

HERE, NOW, KNOW-HOW LYRICS

1)Here, Now Know-How

Here's a story about a boy and girl
Known to people all around the world
The peaceful, careful confidence they show
Spreads good feelings everywhere they go

Chorus:

They've got here, now, know-how
Open heart and mind
Here, now, know-how
Aware of what they find

With grace and simplicity
Every place they choose to be
Is filled somehow, with
Here, now, know-how

It's a truly awesome sight to see
They've found a simple way to simply be
The peaceful, careful way they look within
Shines through all they do, beginning to end

Chorus: repeat chorus

Here, now, know-how
How do you get it? How do you get it?
Here, now, know-how
How do you get it? How do you get it?

Wherever you are, be there
Whatever happens, be aware
Wherever you are, be there
Whatever happens, be aware

You'll have here, now, know-how
Open heart and mind
Here, now, know-how
Aware of what you find

With grace and simplicity
Every place you choose to be
Is filled somehow
With here, now, know-how

2) Living Free

Chorus:

Where is the place to be? Here.
When is the time to be? Now.
Who is it going to be? Me.
Living how? Free. Living how? Free.

Verse:

What do I mean by free? It's like this,
The freedom to accept the world as it is
It's the kind of freedom everybody can find
Freedom in your heart and freedom in your mind

It's not the kind of freedom that you have to fight for
It's the kind of freedom that you look inside for
Here's a little shout out to Jon Kabat-Zinn
Who broke it down for us, showed us where to begin

First step is— Attention on purpose
Wide awake awareness is the key that serves us
The brilliance, the sweetness, open up your senses
To the colorful completeness that your one and only life is

Next step – be in the present moment
Now is all there is, stay here and own it
Truer than your memories or future wishes
Is the gift of the present, deep and delicious

Finally we have to be – nonjudgmental
Open and accepting, absolutely essential
No need to decide if it's right or it's wrong
Just notice what it is and let it move along

Moment to moment – moment to moment
Nonjudgmental – nonjudgmental
Attention on purpose-attention on purpose
is mindfulness-is mindfulness

Moment to moment, nonjudgmental
Moment to moment, nonjudgmental
Attention on purpose is mindfulness
Attention on purpose is mindfulness

Chorus: repeat chorus

So here I am, in the situation
Able to create my own liberation
I take a deep breath, get in touch with the stillness
Ready to really explore the realness

I do more than look, I purposely see
More than hear, I listen intentionally
My sense are sharp, my mind is relaxed
I uncover the truth hidden underneath the facts

My concentration is wide and deep
I carefully consider, I carefully speak
Know when to hold on and when to release
I walk my path in life with ease

As I peacefully deal with all the stress in
Every situation, people start to question
How do you get such joy, such bliss?
I smile and say, "It's like this."

Moment to moment, nonjudgmental
Attention on purpose is mindfulness
Moment to moment, nonjudgmental
Attention on purpose is mindfulness

Chorus: repeat chorus

One place to be - Here
One time to be - Now
One person to be - Me
Living - Free. Living - Free.

3) Chirp, Tweedle and Coo

Every morning, first thing in the morning
When the day is fresh and new
I sing this song with three little birds named
Chirp, Tweedle and Coo

It's a perfect way to start the day
Puts a smile on all we do
Singing this song with three little birds
Named Chirp, Tweedle and Coo
And the birdies sing

Chorus:

Each day is a new day
Today we start over again
Each way is a new way
Let the new day begin

Chirp's song is chipper and cheerful
Tweedle twits a tuneful tune for you
Coo coos a smooth earful
Together they sing, "Everything is new!"

Chorus: repeat chorus

You can have a plan for tomorrow
Hold on to yesterday's memories
But be sure to stay, here today
It's the only place we really are anyway

Chorus: repeat chorus

4) I Stay Peaceful and Calm

Thoughts come and go like clouds in the sky
I stay peaceful and calm
I think them for a moment
Then let them pass away
Like the rising sun turning night to day

Storm clouds gather, rain falls down
Thunder and lightning all around
Reaching higher I break through
Where the sky is always blue
I stay peaceful and calm

Feelings come and go like waves on the sea
I stay peaceful and calm
I feel them for a moment
Then let them pass away
Like the rising sun turning night to day

Strong winds blowing, hurricanes
Waves come crashing again and again
I go deeper and deeper until
The water is still

I stay peaceful and calm
I stay peaceful and calm

5) Get It Off

Verse 1:

There's something on my knee
Get it off, get it off
There's something on my knee
Get it off, get it off

No matter where it came from
No matter where it's been
I can get it off and never see it again

There's some, get it off
Thing on, get it off, my knee
Get it off, get it off

Verse 2: arm

Verse 3: neck

Verse 4: nose

Verse 5:

There's something on my mind
Get it off, get it off
There's something on my mind
Get it off, get it off

No matter where it came from
No matter where it's been
I can get it off and never think it again

There's some, get it off
Thing on, get it off, my mind
Get it off, get it off

6) Be

I'm gonna lay me down in the green, green grass
And stare up in the sky
Breathe the air, without a care
Without a reason why and
Be, just be, feeling the life inside of me
Be, just be, be

I'm gonna climb up to the mountain top
And look across the land
Breathe the air without a care
Without another plan and
Be, just be, feeling the life inside of me
Be, just be, be

I'm gonna walk down to the ocean shore
And feel the waves roll in
Breathe the air without a care
Without a why or when and
Be, just be, feeling the life inside of me
Be, just be, be

I'm gonna climb into my cozy bed
And listen as a story is read
Breathe the air without a care
Lay down my sleepy head and
Be, just be, feeling the life inside of me
Be, just be, be

7) Fur Elise (The Dancing Song)

Feet in place, back straight, hands float

Knees bend down, then back up

Hands over head, then back down

Step on one foot and fly, the other foot and fly

Feet in place, back straight, hands float

Knees bend down, then back up

Hands over head, then back down

Step on one foot and fly, the other foot and fly

Feet in place, back straight, hands float

Knees bend down, then back up

Hands over head, then all the way to the ground

One hand out and around, then back

The other out and around, then back

Rising and spinning, rising and spinning

And stop

Feet in place, back straight, hands float

Knees bend down, then back up

Hands over head, then back down

Step on one foot and fly, the other foot and fly

Feet in place, back straight, hands float

Knees bend down, then back up

Hands over head, then stretching out in a circle

Dance, reach to the sky

Turn in a circle, dance

Feeling every muscle and bone

As I twist and turn

Feet in place, back straight, hands float

Knees bend down, then back up

Hands over head, then back down

Step on one foot and fly, the other foot and fly

Feet in place, back straight, hands float

Knees bend down, then back up

Hands over head, then back down

8) Wide Open

Mama throws all the windows and doors
Wide open – the first day of spring
We clean the house, get the clutter out
And get – wide open
For all the season brings

Windows – wide open, doors – wide open
House – wide open, let it open up
Windows – wide open, doors – wide open
House – wide open, let it open up

See that smile, like a country mile
Wide open – a gorgeous grin
Sweet and simple, dimple to dimple
Wide open – let the sunshine in

Eyes – wide open, arms – wide open
Smile – wide open, let it open up
Eyes – wide open, arms – wide open
Smile – wide open, let it open up

A new day starts when the heart is
Wide open – with anticipation
Smile a beaming, the soul's spring cleaning
Wide open – for the celebration

House – wide open, smile – wide open
Heart – wide open, let it open up
House – wide open, smile – wide open
Heart – wide open, let it open up

Me – wide open, you – wide open
Us – wide open, let it open up
Us – wide open, them – wide open
Uncle Clem – wide open, let it open up

Aunt Millie – wide open
Acting silly – wide open
Really, really – wide open, let it open up

Open your eyes and your arms and your smile
Open them wide, let them go for a while
Wide open, let it open up

9) Smell the Flower, Blow the Candle Out

Smell the flower, blow the candle out

Smell the flower, blow the candle out

Smell the flower, blow the candle out

Smell the flower, blow the candle out

Breathe in, breathe out

Breathe in, breathe out

Breathe in, breathe out

Breathe in, breathe out

10) Watch Listen, Feel

Today I'm going to watch what happens

Watch and see

All the people and places and things

And happenings all around me

I'll clear my mind and open my eyes

To every shape, movement, color and size

Today I'm going to watch what happens

Watch and see

Today I'm going to really listen

Listen and hear

All the people and places and things

And happenings far and near

I'll clear my mind and really listen

To all of the sounds I've been missing

Today I'm going to really listen

Listen and hear

Today I'm going to feel the feeling

Really feel

Every mood, emotion, twitch and tingle

That makes my feelings real

I'll feel each feeling as it comes along

Comfortable, uncomfortable

Weak and strong

Today I'm going to really feel the feeling

Today I'm going to listen, really listen

Today I'm going to watch what happens

Watch and see

11) Time Is The Present

Chorus:

Winter, spring, summer, fall
Morning, noon and night
Seconds, minutes, hours come my way
Time is the present I open today

Time to stop, time to go
Time to say yes, time to say no
Time to sleep, time to awake
Time is the present I open today

Time to listen, time to speak
Time to give, time to receive
Time to work, time to play
Time is the present I open today

Chorus: repeat chorus

Time to learn, time to know
Time to ask why, time to grow
Time to choose, time to find a way
Time is the present I open today

Time to laugh, time to cry
Time to dream, time to try
Time to love, time to shout hooray
Time is the present I open today

Chorus: repeat chorus

12) Honor

If you want to cry, go on and cry
If you want to feel proud
Go on and give it that pride from inside

If you want to laugh
Go on and laugh out loud
It's up to you to do what you do
What you do, what you do

Chorus:

But remember to honor the Earth
Honor each other
Honor every precious thing
Honor yourself, honor the moment
Honor your new found wings

If you want to shout, go on and shout
If you want to play
Go on and play the live long day away

Whatever the feeling
Go on and let your feelings out
It's up to you to do what you do
What you do, what you do

Chorus: repeat chorus

Give respect and let the joy flow in
Then feel them both go round and round
And round and round and round again

Chorus: repeat chorus

13) Miriam

Miriam is a little girl
Sensitive and kind
Her special gift is the way that she lives
She thinks with her heart
And feels with her mind

Miriam is a wonderful friend
Helps through the hurt and the healing
Through good and bad she always has
The power to feel the feeling

When someone cries, she cries
When someone laughs, she laughs
She kicks every stone
Smells every flower
All along life's path

She says, "Live each moment as it passes by.
This moment is all we have."
Miriam knows how to cry
She knows how to laugh.

Miriam grows and meets a boy
Sensitive and kind
His special gift is the way that he lives
He thinks with his heart
And feels with his mind

Miriam loves being a wife and mother
Works through the hurt and the healing
As the family grows, everyone knows
The power to feel the feeling

When someone cries, she cries
When someone laughs, she laughs
They kick every stone
Smell every flower
All along life's path. They say,

"Live each moment as it passes by.
This moment is all we have."
Miriam knows how to cry
She knows how to laugh.

Miriam sits in a wheelchair
She takes a long nap everyday
When she lifts her grey hair, I'm there
To hear what she has to say

Miriam talks 'bout her family and friends
Remembers the hurt and the healing
Through her life's history, she gives to me
The power to feel the feeling

And when she cries, I cry
When she laughs, I laugh
I'll kick every stone
Smell every flower
All along life's path. I'm going to

Live each moment as it passes by
This moment is all we have
Miriam taught me to cry
With the wonder of life in her eyes

Miriam knows how to cry
She knows how to laugh