



Produced, engineered and mixed by Benjammin

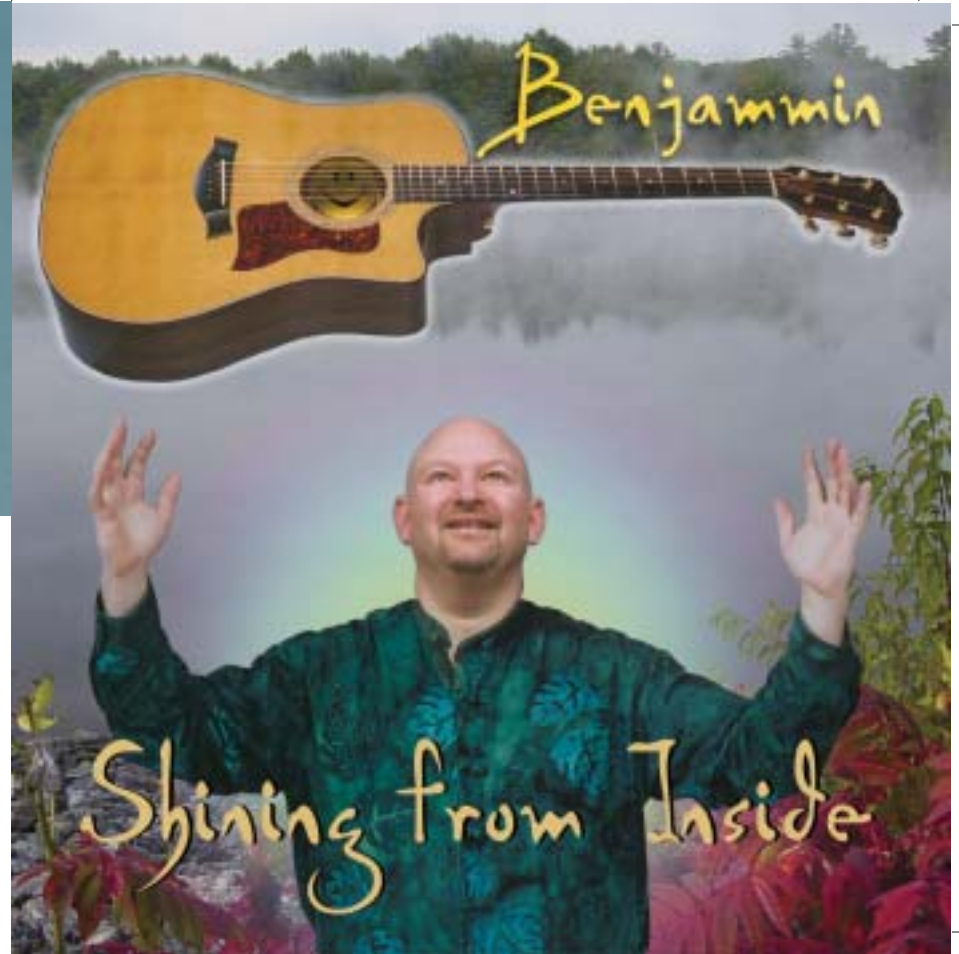
All songs written by Benjammin except "Shining From Inside": music by Benjammin, lyrics by Benjammin and Deanna Lane. This recording © ©2003 Inner Flow Music, BMI. Recorded at Inner Flow Music, Asheville, NC. Mastered by Charlie Pilzer at Airshow Mastering, Springfield, VA

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THANK YOU. To learn more about why I am grateful, and see the names that wouldn't fit here, click the "Thank You" link at www.BJBmusic.com.

For songwriting instruction and critiques: Monty Harper, Steve Seskin, Rick Beresford, Pat & Pete Luboff, Paul Reisler, the Group of Asheville Song Makers (GASM) - especially Allen Hayes, Billy Jonas & Charles van Buskirk - & the Oklahoma Songwriters & Composers Ass'n (OSCA). **For voice coaching:** Karen Smith-Pearson. **For guitar instruction:** Jim Bogle, Tena Moyer, James Powell. **For performance training:** Eric Garrison, Vance Gilbert, Julie Portman & Maggie Simpson. **For intensive immersions of learning, joy, networking and musical inspiration:** Folk Alliance national and regional conferences, the Kerrville Folk Festival, the Planet Bluegrass Song School & the Swannanoa Gathering. **For encouragement and guidance:** my family, Don Conoscenti, Greg Greenway, Alan "B.O.T." Rowoth, David Gaynes, Steve McLinn, Kurt Van Sickle, Mariénne Kreitlow & Michael Brown. **For visionary graphic design and Photoshop wizardry:** Paula Bishop. **For above-and-beyond musical contributions to this CD:** All the musicians, who mostly created their own parts in the studio. Extra-special thanks to River Guerguerian for his extraordinary percussion arrangements, and to Joe Ebel, who could overdub one violin into a lush "mini orchestra" one moment, then rip out fiery electric guitar leads the next. **For mixing assistance:** Chris Rosser (overall fine-tuning) & River Guerguerian (percussion EQ). **For especially helpful pre-mastering critiques:** Monty Harper, Billy Jonas, Mariénne Kreitlow, Jerry Ford & Chris Rosser.

And finally, for her inspiration, collaboration, insightful critiques, unconditional love, treasured life-partnership and so much more:
Deanna Lane.



THE MUSICIANS

(also see credits after each song lyric)

Benjammin: lead vocals, acoustic and electric guitar, acoustic bass guitar, keyboards

River Guerguerian: drum kit, percussion

Joe Ebel: violin, electric guitar

Mariénne Kreitlow: background vocals, psaltery, flute, faerie ball

Grant Cuthbertson: bass guitars (fretless and electric)

Stuart Reinhardt: soprano saxophone

Perry Dror: harmonica

Jen Wo, Koriander, Deanna Lane,

Jerry Ford: background vocals

Graphic Design by Paula Bishop

All artist photos by Tim Barnwell.

Photos of artist and guitar on cover by Tim Barnwell; Photoshop wizardry and photo of misty lake on cover and tray card by Paula Bishop.

Also available on CD and cassette: The Beauty Within by Benjamin Bernstein (Benjammin's other name). National reviewers have called this instrumental synthesizer album "an exquisite soundscape of sublime and delicate beauty", "a sacred space of absolute peace and contentment" and "electronic music at its finest". To order, go to www.BJBmusic.com or call 1-800-BUY-MY-CD.

Benjammin uses Elixir strings on his Taylor guitar.

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"Lay down and rest now
"Be filled with the light of the sun"

Some people passed out; some rushed to their kids
And held them with trembling hands
Some jumped up with joy or fell down to their knees
While some turned in terror and ran
But none could outrun the great harvest now here
Each was wrapped in a wingéd embrace
And every last human was lifted on high
With a radiant smile on their face

Chorus

Billions of angels flew up from the earth
Looked back on the brilliant blue sphere
Sent down their love to the species still left
And said, "Finally, it's safe for you here"

Chorus

And the angels sang, "Rest now"

© 2001 Inner Flow Music. Benjammin: lead vocal, acoustic guitar, bass guitar • River Guerguerian: drum kit, conga, shaker • Mariénne Kreitlow: alto background vocals, psaltery • Jen Wo: high background vocals, ethereal voice • Tuning: CGDGBC

Such Bliss

Such bliss
Blending with you
Such bliss
Like waves rolling through me

I feel we're not two separate people anymore
I've never known a oneness such as this before

Such bliss
When we awake
Such bliss
At dawn's rosy breaking
I hold you close, and feel as if I'm in your skin
'Cause I can't tell where I leave off and you begin
Such bliss

Such bliss
When I let go
Such bliss
Like Northern Lights glowing
You smile at me; I fall into those endless eyes
And I embrace an angel in a woman's guise
Such bliss
Such bliss

© 2002 Inner Flow Music. Benjammin: lead vocal, acoustic guitar, keyboards • Mariénne Kreitlow: background vocals, flute • Tuning: CGDGBC

1. Realize Your Dreams - 4:01
2. Every Single Universe - 2:48
3. Peaceful - 4:31
4. We Won't Walk Here Again - 3:02
5. Into Your Light - 4:03
6. The Devil's Dog - 2:40
7. Shining From Inside - 4:23
8. Visitation - 4:30
9. Slaying the Dragon - 4:22
10. We're All One - 3:08
11. Billions of Angels - 5:04
12. Such Bliss - 3:07

Realize Your Dreams
When my dreams seem too demanding
And I face despair
I flash back to my mother's voice
She'd say, "We all have talents
"And they're made to share
"But you'll be challenged
"Once you make that choice
"Those still in the dark
"Will try to hold you back
"But listen to your heart
"And walk the hero's path

"Realize your dreams
"The visions fill your head
"Because they need to grow
"Realize your dreams
"You'll reap a life of wonder
"Once you start to sow
"Realize your dreams
"There's nothing that can block your way
"Realize your dreams
"Make your dreams the life you live each day

"Realize your dreams
"Feel the power flowing
"From your Highest Source
"Realize your dreams
"Angels flock to help you
"Once you set your course
"Realize your dreams

"Your full commitment is the key
"Realize your dreams
"Awake and understand that you are free...

"Free to reach out for your highest needs
"Free to follow where your passion leads

"Realize your dreams
"Fear will bare its fangs
"But you just walk on by
"Realize your dreams
"Friends will say you're crazy
"But your head's held high
"Realize your dreams
"Embrace the joy that Spirit gives
"Realize your dreams
"Be one of the few who really lives
"Realize your dreams
"Realize your dreams
"Realize your dreams"

© 2000 Inner Flow Music. Benjammin: lead vocal, acoustic guitar, keyboards • Grant Cuthbertson: fretless bass guitar • River Guerguerian: tablas, talking drum, shaker • Koriander: background vocals • Tuning: CGDGBC, w/ capo @ 1st fret & partial capo @ 6th fret, 3rd thru 5th strings

Every Single Universe

I see new universes born with each new choice
They multiply, connected by a cosmic string
An infinite array
Of realities at play
But there isn't one where I would change a thing

Chorus
 Because in every single universe I'm loving you
 The choice is never tough
 I could never get enough of loving you
 What sweet destiny
 To see a million mes all loving you

A hundred thousand times you told me, "No!"
 A hundred thousand times I finally made you mine
 Dimensions can't divide
 A love that spreads so wide
 A love that conquers all of space and time

Chorus

Like shooting stars I fall for you
 Like each new dawn
 Our love's reborn anew

Chorus

Modified Chorus
 I'm loving you
 The choice forever clear
 I always want you near
 'Cause I love you
 What sweet destiny
 To see a million mes all loving you

In every single universe
 I'm loving you
 In every single universe
 I see your eyes and I'm immersed
 Every single universe

You're the one that I put first
 Every single universe
 So full of joy I just might burst,
 Every single universe
 Every single universe

© 2002 Inner Flow Music. Benjammin: lead vocal, acoustic guitar • River Guerguerian: drum kit, congas, shaker • Grant Cuthbertson: bass guitar • Joe Ebel: violin, electric guitar • Jen Wo, Koriander, Jerry Ford, Deanna Lane: background vocals • Tuning: standard

Peaceful

Israel and Palestine said,
 "Hey, it's only land
 "We can't stay at each other's throats
 "We need a better plan"
 They worked out what they really needed
 Let go of the past
 And now they're happy side by side
 With peace that's going to last
 Now they're so...

Peaceful, peaceful

The corporations said,
 "We make so much that no one needs
 "We're murdering our planet
 "Just to feed our endless greed
 "Let's cut out all the products
 "That just pad our bottom line
 "'Cause profit's less important
 "Than one Ponderosa Pine"

violin • Tuning: standard, w/ two partial capos:
 3rd thru 5th strings @ 2nd fret, & 2nd thru 4th
 strings @ 4th fret

Slaying the Dragon

© 1985 Inner Flow Music. Benjammin: acoustic guitar • River Guerguerian: tablas • Mariénne Kreitlow: faerie ball • Tuning: CGDGBC

We're All One

A Hare Krishna spots me and he waves his sign
 Wants to give me a piece of his peace of mind
 Once I would have rolled my eyes, but today I bow
 'Cause the way I look at the world is different now
 'Cause I can see that...

Chorus

We're all one, we're all one
 Every race, faith and nation under the sun
 Yeah, we're all one, we're all one, we're all one

Our costumes and customs set us apart
 But each of us can choose an open heart
 Foreign words and faces might seem odd
 But they're just camouflage to hide the fact
 That we're all God, 'cause...

Chorus

Evolution makes it plain to see
 All life is Mother Earth's extended family

Chorus

Chorus

Chorus

© 2002 Inner Flow Music. Benjammin: lead vocal, acoustic guitar • Grant Cuthbertson: bass guitar • River Guerguerian: drum kit, tambourine • Joe Ebel: electric guitar • Perry Dror: harmonica • Koriander, Jen Wo: background vocals • Tuning: standard

Billions of Angels

And the angels sang, "Rest now"

Billions of angels appeared in a sky
 Whose blue was now hazy and brown
 Saw rainforest animals panic and flee
 As bulldozers pushed the trees down

They watched as the runoff from city and farm
 Killed most of the fish in the seas
 And soared over cities that sprawled out of sight
 For there now were more humans than trees

Billions of angels flew down through the smog
 One came for each person on earth
 Each angel said, "Now, with the touch of my wings
 "I grant you a joyous rebirth"

Chorus

And the angels sang, "Rest now
 "Your trials and troubles are over
 "Lay down and rest now
 "Feel the infinite love of the One
 "Lay down and rest now
 "I grant you your true liberation

She pokes him 'cause he's staring at those young girls
With their smooth skin and full flowing hair
Then his good eye twinkles
He squeezes her hand
And says, "Check out that babe over there!
"My eyes enjoy the scenery
"But my heart sees only you
"Cause even after all these years
"You're still my dream come true"

Chorus

The flower of youth
May have withered in its vase
But a deep-rooted redwood
Has grown in its place

Chorus

Their beauty is shining from inside
Their beauty is shining from inside
Their beauty is shining from inside

© 1999 Inner Flow Music. Benjammin: lead vocal, acoustic guitar, bass guitar • River Guerguerian: drum kit, congas • Joe Ebel: violin • Stuart Reinhardt: soprano saxophone • Jen Wo, Koriander: background vocals • Tuning: CGCFG

Visitation

I was blessed with a visitation
On a clear November night
I was staring at the stars when one streaked down
And bathed me in white light

My muscles clenched
My body quivered like a divining rod
A voice said, "If you'll just let go
"You'll be as one with God
"Are you ready; are you ready?
"Are you ready?"

My nerves were overloaded
Each word struck like a lightning bolt
I was faulty wiring flooded with
A hundred thousand volts
I cried out, "How could I be worthy
"To gaze upon God's face?
"I'm selfish and my thoughts aren't pure
"I don't deserve this grace
"I'm not ready; I'm not ready
"I'm not ready"

"So be it," said the voice
"For as you think, so must it be
"The mystery cannot be unlocked
"If you won't turn the key
"Each soul," he said,
"Must walk the path to God at its own pace
"But really there's no rush
"We all end up in the same place
"When we're ready; when we're ready
"When we're ready"

I was blessed with a visitation

© 2002 Inner Flow Music. Benjammin: lead vocal, acoustic guitar, bass guitar • River Guerguerian: drum kit, tablas, talking drum, shaker • Joe Ebel:

Now they're so...

Peaceful, peaceful, peaceful

Sure, it's just a fantasy
But thoughts create reality

The religions of the world convened
Said, "Can't we get along?
"We only serve the darkness
"When we fight to prove who's wrong
"Let's focus less on how we're each
"The only one who's right
"And teach our faithful to embrace
"The universal light"
Now they're so...

Peaceful, peaceful, peaceful, so peaceful

© 2002 Inner Flow Music. Benjammin: lead vocal, acoustic guitar, bass guitar, keyboards • River Guerguerian: congas, shaker, rain stick, cajon • Joe Ebel: violin • Jen Wo, Koriander: background vocals • Tuning: standard, capo @ 2nd fret

We Won't Walk Here Again

Gray fog entombs the harbor
Ships creaking in the shrouded silence
I walked here with Amanda
We won't walk here again
We won't walk here again
Oh, we won't walk here again

The gulls are strangely quiet
I walk without a destination
I'm lost without Amanda
We won't walk here again

Once the harbor sparkled
Like her ocean eyes
I was bolder
When I'd hold her
Under sun-washed skies

The fog has soaked me through now
I shiver as I wander homeward
My home without Amanda
We won't walk here again
We won't walk here again
Oh, we won't walk here again

© 2000 Inner Flow Music. Benjammin: lead vocal, acoustic guitar, keyboards • Grant Cuthbertson: fretless bass guitar • Tuning: CGCFG

Into Your Light

I'd never have dreamed
I'd be asking once more
For a woman to walk through
This rusted-shut door
That locked in the pain
From when love fell apart
And sealed off the vault
That protected my heart

But you found the cold dark corner
Where my wounded heart was hiding
Your caress brought it back to its feet
Your kiss sent it out striding

Chorus

My spirit climbs now
For it's time now
To let go and move into your light
You make the old new
As I hold you
And my heart overflows
As our souls unite

Now the birds sing more beautifully
When I'm with you
My eyes see these flowers
Like they were brand new
My smile comes more often
My arms swing more free
My life's more alive
Now that you're loving me

And I now believe in magic
For this spell that you've been casting
Has filled my heart with the hope
That our love will be everlasting

Chorus

Your deep blue eyes are so entrancing
Looks like I'll be making time for dancing

Chorus

Yes my heart overflows as our souls unite

© 2001 Inner Flow Music. Benjammin: lead vocal, acoustic guitar, bass guitar • River Guerguerian: drum kit, shaker, frame drum • Joe Ebel: violin • Stuart Reinhardt: soprano saxophone • Jen Wo: background vocals • Tuning: standard, w/ partial capo @ 2nd fret, 3rd thru 5th strings



The Devil's Dog

He's a rat who thinks he's a Rottweiler
With high-pitched yips and snarling jaws
I laughed at his big attitude
Until he slashed me with his claws

He lives next door and he runs free
I step outside, he's watching me
I tried to make friends, but no way
He only sees me as his prey

Chorus

'Cause he's the Devil's dog
He's a tiny terror filled with wrath
The Devil's dog
He's a bug-eyed midget psychopath
I lived a peaceful life until
He crowned himself as king of my hill
This monster holds me in his thrall
Although he's just ten inches tall
'Cause he's the Devil's dog

I walk to my curb but it's his mailbox
I dodge and kick and grab my bills
I let the paper lie
Unless I'm ready for my blood to spill

He likes to dig my flowerbed
Just making sure my plants are dead
Then lifts his leg to make it plain
That my whole yard is his domain

'Cause he's the Devil's dog

I've talked to his owners
They can't understand how he keeps getting out
I've called up the dogcatcher so many times
That he dropped my address from his route

A top dog psychologist ran away screaming
With skin flapping loose on her shin
I even tried selling my house, but forget it
The dog won't let buyers come in

Chorus

He's the Devil's dog
He's the Devil's dog

© 2001 Inner Flow Music. Benjammin: lead vocal; acoustic, electric & bass guitars; cheesy surf organ • River Guerguerian: drum kit, congas • Perry Dror: harmonica • Jen Wo: background vocals • Tuning: standard, capo @ 1st fret

Shining From Inside

She catches her reflection in a storefront
Sees hair that's grown silver and thin
But today she feels young
And it doesn't seem right
That these age spots have peppered her skin
And this old codger with her
Who once was hell on wheels
His reassuring touch says
That he knows just how she feels

Chorus

They walk through the winter of life
And some spring has left their stride
But their love just grows stronger
And their beauty is shining from inside