-oo! Woo-oo, woo-oo! Woo-oo, woo-oo! Woo-oo, woo-oo! I see the beauty in you; I want to be near. Whatever life brings to you, I want to share. I pledge my heart to you; I pledge my love, my friendship and faithfulness as long as we live. I see the beauty; I want to be near. Whatever life brings, I want to be there. I pledge my heart; I pledge my love, friendship and faithfulness, long as we both shall woo-oo...

3. What Are You Afraid of?

What are you afraid of? What do you desire? Life is brief beyond belief; life is brief beyond belief. Dive into the water; walk through the fire.

4. Trees Speak

Trees speak with the voice of the wind. Trees speak with the voices of birds. Trees speak in a language beyond human words. Trees want to be heard. Rain speaks when it falls on the rooftop; rain speaks when it falls on the earth; rain speaks when it runs down the hill in the winter. Rain wants to be heard. Earth speaks in a million voices. Earth speaks, and she means every word. Our lives are made up of a million choices. Earth wants wants to be heard. Listen up, listen up, listen up! Trees speak in a language not easy to hear, yet they're always so near, trying to get our ear. Earth speaks in a million voices...

5. Melancholy Moon

Melancholy moon, hanging in the night, darkness all around your pale light. In my mind I know the daylight will come, but from fear of pain my heart is numb. Melancholy moon, wrap me in silver comfort that I need until this feeling's over. *Bathe me in your pool, black, white and cool, empty & full, melancholy moon.*

Light up the wide celestial spaces, beacons of fire in frozen places, skyways of time and space before our faces.

Bathe me in your pool, black, white & cool, empty & full, melancholy moon. Circle-dancing moon, circle back around. From the other side, show me what you found. *Bathe me in your pool, black, white and cool, empty & full, melancholy moon.*

Open the gates of heaven to me, quicksilver beams of truth to soothe me: Life, death and love are shadows swirling through me.

Bathe me in your pool, black, white & cool, empty & full, melancholy moon. Circle-dancing moon / gates of heaven to me / circle back around / beams of truth to soothe me. From the other side / wide celestial spaces / show me what you found / fire in frozen places. *Bathe me in your pool, black, white & cool, empty & full, melancholy moon.*

Open the gates of heaven to me.

6. If I Were Water

for David Hayes

One day when my friend lay dying I went to the waterside. I said, "How can I take this deep heartache?" and this was the water's reply. I think I heard the water reply:

If I were water I'd flow through the canyon with only my nature to show me the way. If I were a river I'd go to the ocean; I'd know where the openings showed me the way. *Flow, water, flow. Flow, water, flow. Flow, water, flow. Flow, water, flow.*

If I were a river I'd sing without stopping, not needing a breath all the night and day long. I'd sing because music is part of my nature; I'd make every rock into part of my song. *Flow, water, flow. Flow, water, flow. Flow, water, flow. Flow, water, flow.*

If I were water I'd live without worry. I'd freeze in the winter; I'd melt in the sun. I'd ride to the heavens and fall on the mountains. I'd know without thinking the thing to be done. *Flow, water, flow...*

7. Psalm 108

written at age 14; liberties with lyrics later

Awake, oh my soul. Awake, heart and mind. I will awake the dawn. I will awake the dawn. Light fills the morning—can you feel it growing? Opening up to the great unknowing.

8. Little Window

for Norm Vroman

There's a little window in your mind. You can open it and you will find that the air is fresher from behind. You can let the light shine. Let the light shine through, let the light shine through your anger, your hatred, your bitterness, your pain—and I will too.

9. Peace Rules

affirmations get more true the more you repeat them

Peace rules my heart in every situation; peace rules my life and all of my relations; peace rules the world and all the world's nations. Rule, peace. Rule, peace.

10. Love the Children

Love the children, give them room to grow. Feed them, teach them, always let them know that the power that made the thunder and the rains is in their bones and flowing through their veins. Show the children beauty in the skies, beauty in the darkness, beauty in their eyes, joy in its moment, sadness when it starts. Let the children fill their boundless hearts. Listen to the children, what they have to say. The world is changing faster every day. But still the sacred mystery goes on; help the children listen to its song.

11. In the Garden

also written at age 14

I was sitting in the garden and the news came to me, hummed in the tune of a passing honeybee, rustling softly through the branches of a tree: See the miracle of Earth in its cycles of rebirth. As life goes on around you, let nature's beauty astound you. The word came to me as it dropped from above, borne on the wing of a gentle white dove—the story of Earth and its promise of love: Take the time to see a flower as it lends to you its power, strengthened by the sun and skies, whose precious Earth-love never dies. A cloud skimming by told me all you have to do is listen to nature as its message comes through, and so if you want it will happen to you: Try to listen to the Earth-song; listen closely and before long you'll begin to hear the words of the love-song of the universe.

12. If Rocks Could Talk

from a shamanic vision quest

If rocks could talk we'd hear em singing. What would they say? This here's the place to be.

13. River of Mercy (Yosemite)

for the Merced River, the pines and the granite.

River of mercy, pardon our fault. Tall trees, teach us to stand. Mountains that bow to water and time, teach us respect for the land.

14. When You're in the Dark

for Winter Solstice

When you're in the dark, light a candle. When you feel alone, find a friend. On the darkest night we celebrate the light. The circle never ends.

15. The Rinpoche Went to the Zoo

"Rinpoche" is the title of an incarnate Tibetan lama. Jennifer says, "Tell them the zoo is a metaphor."

The Rinpoche went to the zoo. He visited the llamas and the monkeys too. He said, "Clear mind I wish to you. May you live to be happy & old. I greet each living creature that I meet upon my path: I wish you every blessing that your life can hold. May your life find its purpose, its truth and joy. May you live to be happy & old." Then he went home.

16. Watermelon Woman (Invocation to the goddess of not knowing what you're doing)

If you're singing in a choral performance and forget the words, just mouth "watermelon woman" to keep your mouth moving and appear confident, until you actually are again.

Watermelon Woman, you're so fine. Watermelon Woman, please be mine. When my mind is empty and I'm out to sea, Watermelon Woman is there for me. *Wattama-wattama, wattama-wattama, wo-wo-wo. Wattama-wattama, wattama-wattama, wattama-wattama, wattama-wattama. Watermelon Woman, wo-wo-wo. Wo—wo—wo—Watermelon Woman, wo-wo-wo.*

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info@whatareyouafraidof.org • www.whatareyouafraidof.org