

EARTHSTAR MUSIC #38: "SELF-HEALING ~ JOURNEY TO WHOLENESS"

- Release date: November 9, 2026
- Executive Producer/Lyrics ~ Dale Stacy
- Editor ~ Jeanne Stacy
- Music/Vocals ~ Songer AI

EarthStar Music ~ A Ministry of EarthStar Spiritual Center

- Back Story

"SELF-HEALING ~ JOURNEY TO WHOLENESS" is part of EarthStar Music's New Age Collection & invites you into a gentle journey of renewal, self-discovery & inner harmony ... Through breath, conscious choices & the quiet wisdom of Spirit, its message encourages you to take an active part in your journey, meet yourself with compassion & welcome the possibilities of each new moment ... Like an ocean embracing the shore, Love gathers the scattered pieces, reminding us that Wholeness is a journey of reconnection in Mind, Body, Heart & Spirit.

With an open heart & a willingness to embrace change, **"SELF-HEALING ~ JOURNEY TO WHOLENESS"** reminds us to create a Sacred Space within, listen to our Spirit & recognize our worth ... Each breath offers a moment to pause, each scar holds a story & each step invites us to return to ourselves with Love ... Please listen, reflect & share it with someone seeking renewal, peace & a deeper connection within ... **Self-Healing ... Journey to Wholeness ... Guided by Spirit ... Renewed in Love.**

Thank you for supporting this musical endeavor ... The song is available on major streaming platforms ... Aloha, Dale & Jeanne



- “SELF-HEALING ~ JOURNEY TO WHOLENESS” - Lyrics

(Intro)
Do you want to be healed? ... Feel the shift in each breath
Open your heart, step into the light, leave behind the rest

(Verse 1)
An active participant in this dance of renewal
You hold the key, feel the pain, become the fuel
Who is responsible? ... It's you & the quiet days
As the journey evolves, feel the healing rays

(Pre-Chorus)
What will you be doing when you uncover the truth?
Living fully, being free, tapping into your youth
When is the time frame? ... It's Now, take the chance
Every moment's a lesson, it's time for your advance

(Chorus)
Where can you be? ... A Sacred Space within your mind
Let the ocean of your Spirit, wash away the grind
How will you shift reality into a healed state?
Embrace the change ... let Love lead you to your fate

(Verse 2)
Why did you create this? ... Learn the lessons at your feet
Your Spirit whispers to guide you, through every heartbeat
Mental healing calls for calm, cultivate your peace
Breathe in the tranquility, let the chaos cease

(Bridge)
Physical healing means to move with ease, feel great
The body sings in harmony, let go of the weight
Spiritual healing calls for wholeness, the soul's embrace
Gather the fragments ... weave them into grace

(Chorus)
Where can you be? ... A Sacred Space within your mind
Let the ocean of your Spirit, wash away the grind
How will you shift reality into a healed state?
Embrace the change ... let Love lead you to your fate

(Verse 3)
Know what moves you away from calm, feel the stillness grow
Restore yourself as soon as possible, let your essence flow
In the warmth of your Spirit, recognize your worth
You are the architect of miracles upon this earth

(Outro)
Healed in mind, in body, in heart, you've traveled far
Your Spirit whispers, you are the guiding star
Every scar a testament, a story set to sail
Journey to Wholeness ... in Love, you will prevail
Journey to Wholeness ... in Love, you will prevail