

Füsse

Lyrics by Sarah Schütz & Music by Mareike Kapp-Schütz
Drums played by Michael Benhayon

German

Meine Füsse sie tragen mich,
tragen mich den ganzen Tag.
Und niemals beschwern sie sich,
halten mich wohin ich geh.

Sie erden das, was der Himmel ist,
das ganze Universum spürbar für uns,
einfach nur gehen wie wir es immer taten,
ganz frei und ohne Zwang.
ganz frei und ohne Zwang.

Beweg die Hüften,
als gäbs kein Gestern,
lass deine Schultern los.
Tanze durchs Leben ganz frei und leicht.
ganz ohne Lethargie.

Tanze so frei wie in Persian times
lass einfach los und find deinen groove.
Du bist so einzigartig in deinem Schritt.
Halte das nicht zurück.

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Halte das nicht zurück.

English

My feet they carry me,
Carry me all day long
And never do they weigh me down,
They hold me wherever I go

They ground what is heaven,
the whole universe palpable to us,
just walking as we always did,
completely free and without constraint.
completely free and without constraint.

Move your hips,
as if there were no yesterday,
Let go of your shoulders
Dance through life completely free and
easy. Without any lethargy.

Dance as free as in Persian times
Just let go and find your groove.
You are so unique in your step.
Don't hold that back.

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Dreh Dich Um

Lyrics by Sarah Schütz & Music by Mareike Kapp-Schütz
Drums, synths & guitars played by Michael Benhayon

German

VERS 1

Sie stellen dich an die Wand
Den Lauf auf dich gerichtet
Den Finger am Abzug-
So lebst du dein Leben lang

Um diese Spannung auszuhalten
habt ihr Verträge gemacht
dazu hast du ja gesagt-
wie lange willst du ja dazu sagen

CHORUS

Dreh dich um!
Denn alles was du suchst ist die Wahrheit
Dreh dich um
und lass sie einfach im Regen stehen

VERS 2

Sie reden dir ein du bist nichts
sie sagen du bräuchtest sie
doch dein Licht ist das was sie fürchten
deshalb bedrängen sie dich

sie wolln dass du dich nicht bewegst
dass du nur noch als Puppe dich bewegst
Dass du einknickst und glaubst was sie
spielen. wie lange spielst du mit was sie
spielen?

CHROUS

Dreh dich um!
Denn alles was du suchst ist die Wahrheit
Dreh dich um
und lass sie einfach im Regen stehen

BRIDGE

Dein Herz darf leuchten und weit sein ooh
darf springen und lachen und freudvoll sein
ooh
Zeig deinen Körper in Transparenz ooh
und schüttel ab was nicht zu dir gehört oh
oh oh

English

VERS 1

They line you up against the wall
With the barrel pointed at you
Finger on the trigger
That's how you live your life

To endure this tension
You made contracts
you said yes to that-
How long will you say yes to this

CHORUS

Turn around!
For all you seek is the truth
Turn around
And just leave them out in the rain

VERS 2

They tell you you're nothing
They say you need them
But your light is what they fear
That's why they push you

they want you not to move
That you only move as a puppet
that you fold and believe what they play
how long will you play with what they play?

CHORUS

Turn around!
For all you seek is the truth
Turn around
And just leave them out in the rain

BRIDGE

Your heart may shine and be wide ooh
May jump and laugh and be joyful ooh
Show your body in transparency ooh
and shake off what does not belong to you
oh oh oh

Dreh dich um!
Denn alles was du suchst ist die Wahrheit
Dreh dich um
und lass sie einfach im Regen stehen

Dreh dich um!
Denn alles was du suchst ist die Wahrheit
Dreh dich um
und lass sie einfach im Regen stehen

Turn around
For all you seek is the truth
Turn around
And just leave them out in the rain

Turn around!
Cause all you're looking for is the truth
Turn around
And just leave them out in the rain

Löwe

Lyrics by Sarah Schütz & Music by Mareike Kapp-Schütz
Drums, E-guitars played by Michael Benhayon

German

VERS 1

Wenn alles schräg läuft,
und du dich nicht erkennst.
Dann bist es wohl nicht du
Ein Bild nur das dich bremst.

Dann ist die Zeit reif,
absolut ehrlich zu sein -
wozu sagst du ja
und spielst das Spiel noch mit?

CHORUS

Herrlich schreitet der Löwe,
er nimmt sich seinen Raum,
Erlaub auch dir zu fühlen
du bist schon alles was du brauchst

VERS 2

Dein Körper führt dich,
beweg dich in dem Fluss
des Universums
und halt dich nicht zurück.

Geh liebevoll weiter,
zurück zur einen Wahrheit,
zeig allen dass wir heute
die Zukunft schon leben .

CHORUS

Majestätisch/Königlich schreitet der Löwe,
er nimmt sich seinen Raum,
Erlaub auch dir zu fühlen
du bist schon alles was du brauchst.

VERS 3

Gehalten in Einheit,
in wahrer Brüderlichkeit,
fühlen wir die Verbindung
der Klang unsrer Seelen scheint hell

CHORUS

English

VERS 1

When everything goes wrong
And you don't recognise yourself
Then it's surely not you
A picture only that slows you down.

Then it is the time,
To be absolutely honest
What are you saying yes to
And still play the game?

CHORUS

Glorious strides the lion,
He takes his space
Allow yourself as well to feel
you are already all you need

VERS 2

Your body guides you
Move in the flow
of the universe
and do not hold back.

Go on in love,
back to the one truth,
Show everyone that today we are
living the future already.

CHORUS

Majestically/royally the lion strides,
He takes his space
Allow yourself as well to feel
you are already all you need.

VERS 3

Held in unity,
in true brotherhood,
we feel the connection
the sound of our souls shines bright

CHORUS

Sing From Your Heart

Lyrics by Sarah Schütz & Music by Mareike Kapp-Schütz
Drums, E-guitar played by Michael Benhayon; E-Guitar Urs Fuchs
Choir: Klaus Winkels, Urs Fuchs, Stefanie König, Andrea Leonhardi,
Simone Friedrich, Esther Altmiks

Sing from your heart, sing it out loud
Show them you are love, love is divine.
Sing from your soul, sing to unify
Forever at one, God is pure joy.

VERS 1

Heaven is inside you, now let it out- express.
A burning heart inside you breaks open - don't compress
That's what we are here for to represent true love
we live with joy and harmony allowing to expand

CHORUS

Sing from your heart, sing it out loud
Show them you are love, love is divine.
Sing from your soul, sing to unify
Forever at one, God is pure joy

VERS 2

The future is right here right now no need to search outside
the answer is inside us - no need to pretend.
We go in circles until we understand
that all we need to do is feel and say no to the mud

CHORUS

Sing from your heart, sing it out loud
Show them you are love, love is divine.
Sing from your soul, sing to unify
Forever at one, God is pure joy

Free your head from all the thoughts come back to what you feel
to all that your body communicates and Heaven shows you the way.
We are so delicate and love pours through our veins
how could you ever not appreciate what you are.

CHORUS ENCHORE

Sacredness

Lyrics by Sarah Schütz & Music by Mareike Kapp-Schütz
Duduk played by Chris James

Gloriousness I feel inside
whenever I wander
Feeling impulses deep inside
like a wave that never ends
Deep enriching
Inner temple

In full bloom the blossom grows
wherever, I wander
Allow in space delicacy
like the most precious space of all

Deepest darkness, sweetest joy
Sacredness we live with joy

Moving love in harmony
Soulfulness eternally

Sacredness is what I am
It's what I'm feeling
Reflecting oneness from deep inside
Offers true healing

Healing ground for us to learn
Always held by God
His beholding generosity.

Stille In Bewegung

Stillness in Motion

Lyrics by Sarah Schütz & Music by Mareike Kapp-Schütz
Drums, e-guitar played by Michael Benhayon

German

VERS 1

Du bist so schön,
und nicht nur anzusehen.
Dein Leuchten ist für alle da
Du teilst es frei und ganz nahbar.

Wenn du dich bewegst,
dann ist es wie ein Lied,
ein Lied aus Weisheit- alterslos
so transparent und auch formlos.

CHORUS

Du hältst dich nicht zurück,
du zeigst uns wer du bist,
die Kraft aus deiner Stille,
die Heiligkeit in dir.

Du weißt warum du hier bist.
Den tiefen Sinn im Sein.
Du hältst dich in Verantwortung,
und lässt niemanden allein.

VERS 2

Die Zartheit in dir
reflektiert auch mir
Ich bin wie du und du wie ich
in Stille liegt die Kraft- weiß ich

Zwischenspiel-

VERS 3

Wenn ich mich beweg,
dann ist es wie ein Lied,
ein Lied aus Weisheit- alterslos
so transparent und auch formlos.

CHORUS

Ich halt mich nicht zurück,
ich zeig euch wer ich bin,
die Kraft aus meiner Stille,

English

VERS 1

You are so beautiful
and not just to look at.
Your radiance is there for all
You share it freely and very close.

When you move
it's like a song
a song of wisdom- ageless
so transparent and also formless.

CHORUS

You do not hold back,
you show us who you are,
the power from your silence,
the sacredness in you.

You know why you are here.
The deep meaning in being.
You hold yourself in responsibility
and leave no one alone.

VERS 2

The tenderness in you
reflects also to me
I am like you and you like me
in silence lies strength - I know

Interlude-

VERS 3

When I move
it is like a song
a song of wisdom- ageless
so transparent and also formless.

CHORUS

I do not hold back,
I show you who I am,
the power from my silence,

die Heiligkeit in mir.

Ich weiß warum ich hier bin.
Den tiefen Sinn im Sein.
Ich halt mich in Verantwortung,
und lass niemanden allein.

Ich bin so schön,
und nicht nur anzusehen.
Mein Leuchten ist für alle da
Ich teil es frei und ganz nahbar.

the sacredness within me.

I know why I am here.
The deep meaning in being.
I hold myself in responsibility
and leave no one alone.

I am so beautiful,
and not just to look at.
My radiance is there for all
I share it freely and very close.

No Right Or Wrong

Lyrics & Music by Mareike Kapp-Schütz
Drums, e-guitar played by Michael Benhayon

There is no right or wrong 3x
And this is our song

VERS 1

Do you wake up in the morning
Feeling blind and blue
Your thoughts are going crazy
And your head just makes boom boom

There is no right or wrong 3 x
And is this our song

VERS 2

Walking down street
Connecting to your feet
Feeling all your sass
And spunkiness alive

There is no right or wrong 3 x
And this is our song

VERS 3

Don't believe your thoughts
They can be from all sorts
Haunting you down
Making you think you're the pawn
But a moment in time
It can't be divine
Cause Heaven moves in Space
Yes this brings all the grace

There is no right or wrong 3x
And this is our song

BRIDGE

We walk in unity, All equally Presenting heaven,
Stepping down on what's not true

2x

CHORUS

Follow The Light

Lyrics & Music by Mareike Kapp-Schütz

CHORUS

Follow the light within you
Follow the love within you
Guided by the pulse
Pulsed forth by she

Trusted by the heavens
Waking all your light
Part of the universal sound
You walk your light
You walk your light

CHORUS

Follow the light within you
Follow the love within you
Guided by the pulse
Trusted by the heavens

You are a part
You are a part
You are a part of
The sound of the universe

Interlude 4 takte

VERS

Walking side by side
Shoulder on shoulder
Gently touching our hands
That is what we do

Walking side by side
Walking shoulder by shoulder
Facing outwards together
Moving as one
Moving as one

INTERLUDE

CHORUS

Guided by the pulse
Breathed forth by she
Having him in our spine
The heavens man is he

VERS

He walks for us
He holds us all
He is one of us
The grandest of all

Yeah

He is one of us
The grandest of the all
She is one of us
The greatest gift for all

Yeah

VERS

She composes the one song
She composes the song
Of the universes
Sounding all along

Yeah we are like she is
We walk like he does
We are the one song
Eternally in form

Yeah

VERS

We are hers
She is ours
Walking as a he like we

CHROUS

Walking side by side
Following the light
Following the love
The light and love
The light deep within us
That is what we follow
Side by side
Yeah that is what we walk

Love Of My Life

Lyrics & Music by Mareike Kapp-Schütz

Synths by Michael Benhayon

VERS

You give me Space
To open my heart
Your purity
Outshining everything

With spunk and delicacy

Your eyes
A window
To me

CHORUS

You are the Love of my Life
You are the heavens shining bright
You are send by the cycles
Moving me and everything

You are a shining star
The space with the power of the all
Your Joy emanates through every poverty

Held in your arms
That is it
You are it

VERS

You are the wisdom
Shining through the dark
In Transparency you show
The way to be

Your movements
From far beyond
And a laughter that brings true sound

CHORUS

You are the Love of my Life
You are the heavens shining bright
You are send by the cycles
Moving me and everything

You are a shining star
The space with the power of the all
Your Joy emanates through every poverty

Held in your arms
That is it
You are it

BRIDGE:

Let us move it from the All
Let us move it to see all
Let us move it so free
As never before

Sounding through the universes
Loud as never before

CHORUS

You are the Love of my Life
You are the heavens shining bright
You are send by the cycles
Moving me and everything

You are a shining star
The space with the power of the All
Your Joy emanates through every poverty

Held in your arms
That is it
You are it