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special thanks to my family for their ongoing acceptance and encouragement during these many years of this process. To bil and all of the wonderful musicians who opened their hearts to this music (bil would like to thank shure microphones and d\*addario strings); and an extra special thanks to jack "big dog" bracewell for sharing the vision and for working his brilliant magic to facilitate this dream- and this is just the beginning!

let go and hang on for the ride....

*thanks from Jack Bracewell "I thank michael farr for creating music that reminds us of who we really are. Thanks to A for his inspired support and G for her communication skills. And, I thank the Universe making this all possible. May this music awake you and change the world"*

*produced by bil vorndick  
recorded and mixed by bil vorndick at mountainside  
audio labs, nashville tn, february 10th-14th, and march  
5th-8th, 2003.*

*mastered by seva at soundcurrent, knoxville tn*

*graphic design by paula bishop*

*website design by rob pickering*

*photography by jack bracewell*

*executive producer – jack bracewell*

all songs by michael farr, © & © 2003, 4 elements  
music, bmi except for: moonshadow, written by cat  
stevens, sony/atv tunes llc/cat music ltd. &  
galileo, written by emily saliers, emi  
virgin songs inc/godhap music

michael farr plays a 1969 martin d28  
and uses d\*addario strings  
exclusively

[www.iamthankful.com](http://www.iamthankful.com)

## *the thankful story*

*gratitude is not merely a single thought, prayer or action; gratitude is a state of being*

when i finally arrived at the place where i was willing and capable of recognizing that i had, either consciously or unconsciously, created all of the experiences in my adult life- that i was not a victim of fate or circumstance or some forsaking god- i simultaneously received the clear knowing that i was therefore capable of creating anything, and in fact, everything i desired. from that moment forth i set out on a grand adventure to do just that; beginning with a sweat lodge on a rainy spring equinox by a remote mountain stream in early 2000, and soon following, the letting go of my last day job on my thirty-third birthday, i began what has become the most exciting time of my life. in the intervening period i have experienced more wonder and magic than i ever knew existed; as well as having to surrender to periods of significant discomfort and near-writhing agony i often felt i would not return from. this was the inevitable process of the integration of the forgotten self with the remembered. during the intervening three years i have traveled the country, backpacked sections of the appalachian trail, walked hundreds of miles on sandy beaches while the sun set, rose and set again. i have attended beautiful music festivals and gatherings, sat by ancient mountain streams for days on end, and made countless friends who perpetually amaze me with their unique reflections and spirits. i have lived in my van and i have made my living purely from the generosity of people on the streets and in the coffeehouses where i have performed. i have given myself entirely to this process of becoming authentic, and i have been nurtured and cared for in every moment in the most loving ways imaginable; guided in each step by the intuitive voice that, once i chose to open to it, has spoken so clearly to me in a language i can no longer deny. i have experienced a life that has far exceeded my wildest imaginings, while all along aware i have been creating each moment through conscious intent and conscious gratitude for all of the gifts.

and the most beautiful aspect of this story: we are all individually capable of this. it is my present intention to awaken as many beings as possible to the simple truth that we all already have everything we need within us to create whatever experiences we can dream up, as fantastical and as crazy as they might seem to others; and even to ourselves.

it is for all of the experiences and blessings that i am thankful! this music is a narration- a water color impression- of the journey that has taken me to the perfect, present moment that is always here and now; always readily available in the still and quiet place within our hearts.

michael farr  
march 21st, 2003; asheville, north carolina

*michael  
farr*

*thankful*



## the light you seek

hear a call from miles away  
say's 'listen child to what i say,  
you've seen the light and you can't deny  
the calm within your stormy eyes'

so fan your fire, i will be there soon  
to run beneath your rising moon  
drawn by your courageous sin  
but the light you seek comes from within  
the light you seek comes from....

lessons to be learned are told  
with words and rhymes we cannot hold  
there comes a time when all of us  
must turn from fear and learn to trust

so fan your fire, i will be there soon  
to run beneath your rising moon  
called by your outrageous din  
but the light you seek comes from within  
the light you seek comes from....

day by day we take it slow  
we plant our seeds  
and watch them grow  
with a little faith we might  
reap blossoms in the dark of night

so fan your fire, i will be there soon  
to run beneath your rising moon  
stake the ground, see where you've been

the light you seek comes from within  
the light you seek comes from....

the light you seek comes from within  
the love you seek comes from within  
the hope you seek comes from within  
the truth you seek comes from within  
the wealth you seek comes from within  
the grace you seek comes from within  
the calm you seek comes from within  
the light you seek comes from....

*acoustic guitar, vocal- michael farr  
bass- ron de la vega  
percussion- pat mcinerney  
angel telecaster- johnny hiland  
harmony vocal- patty mitchell*

## letters

i'm writing letters all the time  
while i'm out here on the road  
yeah, it helps to ease my mind  
it helps when i get lonely  
i know it's the truth-  
i'll probably never send them  
they just pile up on the floor

i'm writing stories all the time  
just to pass these endless miles  
got prose and poetry in rhyme  
sketches of a style  
i haven't a clue if they harbor meaning  
if there might be more....

it's a long way to get there  
but i think i'm going to go  
where the sun is always shining  
on the side of the road  
where the music is calling  
and the road always goes  
back to here

i am walking through these streets  
looking for a cheap hotel  
just a place to lay my head

and i guess it's just as well  
'cause i love the way a city feels at night  
i love the shadows in the moon

it's a long way to get there  
but i think i'm going to go  
where the sun is always shining  
on the side of the road  
where the music is calling  
and the road always goes  
back to here

i am driving in my dream  
i am lost in a strange town  
all the people here are blue  
the sky is upside-down  
but i know it's just a dream  
and soon, i will wake up again  
at least... i hope i will

it's a long way to get there  
but i think i'm going to go  
where the sun is always shining  
on the side of the road  
where the music is calling  
and the road always goes  
back to here

i'm writing letters all the time....

*acoustic guitar, vocal- michael farr  
bass- ron de la vega  
percussion- pat mcinerney  
dobro- randy kohrs (courtesy of doobie shea records)  
harmony vocal- patty mitchell*

## thankful

i am thankful for the morning  
love to watch the sun come up  
i am thankful for my breathing,  
the coffee in my cup  
i am thankful for the birdsongs  
the way they sing to me  
yes, i am thankful to be thankful  
it's all i have to be

i am thankful for the blue skies  
for the clear, wide-open space  
i am thankful for thunder  
the rain upon my face  
i am thankful for the silence-  
the time to go within  
i am thankful for the darkness  
i can know the light again

i am thankful for the world as she turns  
we go round and round and round

i am thankful for the children  
hear their laughter on the breeze  
for the flowing of the rivers  
the stillness of the trees  
i am thankful for the passion  
and the cunning of the muse  
for the life i am creating  
i am thankful i can choose

i am thankful for the world as she turns  
we go round and round and round

i am thankful for compassion  
for humility and grace  
i am thankful for forgiveness  
born of the human race  
i am thankful for our differences,  
our similarities  
yes, i am thankful to be thankful  
it's all i have to be

i am thankful for the world as she turns  
we go round and round and round

*acoustic guitar, vocal- michael farr  
bass- ron de la vega  
percussion- pat mcinerney  
scheerhorn reso-electric- randy kohrs (courtesy of doobie shea records)  
harmony vocal- Kathy chia vola  
finger snaps- jack "big dog" bracewell*

## sweet sunshine

jeanine always was such a practical child  
yet somewhere in her heart  
she yearned to be wild  
nicky was tough, but he treated her kind  
she liked his lean face  
and his cynical mind  
they're gonna walk in the sweet sunshine

i am thankful for the world as she turns  
we go round and round and round

she asked for his love, nicky said, "if i must,  
i will give you my love if you promise  
your trust!"  
so she followed her heart and she took  
his hand  
she led him to the river where she made  
him a man  
they walked in the sweet sunshine  
take a walk in the sweet sunshine

nicky said, "if we're strong and we do it  
my way  
we could start a new life, we could leave  
here today"  
so they went to her house where she  
grabbed a few things  
as she ran out the door she could hear  
the phone ring...  
"goodbye, momma-  
i'm gonna walk in the sweet sunshine"  
take a walk in the sweet sunshine

but what if she wanted to stay  
how can the world come apart in a day  
and so we pray for sweet jeanine

nicky wired a car, stole a six-pack of beer  
he was quick with his work- he had  
nothing to fear  
they were off on their way, but they  
didn't know where  
they had nowhere to go, they didn't  
much care  
they're gonna walk in the sweet sunshine

just before the state line they were  
stopped by the law  
nicky ran a red sign, he thought nobody saw  
he reached in his coat and pulled out a gun  
he said, "i'm gonna make a stand here, i  
ain't gonna run"  
jeanine said, "i'm scared, i don't want to die"  
nicky wiped at her tears as he looked in  
her eyes

he said, "you're the best thing that's ever  
happened to me"  
he opened the door and he set her soul free....  
"now you can walk in the sweet sun-  
shine"  
take a walk in the sweet sunshine

but what if she wanted to stay  
how can the world come apart in a day  
and so we pray for sweet jeanine

nicky was strong and nicky was tough  
but his pride and his anger were never enough  
nicky went down in a hail of lead  
these words on his lips were the last that  
he said  
"i'm gonna walk in the sweet sunshine  
take a walk in the sweet sunshine"  
they're gonna walk in the sweet sunshine

*acoustic guitar, vocal- michael farr  
bass, cello- ron de la vega  
percussion- pat mcinerney  
violin- tim lorsch  
harmony vocal- patty mitchell*



## breeze

some folks want to build a house in the country  
a big dog on the porch and a view for days  
yes, if i had one of these  
all my life would be a breeze  
and the skies would be sunny,  
never gray

some folks want to get that big promotion  
full benefits, six-figure l.r.a.  
yes, if i had one of these  
all my life would be a breeze  
surely this would keep my fears at bay

i hear them say the grass is always greener  
somewhere on the far side of the fence  
this i recognize as all just futile fantasizing  
just hop that fence  
it's right there in your mind

some folks say they want a new religion  
with a younger, hipper god  
and a looser creed  
yes, if i had one of these  
all my life would be a breeze  
then surely i'd have everything i need

i hear them say the grass is always greener  
somewhere on the far side of the fence  
this i recognize as all just futile fantasizing  
just hop that fence  
it's right there in your mind

*acoustic guitar, vocal- michael farr  
bass- ron de la vega  
percussion- pat mcinerney  
honky-tonk telecaster - johnny hiland  
harmony vocal- kathy chia vola*

## annie

annie's gone again  
i guess it's no surprise  
to think...i knew it all along  
you could've measured miles



by the distance in her eyes  
if only i could be that strong

she doesn't know  
but she don't know what she needs  
she's chasing love  
as if she'll find it in the wind  
every now and then she shows up in my dreams  
i won't rest until she sleeps  
in my arms again

i look back upon the days before the fall  
when i still believed the plans we made  
to think we had it all  
as if those colors wouldn't fade

she doesn't know  
but she don't know what she needs  
she's chasing love  
as if she'll find it in the wind  
every now and then she shows up in my dreams  
i won't rest until she sleeps  
in my arms again

now i sit upon this mountain ridge, so high  
trying to think what i might do  
to help me forget there's any need to  
question why  
missing annie is nothing new

she doesn't know  
but she don't know what she needs

she's chasing love  
as if she'll find it in the wind  
every now and then she shows up in my dreams  
i won't rest until she sleeps  
in my arms again

*acoustic guitar, vocal- michael farr  
cello- ron de la vega*

## carolina

she came from carolina  
she was the daughter of a thief  
she moved like she'd been broken  
as if someone had stolen her belief  
i saw her for the first time down on  
thirteenth avenue  
where the hookers and the junkies  
congregate  
to share the poison  
and the view

she said "i must have died, but i've  
never been to heaven  
could you take me,  
would you make me be the one?  
after all that i have done here  
and everything i've seen  
i need someone to heal me-  
to revive me, and wash my body clean"

she told me all about it over coffee and a smoke,  
how she'd come to find her purpose  
in the phases and the mystery of the moon  
"i know that i don't know you, but i  
need a place to stay  
if it's only for the evening  
-or a lifetime  
i'll take it either way"

"yes, i have been around  
but i know that i could love you  
would you take me,  
could you make me be the one?  
after all of those i have conquered, lost  
and bled for in between

*i need to feel your mercy  
to provide for me, and wash my body clean"*

i took her to the station, she was  
moving on in style  
off to tempt her desperation with her  
longing  
but she left me with a smile...  
"yes, i am alive!  
and someday i'm gon'na find you  
i would kiss you but i'd miss you when  
i'm gone  
after all that i have borrowed, begged  
and stolen  
so pristinely, you offered me your comfort  
and your warm hands to wash my body clean

*acoustic guitar, vocal- michael farr  
bass- ron de la vega  
percussion- pat mcinerney  
fiddle, mandolin- robert bowen*

## still with me

i'm tired of staring out my window  
wondering where you are today  
wondering when i'm going to see your  
smile again  
i'm tired of all that we don't say

we try speaking without language  
still, the words just don't rhyme  
it's the heart that knows no distance  
you're with me all the time  
you're still with me all the time

i'm over hiding from the stillness  
over getting' lost in other things  
pretending that it just don't matter anyway  
i'm over all the loss that brings

we try speaking without language  
still, the words just don't rhyme  
it's the heart that knows no distance  
you're with me all the time  
you're still with me all the time

still we're speaking without language  
we're walking the thin line  
between what's held  
and what's forgotten  
you're with me all the time  
you're still with me all the time

you're with me all the time  
you're still with me all the time

*acoustic guitar, vocal- michael farr  
bass- ron de la vega  
percussion- pat mcinerney  
dobro- randy kohrs (courtesy of doobie shea records)*

## big circle

i came home from shopping  
convinced i'd seen god  
in the vegetable isle he passed me,  
gave me a nod  
he said "how you doing on this  
beautiful day?"  
even though it had rained the whole  
morning,  
sky was still gray  
then god picked up a grapefruit and said  
"most folks are like this-  
on the outside it's bitter and tough  
on the inside  
it's bliss"

yeah, the world's a big circle  
we're all in for the ride  
you can try holding on  
but round things don't have any sides

then god bought some ice cream  
got some pretzels and beer  
hummed a little off key with the muzac  
scratched in his ear  
god said "it's tough being human,  
there's so much to maintain  
but i'm grateful to be here in this moment  
though it seems rather plain"  
yeah, the world's a big circle

we're all in for the ride  
you can try holding on  
but round things don't have any sides

then god said "well, look now  
time is such a strange tool  
i must get my clothes from the laundry,  
my kids home from school"  
i said "i though that you'd be bigger,  
maybe old, like the trees  
i thought that you'd appear to be perfect  
but you're just like me"

yeah, the world's a big circle  
we're all in for the ride  
you can try holding on  
but round things don't have any sides

*acoustic guitar, vocal- michael farr  
bass- ron de la vega  
percussion- pat mcinerney  
rockstar telecaster- johnny hiland*

