

Dig Down

I know this place
I know it well
a lurking empty space
my own private sacred hell
I know you see what it is you want from me
I come and go and don't always let you know

dig down for the love I need, look inside
old wounds need a place to feed where they can hide
too quick to wear the past, hand me downs
I wear them for all to see, all but me

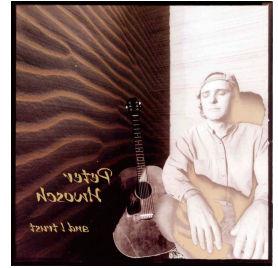
**I look outside for love denied
I paint my truth with battered pride
I breed excuses in the shadow lands
and pretend no one can understand**

shake loose, habits formed, over time
make use, of confusion and doubt, behind the lines
seek out, anyone real, defenses down
dive in, to what I feel, it's all around

**there's nothing left to figure out
no confusion, no more doubt
no one else can carry me
lay down struggle, to be free**

dig down for the love I need...

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Love is the Dream

fear and doubt, that's all it's about
we'll rifle through this, we'll work it out
I love you darlin', that much is clear
it's bigger than us that's why we're here
do what we have to, there's no way to know
feed the fire, burn till we glow
don't over do it and don't move too slow
stay connected, this ain't for show

**cry out loud if that's what it takes
don't fight the timing, force it, it breaks
don't ignore or count the mistakes
love is a dream that's best had awake**

let's pull our shadows into the light
invite their presence, keep them in sight
what do they offer, what do they hide?
and why do they insist on such a rough ride?
what's this resistance to not having a clue?
why must I feel like I know what to do?
when did start to believe all this fear?
crushing my light, year after year

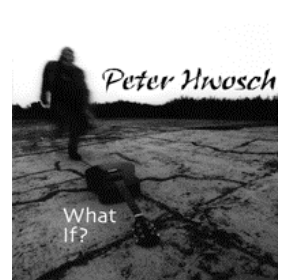
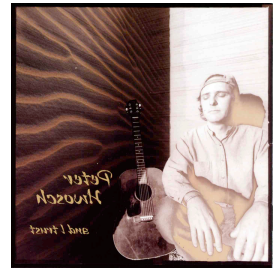
Chorus

there's a voice at the center of my core
I try to listen, and don't ask what for
half the time it scares me to death
Puts everything I think to the test

it tells me things I try to avoid
kindly reminds me I'm close to the void
just when I think I've had all I can stand
love cuts through and my heart expands

Chorus

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And I Trust

where is the wisdom passed down through the ages
through seer's and elders healers and sages
and why do we discard the places within us
that knows what is needed to move through the darkness
and why do we pass on the pain we've been given
to those we hold dear
we're gripped with such fear to let go
just let go...

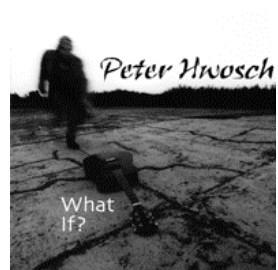
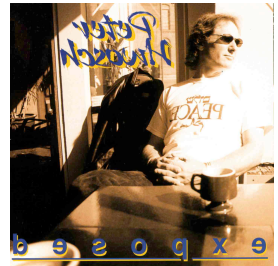
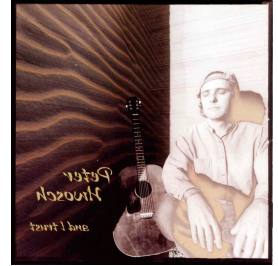
how do we trust what we just can't remember
the gifts we came in with before our surrender
and what if each time we felt rage towards another
we stopped and looked inward and tried to discover
the ways our reactions are merely distractions
from similar habits we share, if only we'd dare
if only we'd dare...

**and I trust that I have
come to this life for a reason
and I trust that you will
hear me before you react
and I trust that we will
struggle to reach common ground
and that love, conquers all**

how would it be if we tried to break free
of all of that chattering condemning or flattering
and what would transpire if we walked through the fire
moved towards our pain breathed into our shame
and looked towards each other
with empathy instead of blame
how would the world change?

Chorus

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Listen

listen for the whispers
that ooze between what's said out loud
feel the pulse of ancient rhythms
decipher distant thunder clouds

free the belly blind in worry
try not to be in such a hurry
learn to love and laugh out loud
trust in things I can't see
don't worry about what to be

sing for truth, dance for lust
do the things that make me blush
explore my dreams while I'm awake
with wild abandon celebrate

thought and action hand in hand
don't expect to understand
everything I think or feel
it's not about the things I thought
what I want, or what I got

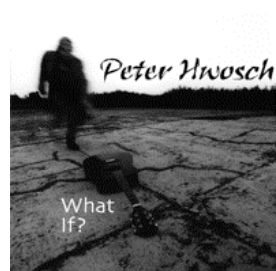
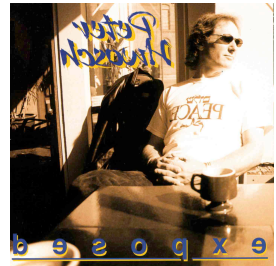
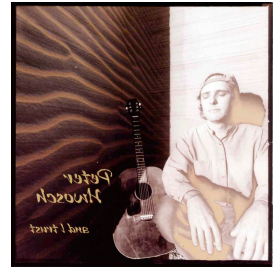
**trust what I feel,
live dreams made real
do what I can
give more than get,
don't live regrets
extend and expand**

suspend all of my disbelief
breathe in pain exhale relief
voice those things that go unsaid
speak from heart, not from head

ride my current toward the blaze
look my mirror in the face
call my shadow by it's name
choose the truth embroiled in fear
how else do you draw God near?

CHORUS

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That's How It's Done

turn in, tune out
close down , clam up
shut off , move on
I've had enough, I'm gone

seeking truth, I'm living lies
I point at proof, demand to know why
Questions are easy, answers are harder to come by

there you go, that's how its done
let us know - aren't you having fun?
just relax, you'll be someone
others will look up to

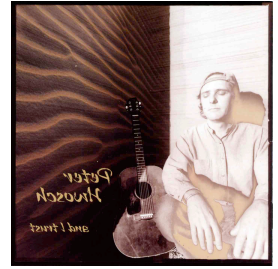
winds of change blow cold and strong
upheaval uncertainty - right vs wrong
and in the end, history rolls over and over
again and again, again and again

when all is said, when all is done
rise or fall, lost or won
make a stand or turn and run
extend a hand, or point a gun

Chorus

maybe it's my mood today
but I, I can't make sense of what they say
doesn't really matter any way
just let sleeping dogs lay

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I'm Working For You

all along this path we're on
no one's sure who leads the way
grand fisads, cattle prods
what we want to hear they say
what we want to hear they say
back stabbing, headline grabbing,
mass media parade
how you're seen on the TV screen,
election year arcade

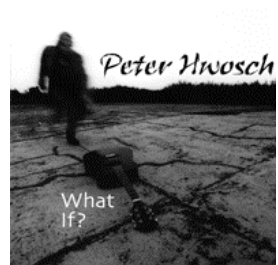
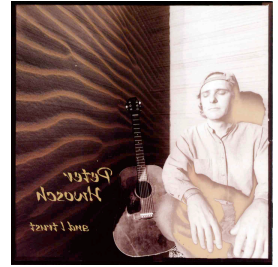
soon we'll see who the winners will be
and the losers will fade away
plans get laid as promise's fade
they were only speeches made
they were only speeches made
if we work together, we'll get through this rough weather
with your support there's nothing we can't do
just remember after November, the world will look brand new

**I'm working for you, you can trust in me
all that I do, you will agree
I hear your cries, I'm on your side,
(I know just what to do,)
I'm working for you**

tough decisions lay ahead,
but I have the courage to make them
hey it's no crime, things take time,
my promises I'll try not to break them
I say my Promises I won't break them
it's just a set back, we just got off track,
there's more here than meets the eye
I can assure you, we'll do all we can do,
But I'm sorry that's classified

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That Morning Light

inpatient with the waiting
endless debating
searching for a clue
just a hint of something new
where is direction?- why the deception?

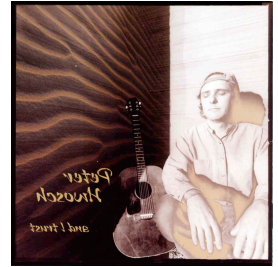
where are the leaders?
way too many sheep are getting sheared
those outside the mainstream
well it seems they're either hated or they're feared
where is reason? – why is truth treason?

where is the hope?
why can't I cope with problems like I used to in the past?
why are things changing – forever rearranging?
rarely fairly, and always, always too fast
well it seems we shut our doors and bolt them tight
keep our fear well out of sight
cling to someone through the night and pray
that morning light is gonna shine

fear takes over
fear of who we are and what we see
tension blow over
ignore the little voice, inside of me
well it gets harder as it gets louder
it's getting louder

Chorus

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Choose Life

leave it all behind me now
get off that was my final ride
trust in some way,
trust that some how
use my strength, cast it aside

this is no test, this is my life
this is the place and this is the time

fill up the space, make the moment mine
no disgrace, no guilt, no crime
perfection and grace are waiting to shine

choose life

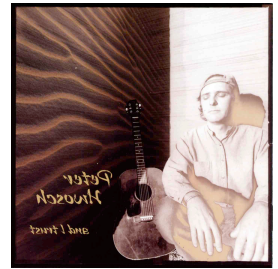
patterns familiar and firmly entrenched
doors are locked, perimeters fenced
make no mistake, that's an excuse
harder to shake, if I feel there's no use

just look around, what do I see?
is it still clear, what I wanted to be?

there is time, but not a moment to waste
I'll be fine - force a smile on my face
and remember - shadows can show me
where the sun is, where the sun is, where the sun is

choose life

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River of Dreams

starts in my heart, flows out through my mind
it races and it rambles, it's perceptive and blind
sometimes when I'm sleeping, but mostly the daytime kind
grew into a passion, hard to unwind, flows from scheme to scheme
the river of dreams

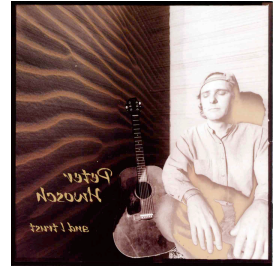
flows out into the distance, began somewhere in the past
takes stamina and persistence, your patience must last
looks so easy , well it's harder than it seems
sometimes unrealistic or too idealistic
flows from scheme to scheme
the river of dreams

retain flexibility
keep an open mind
recognize the unexpected
things aren't what they seem
on the river of dreams

lost in frustration, must have made a wrong turn
what good are good intentions? Broken promises burn
when one door closes they say another one opens
well just keep on hoping, and keep on groping
it flows from scheme to scheme
on the river of dreams

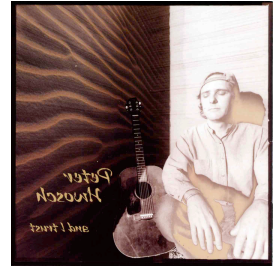
-Chorus-

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Everything is Coming My Way

you know that feeling when things are happening
for reasons you can't explain, and yet it all makes sense
you know when you try to give form to thoughts
but you don't know how to express what's not clear to begin with
well tongues get tied, and my mind is fried
from staring at screens, from blues and greens, from working it out
well you know how it feels to not be sure
to look for an answer to seek a cure when, maybe it's just timing



everything is coming my way

how come there're so many things you have to do each day
that get in the way of, of what you had in mind
you can think and think you can sit and think
well you can think some more
and never get anything done
yah well time is short and it won't be long
before it's after the time that's gone
what does that feel like
yah well what's up with all these people
there're thinking I'm made out of money or time



everything is coming my way

it's a slippery slope that's made from hope
to hold in mind sustained over time, well careful what you wish for
well there's power in dreams, and a spirit in schemes
the ways and means will always flow from clear intentions
well there's always a voice below the chatter
knows exactly what's the matter with every camouflage
kindness and compassion are not an abstraction
breathe them in and freely give it away

everything is coming my way

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Razor's Edge

all I need is just some kindness with that razor's edge
something bright by which to steer
there's too much of not enough
fading on why to try
I pray to feel a choice that's clear

all I need is room to breathe the life I feel inside
I act on what I know to do
feed the fire that burns a path
to insight hard to find
what you want I want for you

**I know that I hold love for you
I know that we'll know what to do
drop down to trust and gratitude**

all I need is just some faith
I'm on the road to home
make believe I know the way
my heart is full of shame,
sadness, joy, light and love
well there's a prayer in all we say

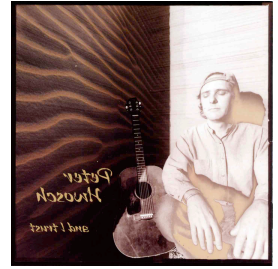
Chorus

trust and gratitude

Chorus

trust and gratitude

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Love is the Underground

I am a witness
I see the darkness
darkness all around
love is the underground

I am a witness
greed is the sickness
souls in the lost and found
love is the underground

**the tide it turns
the light it burns
the change is slow but steady
people you had better get ready
love, love is coming
love is the underground**

I am a witness
to the power in conviction
to turn this world
turn it around
love is the underground

Chorus

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