

First Bloom: Collection of Favorites

by Amy Mindell, 2011



~~Song Lyrics and Video Links~~

Deep in the Night Lullaby

*A lullaby that expresses a core Process oriented Psychology (Process Work) idea:
When you're alone, there's always an inner river –your inner process– to guide you.*



Deep in the night
When there's no place to hide
I'll find a river
Deep inside
And all my dreams
Will start to flow
And down the river
I will go

And I'll fly
Far above here
And look down
At the earth below
Like a star
Way up in heaven
Smiling back
At the world I know

Deep in the night
When I'm all alone
I'll find a river
To call my home
And all my dreams
Will start to flow
And down the river, down the river
Down the river, I will go

Coastal Town

A song about my love for the Oregon coast.



Evening in this coastal town
The people watch as the sun goes down
Fisher-people drift out to sea
Their lights glow on the dark blue sea

Whales are deep below
If you're lucky they'll rise and say hello
How I wish I was one of them
Singing under silver waves, now and then.

Thunder waves and sparkling skies
Hit the rocks before my eyes

In the morning when the rain falls
And the blackbirds begin their call
Slowly waking in this sleepy town
And I wonder now
Where the fishing boats
Can be found

(See the music video at: https://www.youtube.com/watch?time_continue=2&v=ofDqq6gbd9c)

Prayer of Thanks

*One of the very first tunes that welled up from deep inside of me.
Thanks to Heiko Spoddeck for accompanying me on violin.*

Wild Willy

This song teaches about "double signals", that is, body signals that we do not identify with. Willy is ordinarily a very shy fellow. But when he is in conflict you can see his arms rising up to his hips. When he focuses on this double signal, he realizes that he is actually very strong but shy about it. This song describes his new-found strength!



Well Wild Willy was a comin' to town
Wouldn't let anyone put him down
He had his boots and his hat too
There wasn't anything he wouldn't do!
He stood his ground, stood up so straight
Boy he was proud and he surely looked great!
We all moved back as he glanced to the right
We were awed by his power
Awed by his might!
Cause he's the king of the night!



Now Willy wasn't normally like this
In the daytime he was easy to miss
He crept around all through the day
Acting like he had nothing to say
But when dust crept out from the sky
Out came Wild Willy strutting by
He proclaimed what he knew was right
Boy he had power
Boy he could fight!
Cause he's the king of the night!

(In the night, in the middle of the night)
He's the king of the night
Oh he's the king of the night!

(Watch the video at: <https://www.youtube.com/watch?list=PL38AE68644ABCA4CE&v=Z9I8EQHb18g>)

Should I Talk to my Animal or my Human Side?

This is a fun song about one of the biggest dilemmas: Should we listen to our ordinary human and realistic sides, or to our more instinctual and earthy natures?



Oh what should I do? What should I do? I'm so confused!

Should I talk to my animal or my human side?
Which will tell me the right thing to do?
I get so confused sometimes
Can't I have just one part and not two?
Oh oh, oh oh... oh!

Better talk to my human side
It always acts like it knows just what to do
It's so much more reasonable than me
It will tell me how to be! Oh oh...

Better talk to my human side
It'll consider all the facts
It'll weigh things carefully
And decide just how I must be!
Think, think, think, think...

On the other hand...
Better talk to my animal side
Though it never seems to know just what to do
It doesn't try to speak at all
But feels the earth beneath its paws oh oh ...

Better talk to my animal side
It's free and follows the wind
It'll sniff and find the path
And never ever takes a bath! Oh no!
Sniff, sniff, sniff, sniff...

I guess it's smart to ask the human side
It always tells me smart stuff to do!
But I love the animal side of me
It feels like a big old tree! Oh oh
Guess I better find a way
To get these two to be friends
Hey, that shouldn't be so hard to do
Because I have one right and one left....shoe!
Sniff think!

(See the video at <https://www.youtube.com/watch?v=hbWCzJFv8I4>)

Sounds of the Old World

*The first song that I wrote. It was such a relief to give birth to it.
It felt as though I was feeling into and rediscovering an earlier lifetime.*

Heaven is Open

One of my earliest songs. It felt as though it came right out of the earth and ocean. It will always live in my heart. Many thanks to Dawn Menken for her background vocals.



I thought I was empty
At the edge of the sea
I lay down and rested
And let it carry me

And heaven is open
Each and every day
Oh, I hear the heartbeat
So deep and so far away

And dreams are like rainbows
They can paint the sky
Oh where will they take me
When they fly?

Seagulls drift like paper
Over my head
Their wings catch the breezes
And glitter blues and red

And heaven is open
Each and every day
I hear the drumming
So deep and so far away

The moon is a prism
It lights up my eyes
Oh where will it take me
In the skies?

And now I know
Where I want to go
Not to the sea sky blue
But to the infinite you.

I Want to be a Hero

*From my puppet show called: "What I Want To Be When I Grow Up",
my very timid puppet, Sugar Mu, sings about her desire to be a hero.*



Oh I wanna be a hero
Fight monsters wherever I go
Protect us each night and every day.
I'll fight the biggest dragons
And start all over again
If somebody needed me
To come their way.

I'd be a friend, to everyone
I'd stick my head up, toward the sun
Dreams would come true every night
I'd make the world feel just right!

Oh I wanna be a hero
Fight monsters wherever I go
Protect us each night and every day.
There'd be nothing to be afraid of
In a world that dreams are made of
Where you can be anything at all...

(See the music video at: <https://www.youtube.com/watch?list=PLC322AF35E29BBF94&v=ZBt4L79Y5LM>)

Dog Song: Go Right Out the Door!

A dog puppet that I made sang this when its master wanted it to get up and go out for a Walk! Most of us tend to use a lot of effort and "do" life, but the dog is teaching us about the possibility of "not doing"!



You said, I should get up and go for a walk
But all I wanna do is lay here on the floor
Yeah I know it's late,
And I hate to make you wait
So why don't you just go yourself
Right out the door?

You said I should be productive
Well yeah that has a nice sounding ring
But I'm lazy and sore,
And I can't get off this cozy floor
So why don't you just take yourself
Right out the door?!

Oh, I'm so tired of trying to make you happy
I'm tired of having to do something new
I just wanna lay here, and drink a beer
And leave the rest of the "doing" all to you!

Oh, what's wrong with just being happy?
And doing nothing much but taking a shnooze?
Oh it feels so good, just like it should
So why not give in, there's nothing to lose?

I'm so tired of trying to make you happy
I'm tired of trying to do something new.
I wanna just lay here, and drink a beer
And leave the rest of the "doing" all to you.

I wanna just lay here, and drink a beer
And leave the rest of the "doing" all to you!

(See the music video at: <https://www.youtube.com/watch?v=kVSN1w9MZmo&list=PLC322AF35E29BBF94&index=4>)

When Winter Fades Away

One of my favorite melodies.

(See the video with stop motion animation at: <https://www.youtube.com/watch?v=q8wQzqHjnlS>)

When You Awake

*This reverent song arose spontaneously one night when I couldn't sleep
and was finished just as morning was breaking.
Thanks to Dawn Menken for accompanying me.*



When you awake
I'll be standing by the window
And I'll greet you as the daybreaks
And I'll say
Oh god on high
Let me walk across your bridges
And touch the morning sky

And when you were gone
I couldn't get up off the floor
It seemed that everything went wrong
And you showed me how to feel
To lift myself up gently
And know that you are real

And when you come back
I'll already be waiting
And I won't be turning back
And I'll sing a love song to you
Written in my own hands
As I let you come through

When you awake
There'll be music from the mountains
And I won't hesitate...

I Look Up into the Sky

*One day I had a fantasy of two children sitting on a hillside.
They were looking up with wonder at the sky.
The melody and chords emerged in a spontaneous and touching way for me.*



I look up into the sky
I look up and see the clouds
Watching the shapes go by
Before my eyes

I look up at the moon
I look up and see the stars
Wondering how they got way up there
So near mars

And I have seen a shooting star
Race across the sky
If it can go so far
Why can't I?

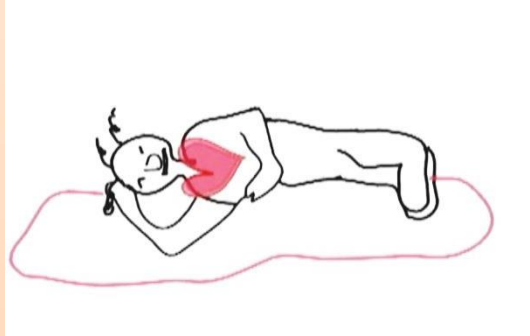
And I have seen a rainbow
In the sun and in the rain
Can I walk across it
Would I ever be the same?

I look up into the sky...

It's Not the Things You do that Make Me Love You

What else can I say?

There is so much more to us than the things that we do or try to be!



It's not the way you walk
It's not the way you talk
It's not the things you do
That makes me love you
It's not the way you act
It's not any fact
That makes me feel this way
When I am near you.

It's like I'm dreaming
This special feeling
That warms my heart
In the day and the night for you.

It's not the way you walk
It's not the way you talk
That makes me feel this way
When I am near you.

(See the music video at: <https://www.youtube.com/watch?v=ewnbH5LoJVg>)

The Gorilla in Me

*Do you ever feel that there is a part of you that wants to break out and dance?
In this silly song, a professor realizes that there is
a gorilla part inside of him that really wants to come out!*



Who do you think it is that you see?
Hanging from this great big tree?
Uh huh! Hu hu. Uh huh! Hu huh!
Who do you think it is that you see
Hanging from this great big tree?
Uh huh! Hu hu. Uh huh! Hu hu huh!

* * *

Well don't be scared if I climb up a tree
It's all just because I'm a livin' free
I got a lot of rhythm and a whole lot of soul
And when you play that music
I really start to rock and roll

It's the gorilla in me
Oh ya, it's the gorilla in me!

Well I started out being a simple human
And when I got uneasy there was some confusion
I started to shake, started to stretch,
And when my body burst out I really felt at my best!

It's the gorilla in me
Oh ya, it's the gorilla in me!

I started to swing, started to sweat
And don't you think I'm the cutest monkey yet?
I bet you can't contain yourself, you just got to move
So get up everybody and do the gorilla-groove...ur ur ur ur ...!

It's the gorilla in me! Oh ya, it's the gorilla in me!
Ya ya, it's the gorilla in me!
Oh ya, it's the gorilla in me!

Song From the Sea

This song came to me one day when I was looking at the crashing ocean waves and the birds flying by. I created 2 videos with this music; one has an animated orchestra that I drew and another stars my maestro puppet conducting the Oregon Coast Symphony!



(See one of the the music videos at
<https://www.youtube.com/watch?v=jbZZBw8rzzI&index=7&list=PLA7E0BB5BD2C8AFD8>*)*



and the second video at:
<https://www.youtube.com/watch?v=wDGDyr2qutw&index=13&list=PL38AE68644ABCA4CE>

Mother of our Country

This song sprang forth right from the mouth of one of my puppets. Then I realized that it might be an alternative national anthem. It stresses the part of us, the elder, and the earth, that can embrace all parts of our country and world.



I'll be a home to the courageous
And the ones who run scared
I'll be a home to the animals
From the mountains to the air
I'll be the mother of our country
From the mountains to the seas
The earth that we walk on that allows us to be

I love you more than life itself
Come to me, when there's no one else.

I'm the mother of our country
From the mountains to the seas
The earth that we walk,
The earth we walk on,
The earth we walk on
That allows us to be

(See the music video at <https://www.youtube.com/watch?v=VMWRd1UluM>)

Lazy Day

A laid back saxophone and piano tune. I chose this music to accompany one of my stop motion animations.



(see the music video at <https://www.youtube.com/watch?v=u2QzAVjgI50>)

Let Me Float on the Wind

*This song felt as if it arose right out of the earth and into the skies. It suggest that we cdan bring the feeling of "floating on the wind" with its detachment and sense of freedom, back to the ground in order to enrich our everyday lives.
The song brought a new musical style for me.*



I'm looking out into the darkness
I'm peering deep in the night
And when the birds surround me
And lift me up
And set me in flight

Soaring high above the peak-lines
Taking in all the places below
Oh, if I could have this freedom
And enchanted view (enchanted view)
Wherever I go

So let me float on the wind like a leaf
Oh let me land on the bird's wings
As if it were a reef.
Lift me up into the air so high
Throw me towards the clouds and the sky
And then let me float on the wind so free
Who knows what will become of me?

Below my life unravels
Going from one thing to the next
How much I long and hunger
To know these wings
To know these wings
When I'm put to the test

So let me float on the wind like a leaf
Oh let me land on the bird's wings
As if it were a reef
Lift me up into the air so high
Throw me towards the clouds and the sky
And then let me float on the wind so free
Who knows what will become of me?

The test has come for you and me now
It'll throw us towards the stars and the clouds
Oh yes the wind is now blowing free
It's the test for you and me!

We're dancing out here in the darkness
With peaks and stars all around
The sound of distant thunder
The swirling wind, swirling winds going
Round and round and round
And round and round.

I'll Follow the Sun

One day I was in my garden and the flowers began to sing this song to me. The song speaks of the way each of us follows and bends toward our true natures whether we are aware of it or not. When we follow this path with awareness, "our hearts fly free".

It's one of my very favorites.



And when the dream was moving slowly
Toward the setting of the sun
We curled in for the winter
The day's work was done
And when the light began to peak out
And the world was still fast asleep
Our petals began to reach out
When our hearts felt the heat

I'll follow the sun (when the new day is dawning)
I'll follow the sun (We'll stretch out toward the light)
I'll follow the sun (When the new day is calling)
I'll follow the sun, oh oh
I'll follow the sun (follow the sun)
I'll follow the sun (follow the sun)
I'll follow the sun (follow the sun)
I'll follow the sun, oh oh

As we bend toward the distance
Ours souls fly free
And our hearts spring open...

And follow the sun (*when the new day is dawning*)
I'll follow the sun (*we'll stretch out toward the light*)
I'll follow the sun (*when the day is calling*)
I'll follow the sun, oh oh
I'll follow the sun (*follow the sun*)
I'll follow the sun (*follow the sun*)
I'll follow the sun (*follow the sun*)
I'll follow the sun, oh oh

(see the music video at:

<https://www.youtube.com/watch?v=x4xOeAljXDo&index=9&list=PL38AF68644ABCA4CE>)