

All songs came to me while walking softly with the land to listen and understand.

The goal is to share these as sing-along songs with children of all ages everywhere, bringing our human voice into alignment with the earth's voice

May they inspire more awareness to listen, receive and sing-a-long with the land, plants, water, wildlife and air... we all share.

Enjoy,

*J Chandler*

Special thanks to Rachel Flower and Robert Ofen for translating the tunes into music and adding additional musical flavors to bring the message in the music to life.



All songs are copyrighted 2023 and 2024.  
For more info or permission to produce  
Contact: Jacquie Chandler  
[sustaintahoe@gmail.com](mailto:sustaintahoe@gmail.com)  
775 413-9211

***What do you see?***

***If you see it in Nature***

***- you can see it in yourself***



**Resilience is...**

Adoption

Perseverance

Problem Solving

Communication

Conflict Resolution

Cognition

Self-Regulation

Self-Advocacy

Welcome to my Earth Songbook

## NATURE IN ME

Rockabilly style

E

Like the air I breathe  
Like wind I blow  
Like water I nourish

B7

Like a river I flow

E

A

I can burn like fire when out of con-trol

E

B7

E

and spin like e-a-r-t-h...when I rock-n-roll  
(strum) 2...3...4

A

E

The Forces of Nature are the Forces in me  
That's where I find my Harmony  
Wind on the water helps me see

B7

E

The Force of my Nature... is my currency  
(strum) 2...3...4

E

Like a stem I bend  
Like a seed I grow  
Like a flower I bloom

B7

Like a Rooster I crow

E

A

I chill like a Blizzard in frozen sn..ow

E

B7

E

and break like a w-a-v-e. when I rock-n-roll  
(strum) 2..3..4

## EVOLVE

D7

G7

Don't let your roots run over and rot  
When it's time to move your clock  
To a dimension you are not

A

Db

Don't let your roots run over and rot

D7

G7

Don't let time define your space  
Lean in to your own pace  
The goal is not to race

A

D

or it will show up on your face

D7

G7

Don't let your roots run over and rot  
When it's time to move your clock  
To a dimension you are not

A

D

Don't let your roots run over and rot

D7

G7

Don't dam the waters flow  
It's on a journey you don't know  
Turning mist into snow

A

D

Don't dare dam the waters flow

D7

G7

Don't let your roots run over and rot  
When it's time to move your clock  
To a dimension you are not

A

D

Don't let your roots run over and rot

## SINGING WITH A CEDAR

C G  
I was singing with a Cedar and a Stellar BlueJay

C G  
When the Wind blew in, the Tree did sway

em4  
The Bird got spooked ....and flew away

am9  
So I began to wonder, leave or stay?

C G  
Then the Stream threw down a Rhythm track

C G  
The Tree changed Keys and the Bird flew back

C G  
The Chipmunk danced and the squirrel chimed in

F G  
The Chorus in the Forest .... was about to Begin!  
C (final chord)

A E  
The Balance in Nature is Balance in me  
That's where I find my Harmony  
Songs in the water help me see

B7 E  
My Balanced Nature... is my currency  
(strum) 2...3...4

E  
Like the Bear I forage  
Like the Bee I sting  
Like a Wolf I howl

B7  
When I hear you sing

E A  
Like a cloud I cover ...and blow *aw-ay*

E B7 E  
Like the Sun I *b-r-i-g-h-t-e-n* even the darkest day  
(strum) 2...3...4

A E  
The Caring of Nature is the Caring in me  
That's where I find my Harmony  
Sun on the flowers helps me see

B7 E  
My Caring Nature...is my currency

A E  
Sun on flowers helps me see

B7 E  
My Caring Nature...is my currency

B7 E  
My Caring Nature...is my currency

## IF YOU CAN BE ANYTHING

C F  
If you can be anything...Be Kind

C F  
Leave a little Gratitude Behind

Em G  
Prioritize your Peace of Mind

F C  
If You can be anything... *Be.. Kind*  
F Be... C...kind

C F  
If you can go anywhere... Go within

C F  
Anchor to the grace where you...begin

Em G  
Be the tide that moves the wind

F C  
If you go anywhere...*go.. within*  
F go...C... within

Bridge 4- bars F G F G

C F  
If you can choose anyone, choose well

C F  
Find the heart that rings... your bell

Em G  
A journey you're excited to tell

F C  
If you can choose anyone...*choose.. well*  
*F...choose...C...well*

C C# D

It's Biological Art

C C# D

Been there from the Start

F9

Why would we take it apart?

G9

When it's connected to our heart?

dm

Conscious soft as clay

F

Responding as we play

G7

Existence is not guaranteed

am7-dim

Until the Earth in you agree

C C# D

It's Biological Art

C C# D

Been there from the Start

F9

Why would we take it apart?

G9

When it's connected to our heart?

F/am em/B dm/C A/C# dm4-dim dm

## BIOLOGICAL ART

dm

The Web of Life is Connection

F

Calibrated Selection

G7

Evolving to Perfection

am7 dm

It's in our Reflection

C C# D

Its Biological Art

C C# D

Been there from the Start

F9

Why would we take it apart?

G9

When it's connected to our heart?

Mini-Bridge F/am em/B dm/C A/C# dm4-dim dm

dm

Conscious as soft clay

F

Responding while we play

G7

Rocks, Flowers and Trees

am7-dim

In Nature's Gallery

C F  
If you can be anywhere...Be here  
C F  
Free from all the judgment and the fear  
Em G  
Bring it like a bottle of cheer  
F C  
If you can be anywhere...*be.. here*  
*F...be...C...here*

Bridge 4- bars F G F G

C F  
If You can give anything...give more  
C F  
Leave the world better than before  
Em G  
Let your courage open up new doors  
F C  
If you can give anything...*give.. more*  
*F...give...C...more*

C F  
If You can be anything...  
C F  
If you go anywhere...  
C F  
If you can choose anyone...  
F C F C  
If you can give anything...*give.. more*  
F C F C  
*If you can give anything...give.. more*  
*F...give.. C... more*

## Reload

**Am**

Ready for the upload

**Dm**

Waitin' on the download

**Em Am**

Livin' on the Reload ... of my dreams

**Am**

Sittin' on a Boxcar

**Dm**

Didn't think I'd get far

**Em Am**

Followin' my Northstar... swimmin upstream

[Chorus]

**F C**

Water, wind & mud abound

**Dm Am7**

Dance my roots into the ground

**Dm Am7**

Passion breaks but vision bends

**E Am**

The journey never ends

**E Am**

[repeat melody w. flair]

**Am** Buried in a Rock pile

**Dm**

This time, it took a while

**Em Am**

To reboot a lifestyle ... I could breathe

**Am**

Movin into slow mode

**Dm**

Take it off overload

**Em Am**

time to reload ... my destiny

**Em G A Em**

500 years in service, recycling in the ground

**Em A Em**

As I paused to ponder... the limbs began to wave

**Em G Em**

Sending me a signal from this tree's active grave

**C G A Em**

I listened to its whisper.... for something I could save

**C G A Em**

It's service to the forest was everything it gave

### BRIDGE:

**Em A Em**

500 years in service, my death is not in vain

**Em G A Em**

Sunlight, seeds & water pulsing through my veins

**C GA Em**

Waves of life keep cycling love and light and rain

**A Em A G Em**

Love light and rain Love light and rain

# VETERAN OF THE FOREST

Celtic Ballad

Em                                    A                                    Em  
Veteran of the Forest, laying on its side  
Em                                    G                                    A                                    Em  
Once served up a chorus, in a canopy up high  
C                                    G                                    A                                    Em  
Filtering the sunlight, so all below could thrive  
Em                                    G                                    A                                    Em  
500 years in service, sustaining all of life

Em                                    A                                    Em  
Fallen like a soldier, yet still it seemed alive  
Em                                    G                                    Em  
Suddenly I noticed... this tree would never die  
C                                    G                                    A                                    Em  
New growth pushed through its bark... reaching for the sky  
Em                                    G                                    A                                    Em  
500 years in service, beaming in the light

## BRIDGE:

Em                                    A                                    Em  
As I watched the life forms, swarming all around  
Em                                    G                                    A                                    Em  
Weaving threads of nourishment... gathered underground  
Em                                    G                                    A                                    Em  
A Nursery in the making ...active without sound

## [Chorus]

F                                    C  
Water, wind & mud abound.

Dm                                    Am7  
Dance my roots into the ground  
Dm                                    Am7  
Passion breaks but vision bends  
E                                    Am  
The journey never ends  
E                                    Am  
[repeat melody w. flair]

Am  
Ready for the upload  
Dm  
Waitin' on the download  
Em                                    Am  
Livin' on the Reload ... of my dreams  
Am  
Sittin' in a Boxcar  
Dm  
Didn't think I'd get far  
Em                                    Am  
Followin' my Northstar... swimmin upstream

F                                    C  
The depth of time one cannot feel  
Dm                                    Am7  
The space we take seems so unreal  
Dm                                    Am7  
Broken branches on the mend  
E                                    Am  
This journey never ends... E

## SPIRIT OF THE LAKE

Ballad

Em

As a spirit of the lake, I hold a vision high

D Em

supported by the Angels, I look them in the eye

D Em

as I carry the water of a rising tide

D Em

as I carry the water of a rising tide

Em

I sing with the river and I dance with trees

D Em

Feel a rhythm my soul can breathe

D Em

as I carry the water of a rising tide

D Em

as I carry the water of a rising tide

Chorus

D Em D

A

Oh... spirit. Oh Spirit Spirit of the lake (Repeat)

Em

rain and wind have much to say

D Em

Where you stand you will not stay

D Em

as I carry the water of a rising tide

D Em

as I carry the water of a rising tide

Em

made of mud and stardust sky

D Em

live to sparkle, and sometimes cry

D Em

as I carry the water of a rising tide

D Em

as I carry the water of a rising tide

Chorus

D Em D

A

Oh... spirit Oh Spirit Spirit of the lake (Repeat)