

Songbook

„Take this World in your Hands“

Inhalt:

1. Donkey John O'Donohue of Carnew
2. Asylum for Polar Bears
3. Call of the Soul
4. In Flux
5. Magic of the Four
6. Woman, you are coming Home
7. Trust in the Sea
8. Sausage Salad
9. Saami Land
10. Mother of the Living
11. Eva's Garden of Peace
12. One Drop of your Hearts Blood
13. Take this World in your Hands
14. Green Island of Beauty

1. John O'Donohue

1. Born in a green field in Carnew
Fed on Irish grass I grew
By a man called Tom O'Donohue
He named me John and it is true
Where ever I travelled people knew
Here comes John O' Donohue
2. I know there is another one
with that well blessed Irish name
he a poet and a lighted man
but me I'm still the only one
given four legs to kick and run
to follow that Swiss music man

Chorus: Uh-u-uuuuh, peace, hope and joy to you
Uh-u-uuuuh, we shared a dream and we got through
Uh-u-uuuuh, on the mission John O'Donohue, John O'Donohue

3. One day this guy came up to me
Put a tackling and a cart on me
Saying join my song and follow me
Heading for Clare we left Carnew
Swiss music man and walking shoe
And me young John O'Donohue
4. But Clare was windy, full of rain
He took me where the sun would shine
A boat to Belgium he did find
In Dublin Town we said adieu
Left for Europe and the new
Singing here comes John O'Donohue

Chorus

Bridge:

Landing there on Flanders shore
Swiss music man was looking for
Busking for hay, carrots and more
For our daily living there was much to do
I was the singer, he my crew
Announcing John O'Donohue
He cared for money I did not
I got famous, he not so much
Since he hadn't got a skin to touch

Chorus

5. We brought the joy of tenderness
To those who run in restlessness
Just by lighting up some blissfulness
While men gets caught in stubborn tenses
We crossed borders, jumped some fences
Walked through the dark to light the senses

6. We walked across to Switzerland
Softening mountain hearts there to make friends
We made it through until the end
From the unseen world I'm calling you
Still I journey here with you
Your old friend John O'Donohue

Chorus 2x

2. Asylum for Polar Bears

1. Would you give asylum to polar bears
rescued on ferries over seas
and be knocking and calling at your doors?

Polar Bears comin' across the sea
Polar Bears for a-comin' you to see

2. Would you like a wolf
howl against the storm
all around the world
to save lives from being drowned?
3. Now would you break a taboo
meet with monkeys too
to solve these problems,
tread in their shoes
to bridge the gaps between me and you?
4. Would you make a decision
seeing the rising of the ocean
join manhoods last vision
put your heart in motion

Polar Bears comin' across the sea
Polar Bears for a-comin' you to see

5. Tell me, if you could be a hero
would you give your boy toys
thread your power into common joy
would you the oil-lamps smoke be banishing
to save you, me and the polar bears from vanishing?

Polar Bears comin' across the sea
Polar Bears for a-comin' you to see

Watch out – Polar Bears are coming, heading for your ice, heading for your fridge, where ever it is cool. They are climbing on your glaciers and on the cooling towers of your nuclear power plant – and now they start cleaning up that mess, the mess that floods this world. And they build up a new mountain, a garbage swimming mountain that will float and float them back home to the northpole. So make your voice heard and stand up for generations to come!

3. Call of the Soul

1. Stone ear awakening
by the tide of the sea
with sounds being pregnant
in earths womb asleep

2. Stone ear awakening
on the wings of love
vibes from a distance
songs from the stars

Chorus:

Call of the soul, when walls do fall
let your wings grow to follow the call of your soul
Call of the soul, when walls do fall
let your wings grow
take off to follow the call of your soul

3. Stone ear awakening
memories of mankind
for ages so blind
awakening to see

4. Stone eye is watching
all through the curtains of night
drinking the milk
from a distant starlight

Chorus:

Call of the soul, when walls do fall
let your wings grow to follow the call of your soul
Call of the soul, when walls do fall
let your wings grow
take off to follow the call of your soul

4. In Flux

1. Ice is melting, water's rising
Solid walls are crumbling into the sea
Thawing time, humans connecting
At sudden passages are free.
2. The ice is thawing, our life's in flux
Frustration is melting away
From pent-up feelings, ancient history,
Streams our future's energy

Chorus: In flux, there comes a time when all's in flux
The ice's melting and all's in flux

3. Cynicism dissolves on the tongue
Hate poisoned voice can't find an ear
Crooked nose, battered old lungs
Fill themselves with fresh air
4. Every breath produces a smile
The Earth's beauty opens our eyes
Warming the ice, heart touches heart
Where one sun sets, one's on the rise

Chorus

Bridge: Critical mass reaching the top
All it needs is one more drop
Finally to flood that cup
And everything starts turning

5. Up in the eternal storm clouds
Life shows itself in a new light
Time stands still and makes a deep bow
To the majesty of the moment

Chorus

5. Magic of the Four

In the circling of the seasons
Waves of being touch the shore
Where you may find light and deep reasons
In the magic of the four

1. In the magic of creation
There is the secret of four winds
Blowing from the four directions
To what starts and to what ends
2. The north wind carries all our visions
All the way down from the stars
The west wind brings us back the history
Of what's passed by on earth so far
3. The south wind's like a new born baby
Enlightens each moment with it's flame
The east wind takes you into spaces
Givin' distant sight on our life's game

Chorus

4. In the magic of creation
There's the secret of four fields
Four open fields to choose location
Where you hear the voices of the winds
5. And as you enter them listen
And as you dance to what they sing
You may conduct your own life's choir
Your one big song on earth will ring

Chorus

6. Woman, you are coming Home

1. You come a long way to be free
your river winding to the sea
where all your dreams have grown one tree
growing into eternity

Chorus:

Now woman you are coming home
With wings of freedom that grew strong
All mountain roads you left behind
This one sacred place to find
- woman, you are coming home

2. You struggled hard to keep wheels turning
each day strugglin', searchin', learning
you faced the puzzle, picked up pieces
the find truth behind life's secrets

Chorus

3. Dancing cross fields of past and future
creating space to heal your soldier
burning your love to light peace
give birth to seeds and growing trees

Chorus 2x

7. Trust in the Sea

1. You seem to ride hard
those wheels they call time
but time is just waves, wind and rain
So why don't you stay
with me here a day
Watching the play of the ocean

Chorus :

Trust in the sea, trust in the sea
It's bringing in what ever will be
In whisper and in call
There is a song that knows it all

2. Way out in the sea
our children I see
Riding on the waves of time
And way behind all in a line
grandchildren of yours and mine
They're all coming to land
where our feet walk on sand
In touch with the heart of the ocean
3. What ever might come to an end
There will be waves and will be sand -
There will be life and you my friend
Are part of the one creating hand
Sending waves across the ocean

8.Sausage-Salad

1. Cut up in pieces laying down
On the table, to be eaten soon
The sausage-salad waiting the end
He'd thought in someone else to turn
To end in glory and in fame
But cut to Salad what a shame

Sausage-Salad, Sausage-Salad, Sausage-Salad, are you ready

2. He'd dreamed to be full sausage-size
With self esteem and joyfulness
Well feeling in his very length
Feeling his top, feeling his end
with sausages in sausage-land
a living well and ne'er alone

3. He's been searching the net and finds
a truth-full Sausage female friend
he spent money on face and skin
on studies, diet and luck to win
he did all to climb that golden hill
to those who live to dine him soon

4. But time gets close and time runs short
soon you blow your last long fart
if you don't want to be fed
you've got to fill your meat with blood

5. Sausage-Salad grow-up and run
even you can grow them eagle wings
Sausage Salad follow your thirst
Sausage Salad make your time last!

Run, run, run Sausage Salad
Arise from that plate, get up from the table
Run for your joy, your life, your sausage pension
Run from those teeth, give legs to the beef
Run to be a sausage King
Run, run, run have sausage fun

26.7.2010, Jergul, Finmark

9. Saami-Land

1. The nightlong light of northern skies
has put a fire into our eyes
that warms our hearts and keeps us going
all through the winters night so long

Chorus:

Saami-Land - a reached out hand
to the long lost spirit of today's man
Saami-People - roaming their land
to a wounded earth a healing friend

Chorus again

2. Here where the silence spreads it's wings
a tune for every being rings
where Saamis Joik sings every name
frozen creatures warm up to be born

Chorus:

Saami-Land - a reached out hand
to the long lost spirit of today's man
Saami-People - roaming their land
to a wounded earth a healing friend

10. Mother of the Living

1. This Planet built of beauty
out of holy fantasies
this gentle rocking cradle
in the lullaby of the galaxy

2. This garden built for lovers
in the shade of apple-trees
our mother of the living
between mountains and the seas

Chorus:

Dance with her, move with her
breath, breath with her

3. This world is a woman
feel her in your womb and veins
this Lady and her children
feed them on your love and on your dreams

Bridge:

Once you kill her she wont come back
No way, no way
Once you kill her she wont come back
she won't come back no more,
she won't come back no more

Chorus:

Dance with her, move with her
breath, breath with her

You, me we're dancing – all around the world

11. Eva's Garden of Peace

1. I know there's a place
A true magic space
Of reunion from division

It's the garden of peace
A place of release
The garden of our vision

2. There is this holy ground
Where the evil strips masks down
And soldiers lay down weapons

Where wounded weep their tears
Weak-ones show their fears
And power is showing helpless

Chorus:

My love she took me down
To trust and understand
Dancing through the fire
My love she took me down
To the fields where she had born
A tree of holy desire
To the garden – Eva's garden of peace

3. So if you come down
To heal and to grow
Make sure to show up naked

All you have to know
For the river to flow
Black and white must stand equal

4. Even in the darkest of days
There's stars in the skies
To offer new solutions

You don't have know
Just hum and move slow
And open your heart to the motions

12. One Drop of your Hearts Blood

1. This doctor came to see me
Saying right into my face
That mother earth's in severe state
Close to pass away

2. The only hope to save her life
A rare old medicine
Would be one drop of the hearts blood
From all her children round the world

Chorus: One drop of their hearts blood
Hearth blood for the one world

3. So I lit for her a candle
And made me on my way
Against all fear and sadness
That she might pass away

4. So all you bros' and sisters
Here I'm knocking at your door
And one drop of your hearts blood
Is all I'm asking for

Chorus:

5. What ever way you've lived your life
What ever colour is your skin
What ever is your pain or power
I don't ask for your sin

6. That one drop doesn't cost your purse
no pain, no effort too
it's but a drop of heart-full joy
that brings back life to her

Chorus:

13. Take this World in your Hands

Heja, heja, heja hejoo – heja heja heja hee! 2x

1. Take this world in your hands

As gently as you can

Touch the core of the spring

Where we're all coming from

Take this world in your hands

As gently as you can

2. Between you, between me

There's poverty to free

From that ancient history

That says "war means to be"

This world it won't heal
By the way we hide and peal
Starving our souls to death
And banning love to breath

3. We're all of the one clay

Shaped to roam and to stay

To grow like a tree

And to turn night into day

The peace reaching hand
Between woman and the man
When heart to heart we stand
Will free change in the end

4. Take this world in your hands

As gently as you can

Touch the core of the spring

Where we're all coming from

Take this world in your hands

As gently as you can

Heja, heja, heja hejoo – heja heja heja hee! 2x

14. Green Island of Beauty

Chorus:

Lo – le lo - le lo - le loo - la lo - le loo – la
Lo – le lo - le lo - le loo - la lo - le loo – la

1. A garden in the narrow space
Where life and time is canned
A coloured patch of splendid life
In midst of dull wasteland
A place that calls the earth to breath
And plants to settle down
A home for Beetles and for Bees
Invoked by tender hands

Chorus

2. My mother walks her garden fair
Each and every day
She calls the flowers by their name
Listening to their song
She bows her back towards the ground
And goes down to her knees
Between herbs and a human heart
The healing for to free

Chorus

3. When waters rise and storm-winds blow
And hope is on the wing
There is a safe place to escape
A place of pure beauty
Just give the earth a silent space
Bless her with Love and water too
And all the living creatures will come back
To share their miracle with you

Chorus rep&fade