



Happy, Healthy, Wealthy and Wise

"Most folks are about as happy as they make up their minds to be."

Abraham Lincoln

Karen Drucker

Ok - play a little game with me. You fill in the musical jingle lines:

Plop, plop, fizz fizz, _____.

You deserve a break today so get up and get away to _____.

My bologna has a first name it's _____.

Most likely, as soon as you read these lyrics you could immediately fill in the rest of the jingle. (and for those of you who are stumped -- lucky you that you were not brainwashed like the rest of us --the answers are at the bottom.)

Commercial jingles and songs prove how a piece of music, when heard a few times, can stay in your mind and infiltrate your subconscious. The question to ask yourself is -- are these messages what you really want floating around in your head and unconsciously repeating over and over?

When I was learning to be a commercial songwriter, it was practically drilled into my mind that the main thing in writing a hit song or jingle was having a great "hook". A hook is a line, phrase or repeating musical idea that literally "hooks" the listener into wanting to hear that song again. Remember when you were



a teenager and you just could not wait until they played your favorite song on the radio? The problem I had with being a commercial songwriter was that I was encouraged to write songs with themes of loneliness, despair, my-man-done-left-me kind of songs. I would search the depths of my soul, writing lyrics that would recount bad relationships, how hard life was, and basically celebrate victim consciousness. I would write songs hoping for a hit. I never imagined that singing these negative messages could be affecting my life.

Then one day it happened. I was asked to sing at a New Thought church and only accepted the gig because it was close to home and easy money. "Just sing a few happy songs", the Minister told me. So I sang my songs (I did have a few positive messages in my repertoire!) and after listening to the Minister's message, and seeing how people reacted to my lyrics--I got it! I made the connection between singing positive lyrics and how it made me feel inside. I was hooked! I began writing melodies to my affirmations, and came up with simple chants and songs affirming my prosperity, health, having thin thighs -- anything and everything that I wanted in my life -- and it felt great! I began recording this new music and a whole new career was born.



Research reveals that we have over 60 thousand thoughts a day. I began to wonder how many of my thoughts during the day were positive and affirming, or negative and self-deprecating. When I started to turn my attention to writing songs and chants that had a positive message, I was amazed at the changes in my life. I was healthier, happier, more money was coming to me and bad relationships disappeared. I started to notice the messages that I was singing were miraculously manifesting in my life.

My friend Alan Cohen says in his book, **A Deep Breath Of Life**, *"If you hold an image in mind long enough and feel it as real, you can manifest it -- hold*

She wrote:

*This job is wonderful!
I am so happy!
I am creative, and I am free!
I make great money with paid vacations!
This job is made just for me!*

A few days later, I got an e-mail from her. She said singing that song over and over helped her to "tame" that critical voice. It made her feel good, radiate positive energy and centered her when she felt nervous. It did not surprise me when she said that she was hired on the spot!

"Research reveals that we have over 60 thousand thoughts a day.."

in mind images of the life you desire, and refuse to feed thoughts of what you do not wish. Watch your words."

So take the time to listen to what that voice inside your head is actually saying. I believe that our inner critic is simply doing its job of keeping us stuck in old belief patterns that do not serve our highest good. You can make the changes and **choose** to input positive thoughts. You can **choose** to listen to music that uplifts and inspires you. You can become conscious and replace the negative self-talk with fun, positive musical messages. The changes can be amazing.

When I teach my chanting workshops, I demonstrate this technique. We take the negative self-talk, discover the truth of who we really are, and then turn it into a song. Just taking simple songs and adding whatever you want to claim in your life can bring about change. One student talked about a job interview about which she was nervous. She wanted a melody that would be like an anthem and would empower her when she felt nervous. We chose the song "This Land Is Your Land." I asked her to write lyrics focusing on a positive outcome. Then I had her visualize that the interview was successful, that she landed the job, and how she felt.

The music that I write and record now is all about reprogramming my critic and affirming what I **DO** and want in my life. I am hoping that my songs do the same for other people. I feel so blessed when I hear how my chants about healing are helping people with cancer, or my chants about gratitude are part of someone's daily spiritual practice.

So I ask you -- what is your voice saying? What kinds of things does your critic say when you are moving out of your safety zone and moving towards your dreams? I encourage you to listen to the music that resonates with the positive qualities that you want to affirm in your life. Dance to it, sing along with it -- you will be amazed how good it will make you feel! €

Answers to the jingles from above:

1. Oh what a relief it is
2. To McDonalds
3. Oscar



Happy, Healthy, Wealthy And Wise

I am happy, healthy, wealthy, and wise.

Happy, healthy, wealthy and wise,
and I know the light, the light of love is
shining in my eyes.

I am happy, healthy, wealthy and wise.

A little birdie told me that life is so sweet.
As I listen to her song, I know I am complete.

I have all the keys to love, joy and peace.
The power is infinite and love will increase.

I am happy, healthy, wealthy and wise.

Happy, healthy, wealthy, and wise,
and I know the light, the light of love is
shining in my eyes.

I am happy, healthy, wealthy, and wise.

From the Karen Drucker CD "Shine"

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