

STORIES

from

Inside The Songwriters' Studio



Jan Garrett & JD Martin

www.Garrett-Martin.com

I Believe This Belongs to You

Words and Music by Jan Garrett, JD Martin, and Ester Nicholson, © 2009

This is a song about forgiveness, generosity of the heart, and grace. It's about what happens when we're so tuned into true love that we can take responsibility for our own lives, and give others the freedom to do the same.

JD and I met with our dear friend, Ester Nicholson, in the summer of 2009 to write some tunes for her new album. She told us a story she had heard about Dr. Martin Luther King Jr. during the Civil Rights Era. Ester had no idea if it was true or just an urban legend, but it resonated profoundly with all of us. As the music and lyrics began to unfold, we each found ourselves in the middle of our own personal histories. This was Big Stuff. We felt individually the ways we had played all the parts in this familiar human drama. It was sticky and uncomfortable.....and by the time we rode the song out to the end, it was also immensely liberating.

In spiritual practice there's a lot of emphasis on remembering that we are all one with the source of creation. It's maybe harder to come down to earth simultaneously, and love and accept each other's quirky and imperfect humanity, with the sneaking suspicion that we're all in cahoots here. Once again we get tricked by the deep wisdom of the heart to wake up and engage in our own evolution, and release everybody else to do the same. It's a tender trap that ends up setting us all free.

The story doesn't end there. JD and Ester and I found out that if you write a song like this, you put yourself in a position of having to live it out in real life, in real time. You can't get away with just touching on the ideas intellectually and then trotting off as if that's enough. There's always this intense mirroring going on. So we've all had to let the story run through our own systems, getting it again on a higher and more conscious level. It continues to be a fierce integration, a magnificent love dance requiring much courage and compassion. And of course, it always helps to have a seasoned sense of humor.

We are extending this invitation to anyone who hears this song. Can you imagine what might happen if leaders in the political and financial worlds, for

example, were to take these realizations to heart?

The pay-off is that there is no end to how much love we can feel when all the disguises melt away. We see God everywhere, looking back at us.....not as a distant concept, but infinitely familiar, poignantly personal, fallible, brilliant, homely, unrepeatably perfect, breathtakingly beautiful, hilarious, impermanent. It fills us to overflowing, and brings us to our knees. How unspeakably lucky we are to all be in this together.

The string arrangement on this song, for two cellos and viola, was written by our good friend Derek Nakamoto (www.DerekNakamoto.com) and performed by members of the Los Angeles Philharmonic.

I Believe This Belongs to You

Words & Music by Jan Garrett, JD Martin, & Ester Nicholson, ©2009

I once heard a powerful story....About a man who stood in his truth
With such conviction in who he was that he would not be moved
Someone stepped out of a crowd and said, "Are you Martin Luther King?"
He said "Yes I am," and the well-dressed man.....spit on him
Then King took out his handkerchief and wiped the hate from his suit
He gave it back to the man and said, "I believe this belongs to you."

I will lift you up.....and do what I can do
I see your heart, I know your pain, I have been there too
I will hold you high.....while you do what you have to do
But I am clear who is standing here, I believe this belongs to you

I once had a powerful story I used to carry around
I thought it was you all this time that held my spirit down
But now I know the truth of who I came here to be
You are my angel in disguise, and not my enemy
So I thank you for the part you played in this dance we had to do
I give you back your own true love, I believe it belongs to you

I will lift you up.....and do what I can do
I see your heart, I know your pain, I have been there too
I will hold you high.....while you do what you have to do
But I am clear who is standing here, I believe this belongs to you

I'm Willin'

Words and Music by Harold Payne & JD Martin, ©2010

In early November 2010, Jan and I were invited to spend a few days at a songwriters' intensive in Phoenix with a dozen other adventurous artists, many of whom were dear friends and compatriots in the positive music world. The format was this: Each person was paired with another writer for a two hour session, then everyone would switch and write with someone else. There were 3 of these pairings per day, and after a couple of days of being randomly thrown together in this creatively intimate way, it began to feel a little like "speed dating"mostly fascinating, sometimes awkward but fun, sometimes deep and brilliant, sometimes just a way to sneak into the kitchen for a prolonged chocolate break. But some great songs did come out of it, including this one which has become a big favorite when we play to a live audience.

I co-wrote "I'm Willin" in one of those 2 hour sessions with the amazing and multi-talented Harold Payne. (Check him out at www.HaroldPayne.com) Aside from being a fine instrumentalist, singer, and seasoned professional LA musician, Harold has one of the quickest and most playful minds around. In live performance he can improvise lyrics on the spot from an audience prompt, and these instant songs are not only clever and make perfect sense, but they also rhyme! Plus Harold has a beautiful generous spirit, very sensitive to his co-writers' instincts.

Our session began with me playing an electric piano riff. Then both Harold and I started singing melodic ideas as the chords unfolded, and soon he spouted these amazing words! It was a perfect example of what happens when you start with a good groove and soulful intent, and then get out of the way.

I'm Willin is exactly what it says.....you get the sense of where you want your life to go, in a big-picture sort of way....but it scares you to death....and yet you're excited at the same time. You have no idea how you'll get there, but you're willing to take the baby steps and find out.

Jan and I are loving playing and recording this song. The vibe is just so infectious, very loose, very energetic....and the words are like a velvet-hammer wake-up call. Say it, sing it, mean it, and it happens....because being willing is actually something you have control over, and there's a lot of power in that. We hope it inspires you all too.

The drums were programmed by David Kopatz, musician/producer extraordinaire who did the original on-site recording in Phoenix. The rest evolved in our studio. We're delighted to have our good friend Annie Stocking on high harmony vocals, and the fabulous electric guitar of Garth Webber.

I'm Willin'

Words and Music by Harold Payne & JD Martin, ©2010

I'm willin' to change my life
Willin' to shine a little light
I know the change may not come today
But it'll be worth the wait
I'm willin' - Yes I'm willin'

Going out on a limb today
It feels like I'm finding my way
I was driving the wrong way down a one way street
Then I realized I'm in the driver's seat

chorus

I've been spending some time alone
Way out of my comfort zone
I can't keep on doing the same old thing
And expect it to turn out a different way

chorus

Life is my teacher
Time is my friend
I'm gonna follow
My heart to the end
Ain't no stop sign
On this road
The further I get
The lighter my load

chorus

Just Show Up

Words & Music by Jan Garrett, JD Martin, and Karen Drucker, ©2009

Approximately 20 years ago I had the good fortune to hear about Angeles Arrien, the brilliant cross-cultural anthropologist, and attend one of her beautiful weekend workshops here in Colorado. (This is before JD and I met, and I was hot on the trail of doing vision quest work with Animas Valley Institute, out of Durango Colorado, and the School of Lost Borders, based in Big Pine, California.) I was hungry for practical down-to-earth teachings from traditions around the world about how to live a good life. Angeles had spent years researching exactly that, and distilled the wisdom into these four basic guidelines:

- 1. Show up**
- 2. Pay attention and follow what has heart and meaning**
- 3. Tell the truth without blame or judgement**
- 4. Be open to outcome. Don't be attached.**

Brilliant! Obviously I needed to remember this, but I wasn't the kind of person to run out and get a tattoo. If I had been at the time, I might have arranged to have these rules written in teeny but legible print in some discreet body location which I could reference at will, in a pinch. Fortunately it simultaneously occurred to me that it might be easier and less painful to just memorize them and do my best to internalize the wisdom. Which I have.

Fast forward to October 2009. JD and I were in the San Francisco Bay Area playing music. We took some time out to visit our good friend Karen Drucker, who was living in a gorgeous house in Marin County with her sweetheart musician husband John Hoy. There was a big grand piano in the living room, with windows looking out onto the slopes of Mt. Tamalpias, lots of nice black English tea in the kitchen, a couple of friendly kitties, and of course Karen with her open heart and hilarious sense of humor. As we were throwing around ideas for a song, I think I mentioned that Woody Allen was rumored to have said that 80% of life is just about showing up. It's all about taking that first step.

So that's the deal. Begin. Your life is real and it's yours to live. You can't phone it in, text it in, tweet it in. Like it says on those old fashioned raffle tickets, "You must be present to win."

JD started playing some gospel-y chords on the Steinway and we were off and running. This tune came out quite effortlessly over the next few hours, fast and furious and fun. We have all been loving singing it in our live performances.

Karen released her version of "Show Up" in the summer of 2011 on her CD, "The Call." Ours is slightly different, a little slower, but the basic groove is the same. Annie Stocking sang harmony vocals on both recordings. And we are pleased to have Garth Webber again on electric guitar.

Again, we appreciate you, our musical family for coming along on this creative ride with us. Those of you who subscribed to our one-song-a-month Incremental have heard the song evolve over time. We hope it lives up to its full potential here. We love the way it turned out.

Just Show Up

Words & Music by Jan Garrett, JD Martin, and Karen Drucker, ©2010

Another one of those mornin's
When I'm trying to talk myself outta bed
(Just show up)
All my good intentions are rollin' around in my head
(Just show up)
Get it in gear, honey, I don't wanna hear it
Get out the door, put your feet on the floor, and just

Show up....Take your time
Ya don't always have to be the first one in line
Show up, slow down, let it be....eeeeeeeasy
Show up....Just show up

It might be as simple as simply getting out of the way
(Just show up)
A sweet invitation to be willing....every day
(Just show up)
Maybe I dont need to push so hard
Take it breath by breath, straight from the heart

Show up....Take your time
Ya don't always have to be the first one in line
Show up, slow down, let it be....eeeeeeeasy
Show up....Just show up

You never know what can happen
You never really know what might be
If I make room for a miracle to show up in me

Show up....Just show up
Show up....Just show up

Open Invitation, Back Story

Words and Music by Jan Garrett & JD Martin, ©2011

Meditation: Free and immediate access to the Heart of Harmony. The direct act of staying tuned. Meditation is available 24 hours a day, 365 ¼ days a year, open all hours, a thriving enterprise, an equal opportunity employer, always welcoming, forgiving, understanding, alluring, clean, efficient, brilliant....the doorway to unbounded creativity, unconditional love, timeless beauty, irrepressible good humor, and infinite compassion.....all freshly arising spontaneously in this breath-catching present moment. It's the essence universal well-being, peace, joy, and boundless energy. For free.

And isn't it interesting that I will go to almost any length to avoid actually sitting down and diving in? I must be out of my mind.

Right. And there's the tricky part, the Catch-22: I have to summon the *presence* of mind to shut up and realize that it will be worth it to get *out* of my mind. Scary. That's like voluntarily agreeing to let go of gravity and turn myself inside-out so I can fall down a divine rabbit hole and end up right-side-up on the other side, probably laughing or at least grinning uncontrollably, finally getting the joke.

So I have to set up meditation triggers ahead of time. Bludgeoning myself rarely works, but honoring a self-imposed schedule can be useful. Also succumbing to subtle and delicious seductions, like tuning into the ecstatic poetry of Rumi and Hafiz, quietly entering Mary Oliver's world or the wild and gentle work of Celtic poet John O'Donohue.

This song came as a gift, a playful chuckle that showed up while JD and I were in the midst of a SERIOUS writing session with a fellow songwriter. Most of the lyrics came to me in a twinkling, and I threw them out as a possibility. Everybody went, ummmm, No. But the jazzy feel was irrepressible, and a few days later JD and I sat down and fleshed out the music, just the two of us. We hope it will tickle you back to sanity, ease, and good humor. And maybe it will inspire you to do some meditation of your own....

Open Invitation

Words and Music by Jan Garrett & JD Martin, ©2010

On the inside I can turn on a dime
I can rise beyond any occasion
On the inside I am lighter than air
I got a bird's eye view of creation

I am far.....and wide
I got absolutely nothing to hide
And every breath is whispering my name
It's an open Invitation.....An open Invitation
An enlightened education....An open Invitation

It's a priceless motivation
An offer I'd be foolish to refuse
Like insider information
An investment it's impossible to lose

I go deep.....I get high
This is tailor-made to catch me on the fly
It's a foolproof option to be sane
It's an open Invitation.....an open invitation
A private investigation....an open invitation

Now, I'm not suggesting that I'm crazy
But my mind's got a mind of its own
And if I get lost in the occasional conundrum
I know how to find my way home

Through this simple meditation
A sweet familiar gathering of One
Such a quiet revelation
A love affair that never comes undone

This is swift.....this is sweet
It wakes me up and sweeps me off my feet
The thrill of a lifetime every day
It's an open invitation.....an open invitation
It's a renewable celebration.....an open invitation
Like a friendly recreation.....an open invitation
It's a sustainable gratification.....an open invitation

“Without You,” Back Story

Words and Music by JD Martin and Michael Dulaney, ©2000

The ecstatic 12th century poet Rumi says, “Today, like every other day, we wake up empty and frightened. Don’t open the door to the study and begin reading. Instead, take down a musical instrument. Let the beauty we love be what we do. There are hundreds of ways to kneel and kiss the ground.”

It’s June. Moon, spoon, croon. Sometimes you just want a simple love song. JD wrote this beautiful little tune with songwriter Michael Dulaney. The words and the melody ride on chord changes that are full of longing and satisfying resolution. It’s perfect for an outdoor wedding, a lullaby, or a walk in the park with a good old friend.

Love inevitably leaves us vulnerable, but we can’t escape its insistent invitation. It’s everywhere....our dearest friend, our true nature. The lovely Irish poet and teacher John O’Donohue says, “The heart is the inner face of your life. The human journey strives to make this inner face beautiful. It is here that love gathers within you.”

“When love awakens within your life, in the night of your heart, it is like the dawn breaking within you. Where before there was anonymity, now there is intimacy; where before there was fear, now there is courage; where before in your life there was awkwardness, now there is a rhythm of grace and gracefulness; where before you used to be jagged, now you are elegant. When love awakens in your life, it is like a rebirth, a new beginning.”

We send this song out to you as a blessing, knowing that wherever we all may be in our personal and collective journeys....in the face of monumental challenges, setback, sorrow, or seeming disconnection....love is the path and destination. It is closer to us than our own breath, surrounding and sustaining us from the inside out. It’s who we really are. There’s no place to get to. We’re already home.

Without You

Words and music by JD Martin & Michael Dulaney, ©2000

Summer night, the stars come out
The planets shine, the moon looks down
Heaven above would cry out loud
To see me without you

The orchestra plays along
How do they know our favorite song
But the music would be all wrong
If I was dancing without you

Without you, what would I be
Without you, here with me
My life would be incomplete
Without you

Holding you, I say a prayer
To all the angels way up there
I know that they just couldn't bear
To see me without you

Without you, what would I be
Without you, here with me
My life would be incomplete
Without you

No, I just can't imagine me
Without you.....

The Spaces In Between Us

Words & Music by Jan Garrett, JD Martin, and Lisa Aschmann, ©2011

Sensory overload. Too-much-information. Tweets, blogs, spam, 24-hour news cycles, friending-defriending-defending-spending, everybody's 15 minutes of fame....constantly, simultaneously, extraneously, crowding, clouding, comparing, contrasting.

We love this quote: "If the under-examined life is not worth living, perhaps the over-examined life is not worth reading."

In the midst of all this madness there is a Heart of Harmony we are all longing to tune into. It's the direct experience of remembering, with great relief, who we really are. This unfathomable mystery is everywhere present and always available, the lovely voluptuous emptiness that gives rise to everyone and everything. Deepak Chopra calls it pure potentiality, the field of all possibility. As vast and un-knowable as it sounds, it also feels very familiar and benevolent, an infinitely personal gift: The spaces in-between us.

JD and I are very fortunate to have a brilliant cranial sacral osteopathic healer. I think he's a genius, but he insists that for the most part he doesn't really DO anything. He just gently tunes us into the universal open space....and then that invites the mind-body-spirit-heart to relax and come into the natural still point where it remembers its original divine blueprint. Then everything re-configures beautifully from the inside out. I have absolutely no idea how it works, but it does, and I feel incredibly grateful.

Artists are completely comfortable working with negative space. Musicians know that it's the silence that gives rise to the sound. Rests are as important as the notes themselves. You can't have one without the other. Hopefully even the best of friends and the most passionate of lovers are wise enough to cherish their alone time, and generous enough to offer that spaciousness to themselves and each another on a regular basis.

Deep space. There are galaxies millions of light years away, dazzling the night sky. And when we try going inward to pin down the atom, the energy keeps whirling into smaller and smaller orbits until we realize that ultimately there's nothing there. Just energy, information, and consciousness. Apparently there's

no such thing as solid matter, anywhere. Stardust is really just a bright idea in the mind of God.

We might as well make ourselves at home.

Einstein is rumored to have said that the most important question anyone can ask, and answer, for themselves is this: "Is this a friendly universe?" Hopefully this song will help nudge us in the direction of a resounding YES.

(We wrote this song with Lisa Aschmann, a very talented and prolific award-winning songwriter from Nashville. Visit her website: www.lisaaschmann.com. The recording you hear here was done live in our studio in Basalt Colorado, in early February, 2011.)

The Spaces In Between Us

Words & Music by Jan Garrett, JD Martin, and Lisa Aschmann, © 2011

If I could give one gift to you
As solid as the morning dew
A windowpane the light shines through
The spaces in-between us

A gift for you my heart would bring
The sweet release of every thing
The breath I take before I sing
The spaces in-between us

Trusting in what might arise
Without a thought preceding
As simple as a baby's sighs
Resting and receiving

It's not what keeps our souls apart
But what connects and dreams us
The vast potential of the heart
The spaces in between us

So, I offer what my heart has found
The silent love that's all around
A symphony without a sound
The spaces in-between us

If I could give you more than this
Let it be Forever's kiss
Mindful of my mindlessness
The spaces in-between us

(The spaces in between us)

I Know the Feeling by Heart

Words & Music by Jan Garrett & JD Martin, ©2011

The essence of this song is (surprise surprise) how everything is connected to everything else. We all seem to know this somewhere in our consciousness, but most of us forgetting. In our most lucid moments we can at least find the feeling, but it's often just out of reach, like a wonderful punch line we once heard but can't quite pull up again.

A couple of years ago some good friends gave us a strange and wonderful book called "Pronoia," by Rob Breznsny. Pronoia is the opposite of paranoia. Pronoia is the sneaking suspicion that everything is conspiring for our good. We think this is a healthy and hilarious perspective to nurture in the midst of collapsing economies and political dog & pony shows. It also tenderizes us to appreciate who we are and what we are being given in each moment.

Here's how the song came to us:

1971. Joni Mitchell released her "Blue" album, and I heard "A Case of You" for the first time, with Joni playing Appalachian dulcimer. It stopped me in my tracks. That sound, the simple elemental tuning, combined with Joni's sad soulful lazy rhythm, just knocked me out. I listened to the song about 1,000 times, and installed the feeling in my bones.

Recently I have also fallen in love with a song by contemporary songwriter Pierce Pettis about a lost love in Vera Cruz, Mexico. What is it about the way he weaves the guitar rhythms and the visuals that paints such a vivid emotion? It's the elegant embodiment of a feeling I can never quite get enough of. I keep wanting to hear the song again.

A few weeks ago my friend Julie reminded me of a poem about two girls in a wooded glen who discover a magical secret so beautiful it takes their breath away. They swear they will remember it forever, but when they try to go back later they can't find the clearing, and they can't quite re-create the original magic. All they have is the lingering twinkle, the palpable sense that something wonderful is just around the bend if only they could follow the feeling.

Have you ever had one of those gorgeous night dreams where you find yourself in the midst of the most delicious surprises, everything glowing with possibility and intricate wonders? It's a brilliant story, full of intriguing twists and turns, and there you are right in the middle of it, enjoying yourself fully. You are quite deliriously happy, for reasons that may or may not make sense, but you know absolutely that all is well. You don't ever want to wake up, it's that lovely. But inevitably you begin to come up out of sleep. You promise yourself that you will never forget all those amazing colorful details, but 5 minutes later the plot is already fading. By the time breakfast is over, it's gone. But you remember the feeling, and somewhere inside you know it's there for you, just beyond your ordinary consciousness, loving you, whispering and pulling you back....

Maybe that's what it's like traveling from life to life, soul to soul, recognizing and reveling in each other, because at our core we suspect we're all part of the same hide-and-peek miracle. Something very familiar and benevolent and wise keeps tickling us into remembering who we really are, beneath surface appearances. It's a divine play with a brilliant cast of characters. And sooner or later, either by chance or when we learn how to focus, everybody and everything starts feeling familiar, and we are overcome by gratitude.

This song came directly out of that feeling. I got the title, and then the rhythm offered up the words quite easily over the course of one very long and twinkly night. JD and I sat at the piano the next day and listened for the melody and chords. When we got to the part in the lyric about running into each other life after life, we had to stop and blubber for about half an hour. When we pulled ourselves together, JD came up with that signature haunting piano intro, and the rest of the music followed naturally.

All we needed for the recording after that was a dulcimer so the song could ride on a folksy rhythm. There were no dulcimers to be found in our mountain valley. So, a little sheepishly, we pulled out our baritone ukulele and true to form, JD nailed the feeling.

It's a sweet little tune. We hope it wakes something up in you, as it does in us. As we say in the chorus, "I know the feeling; it lights up the dark. This will be easy....."

I Know the Feeling by Heart

Words and Music by Jan Garrett & JD Martin, ©2011

There's a place I can't quite remember, through the forest beneath the trees
Where the sweetest sound I ever heard is singing on the breeze
It's a slippery one to recapture, through alchemy or art
It finds me when I'm not looking....I know the feeling by heart

When you and I were children, a million miles apart
Each of us discovered our secret path to the kingdom of the heart
I still remember the magic of wishing on a star
Dreams do come true....I know the feeling by heart

I know the feeling, it lights up the dark
This will be easy, I know the feeling by heart

When I'm buried under confusion, paralyzed by regret
I remember there's a place in the mind of God
Where none of this has happened yet
I can fly back to the beginning and wake up before I start
Follow the thread of true love....I know the feeling by heart

I know the feeling, it lights up the dark
This will be easy, I know the feeling by heart

I feel like I've lived forever, and I've loved forever too
And if I get the chance to come round again, I bet I'll run into you
We'll recognize each other, no matter who we are
The familiar relief of coming home....I know the feeling by heart

I know the feeling. It lights up the dark
This will be easy. I know the feeling by heart .
This will be easy.....

All Along

Words and Music by Jan Garrett, JD Martin, and Cliff Rubin, ©2011

JD and Cliff Rubin set out to write this song in the winter of 2010. They came up with the gorgeous melody and chords, but the words were not taking off. When I heard the music a few months later, I was transported immediately into the domain of the ecstatic Sufi poets Rumi and Hafiz. It's as if these guys took me aside and said, "Look, this is really a love story. And love has a thousand faces. But, for now, narrow it down to the Inner Lover, the one who lives in your own heart, the one who walks around with you in your skin, and is nearer to you than your own thoughts....the one who has always been with you and knows you better than you know yourself. All the other lovers are flesh & blood variations of this deepest one."

JD and Cliff very generously gave me permission to come up with a new lyric, so that's what I started listening for.

Maybe the simplest answer to the universal question, "What's really going on here?" is this: "Wake up. The Beloved is everywhere just trying to get your attention." What is that still small voice inside, the one we can always trust? And who is it that we spend our entire lives loving?

This song comes out of that moment when we wake up and say, "Hey, wait a minute. You mean to tell me you were there all along?" And the answer is "Yep. Everything's gonna be OK. Better than OK. Magnificent. It already is, all the ups and downs, light and shadow, the whole enchilada."

Here's the truth, if we choose to tune into it: We are heard and seen and loved beyond measure, and we have all the guidance and support we could ever need. The door is always open, no questions asked. Kabir says, "What is God. It is the breathe inside the breath."

Maybe you can use this song to remember that all is well. Insert whatever face you want into the part of the universal lover. It will all come out the same in the long run.

All Along

Words & Music by JD Martin, Jan Garrett, and Cliff Rubin ©2010

When the darkness falls around me
And it all comes apart
In the quiet night, a voice I recognize
Singing through my broken heart

All along.....you've been nearer than the breath I'm breathing
Like a song always singing in my soul
 Through the rain, the fire
 And in the gentle breeze at dawn
 You've been whispering my name, all along

In the light and in the shadow
You remind me who we are
Wherever I may be, you're never far from me
I feel you beating in my heart

All along.....you've been nearer than the breath I'm breathing
Like a song always singing in my soul
 Through the rain, the fire
 And in the gentle breeze at dawn
 You've been whispering my name, all along

You are the secret love that mirrors me
My dearest friend, my mystery.....

All along....

I'll Meet You There

Words and Music by Jan Garrett, JD Martin, and Ester Nicholson, ©2010

In 1970 JD Martin was just graduating from college with a degree in music education. A few months later he heard the Edwin Hawkins Singers' version of "Oh Happy Day," the first black gospel song to become a world wide hit, and he fell in love with the sound and the feeling. His classical piano playing and his sense of groove took a 90 degree turn into the realm of soul. He has never looked back.

In the early 70's Jan Garrett was in Aspen practicing meditation and singing in a kick-ass country band that was also diving jubilantly into contemporary folk, jazz, western swing, straight-ahead country, gospel, and old timey music. That's where she ran into John Denver and Steve Martin. (Separately.) (There were no injuries.)

Somewhere in the early-to-mid-80's the brilliant and soulful American poet Coleman Barks began translating the poetry of Rumi. Almost immediately those verses started appearing in print and on recordings, and a whole new depth of spiritual intimacy became accessible to hungry hearts and minds all over the world.

Fast forward to the summer of 2010. Our dear friend Ester Nicholson came to the mountains of Colorado to co-write some new songs with us. It's always delicious for the 3 of us to be together, and focus on trying to put into words and music the unspeakably beautiful essence of who we all really are. How do we talk about that conscious benevolent life force energy that is moving our breath, looking out through our eyes, recognizing itself everywhere, loving us unconditionally from the inside out? It's The Beloved, our path and destination, the divine punch line, home base, our hearts' delight, the common center that connects all life everywhere. Rumi says, "Out beyond ideas of wrongdoing and rightdoing there is a field. I'll meet you there."

What if we all were to make that our top priority? We decided to write a foot stomping invitation for all of us to show up in the world (and our lives) coming from THAT place. Please sing along and see what happens.

I'll Meet You There

Words & music by Jan Garrett, JD Martin, & Ester Nicholson, ©2010

There's a place I often go
Where I can find peace, and rest my soul
Come on everybody.....I'll meet you there
It's a place that clears my mind
It's so close, it's not hard to find
Come on everybody.....I'll meet you there

I'll meet you in the morning
Before the world begins
Give up the same old story
And start all over again.....I'll meet you there

It's a feeling I can't describe
A destination you'll recognize
Come on everybody.....I'll meet you there
It's the gift we resist the most
That's how we know it's the place to go
Come on everybody.....I'll meet you there

I'll meet you there.....Deep down inside
I'll meet you there.....Where we can fly
I'll meet you there.....Take it from the heart
I'll meet you there.....That's the place to start

Let's take this party to the street
Shake it up and move our feet
Come on everybody.....I'll meet you there

Love Wins

Words & Music by Jan Garrett & JD Martin, © 2010

As singer songwriters who are also working (traveling) musicians, JD and I spend a lot of time on the business and technical ends of our art, hacking away in the studio and the office to keep things running smoothly. So it is wonderful to have a specific assignment to put everything else aside and just write a great song. We have written songs for weddings, little kids' theatrical productions, political concerns, etc. There are the songs that come out of our own deep emotional epiphanies, songs aimed at the spiritual communities we play for, and the occasional goofy tune we do just for fun and our own amusement. And sometimes there are songs we wish we didn't have to write.

A few years ago we were invited to play at the wedding of some dear friends and fans of our music who live in Seattle. Both Steve and Dede had children from previous marriages, and this was a joyous celebration not only for them, but for the new blended family of 6 kids, all bright and beautiful and talented in their own right. It was delightful to get to meet the whole extended family, and keep up with them somewhat over the years.

This October JD and I were playing up in Seattle when we got some very sad and shocking news from Steve and Dede. Their 20 year-old daughter Carly.....a gorgeous girl, and aspiring singer songwriter who was a junior at the University of Washington.....had just committed suicide a week before. No one seems to know why. She may have been somewhat depressed, but no one could have imagined that she would take her own life. We don't know what other factors may have been involved.

But.....bottom line.....it was, and continues to be, awful. Really hard for everyone in this wonderful supportive family, and of course for all Carly's friends as well. Literally thousands of students came out to share their grief and to honor Carly's short life for a week-long vigil at her home after her death.

We felt fortunate to be able to spend some intimate time with Steve and Dede, who told us more about some songs Carly had written, and ideas she had for future compositions. A lovely willowy blonde, Carly was also very shy, and so

sensitive that it was almost painful for her to perform in public. She seemed to have enormous empathy for all living beings, and had been very taken with a certain phrase which would cut across boundaries and bring hope to all: "Love Wins." JD and I looked at each other and said almost immediately to each other, "Well, I guess we'd better write that song."

Of course it was clear from the get-go that we couldn't speak for Carly, or presume to know her intentions for "Love Wins." So I did a little personal ceremony, connecting with Carly's spirit, and asking permission to listen for my own inspirations, from my point of view. I feel like we got a clear mandate.

Here's what strikes me deepest about "Love Wins." First of all, there is no battle, no contest or competition, no opposition. Love wins because Love IS what everything is made of. Period. The more we tune into that, the easier everything gets. The old Good & Evil story is so boring, so DONE. The interesting part now for me is not how it all comes out in the end, but how it is beginning now, again, in this moment. This huge shift already seems to be happening in many peoples' consciousness around who we are and how we might show up and make a difference in the world. And in the meantime, my feeling is that the line we have all drawn between what we call life and death seems to be getting fuzzier, more compassionately permeable.

I know that not everyone who hears this song will get this background information, but both JD and I feel confident it can stand on its own. Whatever troubles we may be going through collectively and individually in these interesting times, there is always the possibility that we may be able to relax into our natural well-being in the midst of the madness and consider that (as we say in the last lines of the 3rd verse) "We could just quit fighting, and let love win."

Much love to you all. Please stay tuned.

Love Wins

Words and Music by Jan Garrett & JD Martin ©2010

You might win a battle, you could win a race
You could out-run your rivals, come in first place
You could lose your center in the push and the shove
Or simply surrender, and tune into love

Love's not a contest, it's just who we are
Both the light and the shadow are at home in the heart
Beyond the struggle, there is music to play
And songs to be singing at the end of the day

Love wins, Love wins, all is well in the end
Love wins

Love knows no boundaries, it's the light in our eyes
Familiar to all, universally prized
There's a world of compassion, and we're good to begin
We could just quit fighting, and let Love Win

When we're up against too much to ask
When we lose our resistance at last
And we realize Love's got our back.....Love wins
For everyone, great and small
We are lifted as we fall
Kindness conquers all.....Love wins

Tell A Stronger Story

Words & Music by Jan Garrett & JD Martin, ©2011

Usually when JD and I sit down to write a song we begin with something specific: A strong emotion, a burning lyrical idea, an inspiring story, a compelling musical feeling. Sometimes we write for a particular occasion, or because we've been thrown happily together with some brilliant co-writers.

When it came time to begin recording September's song of the month, somewhere in the friendly boring middle of August, we looked at each other and had to admit we had nothing to say. Zero. But we tromped ourselves up to our studio anyway and started listening to drum loops. JD has a computer program that gives you access to digitally recorded percussion samples from all over the world. We zipped right through South America and Africa without anything lighting up for us. Then we got to India and the Middle East, and almost immediately the gorgeous power and sensuality of those drum patterns began conjuring a landscape of ancient civilizations, exotic spices and smells, belly dancers, pictures of empires crumbling.

Empires crumbling. Disconcerting. Didn't we want something hopeful and inspirational? But we followed the thread anyway, and a story began to emerge for us. The melody wanted to conform to what I've always called "the snake charmer scales." Definitely not Nashville, not jazz, not pop, nothing typically American. Clearly, strongly, Middle Eastern. It was as though we had entered a time warp, and found ourselves in early Persia or eastern Turkey, or ancient Rajasthan with all those sumptuous brocades and corrupt pashas. It was a little stifling. But the lyrics kept insisting that there is always a way out of chaos and into sanity.

It was turning out to be a cool song, but I remember remarking to JD as we were flying from Denver to Oakland for some concerts and workshops in late August, "I don't quite get the point. Who are we writing this for? I can't find the emotional center of this song."

Of course, one can always tune into any current news program and be overwhelmed by a pervasive feeling of anxiety and vague despair: Horrific natural disasters, rising unemployment, murders, stock market collapse, political

insanity. But it felt like our lyric wanted to be more personal than that. It wasn't clear, and I couldn't make it clear. I remembered that this is not an unusual experience when we're in the midst of writing. We were just going to have to hang out in the unknown for awhile, let there be empty spaces and wait to see how they wanted to fill in. It was an uncomfortable, but not unfamiliar, feeling.

In the meantime, we did our first weekend of pleasant California gigs and were visiting dear friends in Corte Madera. Julie is my favorite college roommate, and has been one of my very nearest and dearest forever girlfriends ever since. We've been through EVERYthing together. She was diagnosed with Parkinson's disease 25 years ago, very young, and has been bravely living with those awful symptoms for well over 2 decades.

Recently the combination of conflicting experimental medications has caught up with her. Julie has begun having intense auditory hallucinations. Some of the voices she hears are kindly, if stern, offering deep and helpful personal spiritual insights. But others are sinister and paranoid, and hijack her into larger-than-life nightmares where she being tortured by terrorists. There is an unspeakably cruel obsessive compulsive quality to these demonic conspiracies, and when she is in the grip of the hallucinations she is utterly at their mercy, helpless to fight back.

Julie is not a paranoid person. She is sane and funny and kind and liberal, very inclusive in her thinking, very generous in her world view. She loves poetry and animals. She knows that these voices aren't real, and yet they're in HER head, and she can't shut them up. It is unbearably exhausting for Julie and the dear ones around her.

I am furious on her behalf, and I am desperate to save her, but even if I could insert myself into her hallucinations and wither her bullies with my righteous wrath, I would probably scorch the entire earth and her tender heart in the process. You can't really fight fire with fire and come out ahead.

Somewhere in the middle of the 3rd night at Julie's house I woke up to this realization: You can't simply *stop* a negative thought or behavior pattern. You have to *replace* it with something more interesting, more alive....something kinder, wiser, more in alignment with health and well being. You can't successfully punish the hallucination of evil because it's not real, and that only gives it more power in your mind. You have to focus on what is true and

beautiful and life enhancing. You have to get interested in telling a stronger story. I started to weep and realized that we're writing this song for Julie. This is what I heard:

"You gotta tell a stronger story, sing a more beautiful song. You gotta be the proof that love will find a way. Show up like a warrior with forgiveness at your side, and let humor and compassion lead the way."

Julie has agreed to gather together her most potent and beautiful poems, and learn them deeply, by heart. When the hallucinations begin she will recite them with power and conviction, following that thread of light, word by word, back into peace and sanity. This gorgeous poem by e e cummings is her first choice:

**i thank You God for most this amazing day: for the leaping greenly spirits of trees
and a blue true dream of sky; and for everything which is natural which is infinite
which is yes**

**(i who have died am alive again today, and this is the sun's birthday; this is the birth
day of life and of love and wings: and of the gay great happening illimitably earth)**

**how should tasting touching hearing seeing breathing any---lifted from the no
of all nothing---human merely being doubt unimaginable You?**

(now the ears of my ears awake and now the eyes of my eyes are opened)

One more grace note: JD and I have a good friend who has taught us a number of beautiful Sufi chants as part of his school of spiritual alchemy. (The Sufis are the mystical heart of Islam, and Rumi and Hafiz are well known poets from that tradition.) Evan tells of a dream he had in which he was about to be tortured by radical Middle Eastern terrorists. Just before the worst was about to happen, he fell to his knees and began chanting from his heart in Arabic: "Ishq Allah Ma'bud Allah, ya fatah, hu Allah." The faces of the terrorists softened, and they looked like little boys again. They dropped their weapons and joined him singing, "God is Lover, Beloved, and the loving in between. Open to the breath of God."

Sometimes that's all we can do.

Tell A Stronger Story

Words and lyrics by Jan Garrett & JD Martin, ©2011

When the empire is falling apart, and your power is slipping away
The ancient towers fall, they crumble to rubble and clay
You cannot hold fast to your love, your strength is ebbing away
Don't abandon your heart. Something you cannot name
Knows the way

You're trying to hear through the noise, the clamor of dust and decay
You cannot rely on your past.....History has nothing to say
You long for the hush of the forest, and sweet rushing rivers at play
Don't abandon your dreams. A lover who knows your name
Shows the way

Through the valley of the shadow
To the secret chambers of delight
You can taste the kiss of your companion
Whispering everything will be all right

The clearing is just up ahead, I can already feel the breeze
I follow the sound of singing, and a brightening through the trees
I wake up in an instant, and find it's all been a dream
The One who lives inside me, who will never abandon me
Knows the way

Through the valley of the shadow
To the secret chambers of delight
You can taste the kiss of your companion
Whispering everything will be all right

You gotta tell a stronger story, sing a more beautiful song
You gotta be the proof that love will find a way

Sufi Chant:

"Ishq Allah Ma'bud Allah, Ya Fatah, Hu Allah"
(These Arabic phrases can be loosely translated as:
"God is Lover, Beloved, and the loving in between.
Open to the breath of God")

Our Recording Process

Back in the good old days, before the advent of digital recording techniques, if you wanted to make an album you had to (1) get a record deal (2) find a Sugar Daddy (3) do some major fund-raising, or (4) mortgage your house and children. Over the course of our long and illustrious careers, both JD and I have resorted to all of the above. Great recording studios were, and still are, very pricey.

We did travel to Nashville to record basic tracks for our albums “Already Home” and “No Complaints Whatsoever,” and to do mixing and mastering, but now for the most part we record, mix, and master here in our studio in Basalt Colorado. JD does all the engineering with the care, precision, heart, and stamina of a designer who uses French Seams. He is my hero. These recordings are as beautiful on the inside as they are on the outside. JD studies computer manuals and reads “Electronic Musician” magazine for fun, while I am off teaching and navigating life as much as I can from the right side of my brain.

It's important to both JD and I to get the vocals right, because first and foremost we're singer songwriters. We feel like the voices carry the emotional essence of the song as well as the meaning of the lyric. This is why our vocal mic costs more than our 2nd car. (Which is a venerable old Camry, but let's not get picky.) Once the instrumental tracks are polished and the vocals are mixed in, our goal is for you to feel like we're singing directly to you, and that you're riding along with us through the song, enjoying the scenery and the company as you go.

The music you hear on this album has been done with multi-tracking techniques. We work out the arrangements ahead of time, then build the tracks in our studio one instrument at a time. The technology allows us to do magic. For example on this record we got to use the talents of fabulous artists like guitarist Garth Webber and singer Annie Stocking who couldn't come to Colorado to record with us live, but were able to email us their tracks from the Bay Area.

Once everything is recorded all the tracks must be mixed together to create a balanced and dynamic whole. Mixing is incredibly technical and ridiculously subjective at the same time. There are an almost infinite number of choices

for how to tweak a sound or instrument, and then everything sounds different depending on where it is played back. We checked these mixes in the car, the fancy headphones, the crappy boombox, and the ipod ear buds. And of course the studio. We messed with EQ, reverbs, limiters and compressors. JD hears things one way, and I feel them another. There was some door slamming and gnashing of teeth, but in the end we hope everything will sound lovely to your ears and hearts, and that the essence of the songs will shine through. Again, we thank you for listening and for coming with us inside our songwriters' studio.

Musician Credits

Jan Garrett: Vocals, mad shaker

JD Martin: Vocals, Keyboards, Acoustic Guitar, Ukelele, Drum Programming

Garth Webber: Electric Guitar

Derek Nakamoto: String Arrangements

Los Angeles Philharmonic: Two Cellos and Viola, String Trio

John Michel: Drums

David Harding: Classical Guitar

Annie Stocking: Background Vocals

Melissa Gabossi Hefferon: Background Vocals

Friends from the Phoenix Songwriting Retreat: Choir

Publisher Credits

All songs used by permission

Foolchild Music (Jan Garrett)

Tay Toones (Karen Drucker)

Ester Nicholson Music

Lights of Denver (Michael Dulaney)

Gill 'n' Goldie Music (JD Martin)

Walk Across Fire (Cliff Rubin)

Harold Payne Music

Sony ATV Harmony (Michael Dulaney)

Engineering Credits

JD Martin

This album was recorded, mixed, and mastered at the Heart of Harmony Studios in Basalt Colorado, and produced by Jan & JD and Slipstream Productions, LLC.

Stories Behind the Songs



Welcome to our creative process. The songs in this collection came together as part of a fun and challenging artistic experiment. Over the course of one year (2011) we wrote, recorded, and sent out one new song a month to our listeners and fans as digital downloads. "Inside the Songwriters' Studio" is a COLLAGE of those musical styles and lyrical perspectives, all held together by the one thread that runs throughout: The language and harmony of the Heart.

This book contains the back story for each of the songs as well as credits for guest musicians and songwriting collaborators. The CD is also available online at:

www.Garrett-Martin.com

CONTENTS

1. I Believe This Belongs to You	p. 1
2. I'm Willin'	p. 4
3. Show Up	p. 7
4. Open Invitation	p. 10
5. Without You	p. 12
6. The Spaces In Between Us	p. 14
7. I Know the Feeling by Heart	p. 17
8. All Along	p. 20
9. I'll Meet You There	p. 22
10. Love Wins	p. 24
11. Tell a Stronger Story	p. 27
Our Recording Process	p. 31
Musician and Songwriter Credits	p. 32