The Heart of Healing
We wanted to try something different for this year’s healing booklet. We have written about healing in terms of faith and affirmation, gratitude and joy, personal healing experiences, healing for loved ones, and of course prayer for ourselves, prayer for others, and prayer from others.

But one means of expression comprises them all: music.

So we called our friend Karen Drucker, who not only writes uplifting spiritual songs but also focuses especially on songs of healing.

Karen Drucker is one of several New Thought songwriters who share a positive message through their music, reminding us of our spiritual nature and our innate, divine power to create the lives we want.

Most of Drucker’s healing songs are simple chants—the kinds of songs that stick in your mind and surface when you least expect them but need them most.

We picked 10 of our favorite songs from Drucker and have included the lyrics in this booklet. We asked her to tell us briefly how each song came about. We then asked some of your favorite writers to elaborate on the spiritual qualities music evokes and how each plays a role in the healing journey.

Drucker, who lives in California, has been music director at three Centers for Spiritual Living (CSL). She was honored with a Doctor of Music from CSL and a Grace Note Award from Unity. Along with her songwriting and speaking, she has been a professional comedian, was part of the first American women’s relay team to swim the English Channel, and babysat for musician Carole King’s children as a teenager.

Drucker shares the story here about how she abandoned writing sad love songs for positive, inspiring music. We firmly agree with her that music has the power to heal.

May this booklet help bring you into harmony with healing.

Your Friends in Unity
When I was first starting out as a musician, I would sing at weddings, piano bars, and hot dog stand openings—you name it, I would be there. Music seemed to be the perfect vehicle for me to express my heart and soul.

I was writing songs at this time and trying to get published with the “you done me wrong” themes publishers wanted. But it wasn’t until I got a job singing at a New Thought church and had reason to write positive songs that something clicked. I could feel how the songs were changing the way I thought and were bringing more love, light, and happiness into my life. When I took the huge risk of putting out my first CD of these songs, praise and gratitude validated that I had found my right path.

It wasn’t until my mother was diagnosed with cancer that my musical direction became crystal clear. My mother was the most positive person I’ve ever known. When she went in for her chemo treatments, she would recite a positive affirmation over and over: *I am healed, whole, and healthy!*

When I heard that affirmation, I immediately put music to it so she could sing along as she was getting her infusions. I could literally see the effects that combining the affirmative words with soothing music had on her. The chemo may have been infusing her body, but at the same time the music was infusing her mind with a message of hope and healing. That one decision to write a chant for someone’s healing changed the focus of what I wanted to do with my music.

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People have asked what motivates me to write healing music. I feel truly humbled when I receive emails from people who say these songs have been a friend to them, have kept them out of fear and worry, and put them in a positive state as they healed.

My vision is that healing music is available to anyone who is going through a health challenge. I would love to see this kind of music in hospitals, cancer centers, and anywhere people could benefit from listening.

This is what I know: Music can heal. Music can inspire. Music is essential to our well-being. I invite you to listen to and sing positive songs every day and see how your life changes.
There is a song in my soul. It sings, “I am whole.”
Everywhere I go, it sings, “I am whole.”
I am whole, I am whole.

There is a song in my soul. It sings, “I am healed.”
I take a breath and know that I am healed.
I am healed, I am healed.

There is a song in my heart. It sings, “I am loved.”
It whispers in my ear that I am loved.
I am loved, I am loved.

There is a song in my soul. It sings of my joy.
It bubbles up from deep within, pure sweet joy.
I am joy, I am joy.

There is a song in my soul that sings “I am love.”
A beaming ray of Spirit’s light. I am love.
I am love, I am love.

I am whole, I am healed, I am loved, I am joy,
I am peace, I am well. All is well. I am well.

POSITIVE MUSIC: “SONG IN MY SOUL”

There are many articles and data to support the idea that music can be a healing force of good. I believe that when we start our day with a positive thought, it will influence the direction of our day. Just pick a quality you would like to see manifest—peace, joy, love, presence—and notice how it will “magically” appear.

That is the foundation of this song—the idea that you can plant the seed in your mind that no matter where you are on your health or healing journey, you are whole. You are loved. You are joy.

There is a presence singing to you through these songs, connecting with the truth of your being. It is the song of your soul, simply reminding you. Just listen and you will hear it, then sing along!

—Karen Drucker