

Songs of Hope and Healing

Linda Allen's original songs

Ashes and Smoke

We have been burned, burned by the fire
And we are ashes, ashes and smoke
But we will rise higher and higher
On the wings of compassion, justice and hope

Carry Us Through This Night

Carry us through this night
Into the promise of morning

Follow the Light

Follow the light, holy light
Follow the light home
Follow the light, holy light
Follow the light home

Follow the song, etc.

Follow the love, etc.

If You Cannot Speak

If you cannot speak my friend
I will hear you
If you cannot see, my friend
I will sing for you
If you cannot hear, do not fear
I will be with you
I will hold you in love, my friend
As you journey home

Love Will Surround You

Love will surround you
Love will abide
In the heart of a lover
In friends by your side
The light of your spirit
Will keep shining through
Lay down your burden
Our love's holding you

May Forgiveness Come Down

May forgiveness come down like a gentle rain
May your heart let go of the anger and pain
May your spirit rise up, may you love again
May you now be free

Take This Heart of Stone

Take This Heart of Stone
Wrapped in sorrow, flesh and bone
Hold it as your own
Help me find my way back home

You Are Loved

You are Loved, You are loved
And you've been loved since the creation of the world
You are loved, You are loved
And you've been loved since the creation of the world

You Will Rise

You will rise in the morning, tho the night has been so long
You will rise in the morning on the breath of a song
You will rise, you will rise
You will rise, you will rise
(Repeat with "I will rise", "We will rise")

For more information on therapeutic music, please visit this page on my web site:

<https://www.lindasongs.com/therapeutic-music>