

AWAKE

A Concept Album By Saint Tone

www.SaintTone.com



Awake is a concept record about someone who is waking up to their personal power by accepting the messages they are receiving and letting go of being victimized.

The album is broken up into 3 chapters with an alarm clock separating each section.

It starts with a dream (Touchdown Earth) where our character is floating around the universe feeling limitless and free and doesn't want to return to his dark reality.

The first alarm rings where he feels the pressure of a job he hates (Boy in the box). While driving he gives into All the negative things going on in the world. Homelessness (Create a change), Racism (What are you looking at), Treatment of American Veterans (American Pride), Corruption in Politics and Big Business (Money - Power - Greed). The first message arrives that he has a choice (Scream or Dream)

The 2nd alarm clock rings a bit softer (Awake) The next 6 songs each bring messages of encouragement.

The 3rd alarm clock is a rooster (New dawn) followed by 8 more songs of self empowerment and discovery.

The progression of shapes from a square to hexagon to a circle are placed into each chapter. They signify the transformation from ridged and unyielding to open and fluid.
I feel the album is best heard with headphones on to really capture everything that is happening.

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Fire Wolf Records

A W A K E

A Concept Album By Saint Tone

www.SaintTone.com

Songs by

Tony Saint Tone

*Tony Saint Tone & Todd Edmonds

Produced by

Tony Saint Tone & Todd Edmonds

Recorded at

Saint Tone Studios, Sarasota, FL &
Studio Odditee, St Pete, FL.

Engineered & Mastered by

Todd Edmonds at Studio Odditee

Musicians on the Album

Tony Saint Tone

Todd Edmonds

Janie Boisclair

Mike Brown

Randy Cook

Mike Morris

Bobbi Tamaro

Facebook Personal: Tony Saint Tone Lavorgna

Facebook Band: Saint Tone

Instagram: SaintTone21

YouTube Channel: Saint Tone

Twitter: Tony Saint Tone @SaintTone

Website: www.SaintTone.com



22 Songs

1) Touch Down Earth

2) Boy In The Box

3) Create A Change

4) What Are You Looking At

5) American Pride

6) Money Power Greed

7) Scream Or Dream

8) Awake

9) What You Gonna Do With Your Life

10) Higher Self

11) Relax

12) Life In Progress

13) Nothing More Than Now

14) New Dawn

15) I Woke Up

16) I'm Lucky At Life

17) All Attitude

18) Breathing With The Trees

19) Angels Speak As I Transcribe

20) My Body's Feeling Better

21) Ease My Static

22) Spirit Of Music

Floating
Through the stars and the Milky Way
Dreaming
Above the world and the ocean's waves

Limitless - my mind expands
New creations - from the genie's hands
Every thought - becomes my command

Touchdown Earth - I don't want to land
Touchdown Earth - I don't understand
All the fighting, starving, hating
Touchdown Earth - Touchdown Earth
Touchdown Earth - I don't want to land

Feeling **Copyright 2020 BMI**
A sense of peace as I spread my wings
Believing
in all the love and the beauty it brings

Touchdown Earth - I don't want to land
Touchdown Earth - I struggle with demands
begging, kicking, screaming
Touchdown Earth - Touchdown Earth
Touchdown Earth - I don't want to land

Boy In the Box

Words & Music Tony Saint Tone

Born to be a gypsy but your stuck in one spot
Try to speed up time as you mind melt the clock

A vicious circle spinning out of control
Better buckle down and do as your told

Pick it up, spit it out
Your dreams are getting crushed
Ridiculed by your doubt
Just shut up, don't speak out
You're never gonna win so conform to the Boy in the Box

Hard to get a head as you just scrape by
Just do your time till you turn 65

Another day, a week, a year nothing new
The man will twist and bend your every move

Pick it up, spit it out
Your dreams are getting crushed
Ridiculed by your doubt
Just shut up, don't speak out
You're never gonna win, never gonna win
You're never gonna win so conform to the Boy in the Box
Boy in the Box
You're the Boy in the Box ...

Create A Change

Words Tony Saint Tone

Music Tony Saint Tone and Todd Edmonds

Rain is fallen and she's cold and wet
Her body shivers as she gets undressed

Run for cover under bridges - concrete for a bed
taste the fear hear the thunder
feeling hope is dead

Young or old it won't discriminate
Educated or a drop out it can seal your fate
In a land filled with plenty why must they survive
In a box thrown in an alley - another homeless night

In a perfect world we'd all have a place to sleep
Yah in a perfect world we'd all have enough to eat

Praying for salvation - struggling with the pain
Hoping that the future can create a miracle of change
Create a change - a miracle of change
Create a change

What Are You Looking At

Words Tony Saint Tone

Music Tony Saint Tone & Todd Edmonds

What are you looking at ? is it the color of our skin
Is it the way we wear our clothes,
Who knows, but something's feeling twisted

What are you looking at? is it the language that we speak
Is it the culture that we teach
And now you're forced to see the difference

What are you looking at? Latino - White - & Black

Hatred for another race has multiple colors
Go in a little deeper than the outside cover
Every human bleeds the same from stranger to lover
Explore your sisters an brothers

What are you looking at? red - yellow - brown & patched

What are you looking at? is it something someone said
Or maybe you were taught to always look out for the difference

What are you looking at? holding onto the past
Will never let the future grow into a love existence

What are you looking at?
Albino - Blue - & Black

Watching local news is like gas on a fire
Spotlight on the hatred game is what they desire
Boosting their ratings with racist cold liars
Spinning tales with barbed wire

What are you looking at? - Latino - White - & Black
What are you looking at?

American Pride

Words & Music Tony Saint Tone

They took a boy and made a fighting machine
Lost at home within this social scene
More money on vets is what we need - not another M-16

Endless miles of blood red tape
We fill out forms and hope they call our name
Before anxiety makes another claim There's no time to waste

***We are Vets with American Pride
And we were trained never give up the fight
And so we'll fight until we die to make things right
American Pride - American Pride
It time to make things right - For all we've sacrificed***

Yes we followed every command
Every mission into foreign land
Never questioning the plan or where we stand

But now here we are back in the U.S. of A
And Uncle Sam has forgotten our names
And all the sacrifices we've made - God we feel betrayed

***We are Vets with American Pride
And we were trained never give up the fight
And so we'll fight until we die to make things right
American Pride - American Pride
It's time to make things right - For all we've sacrificed - American Pride***

Now here we are back in the U.S. of A
And Uncle Sam has forgotten our names
And all the sacrifices we've made - God we feel betrayed

***We are Vets with American Pride
And we were trained never give up the fight
And so we'll fight until we die to make things right
American Pride - American Pride
It's time to make things right - For all we've sacrificed - American Pride***

***We are, we are American and we've got , we've got American Pride
We are, we are American and we've got , we've got American Pride***

Money - Power - Greed

Words Tony Saint Tone

Music Tony Saint Tone Todd Edmonds

***Money Power Greed's got them drooling
Money Power Greed's got them high
Take all they can straight up stealing
One percent leaves they rest to survive***

How much more can they take - robbing families and banks
Breaking every golden rule

We all sit and we stare - as they sit in their chairs
no remorse as they act so damn cruel

Robots and slaves - the taxes we pay
As they lounge and do shots by the pool

Corruptions alive - politicians all lie
Self entitlement ain't nothing new

Chorus

And we bitch and complain - hoping something will change
As they laugh at the efforts of fools

They control our TVs and distort what we see
Roman kings with a raw attitude

Profits and gains is the name of the game
A revolution is way over due

For an ounce of pure gold they sell the devil you soul
and then toss it like dirt off their shoes

Chorus

One percent leaves they rest out to die

Scream Or Dream

Words & Music Tony Saint Tone

*You can't save the world from down in the trenches
become the change that you want to see
Rise above it. You Scream or Dream , Dream , Dream*

What will it be - what, what, what will it be
What will it be - what, what, what will it be

The time has come and gone my friend
We are coming to an end no more days left to pretend

The choice is always up to you
A victim card is like a dead tattoo that only courage can remove

So you can scream or dream - what will it be
What will it be - what, what, what will it be
What will it be - what, what, what will it be
Scream or dream - what will it be
(I hear you scream out loud - I see your dreams profound)
What will it be - what, what, what will it be
What will it be - what, what, what will it be

Depressed about your circumstance
Just roll over and claim you can't
Given up on the fighting chance

Belief comes from deep within
The smallest spark will fight blowing winds
Creates the flame that can ultimately win

So you can dream or scream - what will it be
(I hear you scream out loud - I see your dreams profound)
What will it be - what, what, what will it be
What will it be - what, what, what will it be
Dream or scream - what will it be
(I hear you scream out loud - I see your dreams profound)
What will it be - what, what, what will it be
What will it be - what, what, what will it be ...

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Words Tony Saint Tone
Music Todd Edmonds

Awake

To find yourself again

Now don't delay

There's a hurricane of change

Blowing through your soul and twisting every thought you had

Shifting every memory of lessons good and bad

Awake

From all the lies that held you down

Don't hesitate

You can walk the wire or be a clown

Stumbling through your daily life

With no direction known

Or focus each and every step

That leads you to your goal

Where do you want to go

No oh no

The writings on the wall

You can run or you can crawl

Oh no oh no

Don't sleep your life away drowning in a daze

(Drowning in a daze)

Awake



What You Gonna Do With Your Life

Words Tony Saint Tone

Music Tony Saint Tone & Todd Edmonds



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We are what we choose to be and sometimes it's the smallest decisions that can change our lives forever

You just roll with the punches and you think you're fine
You fight this life like a boxer on the ropes all the time well all right

But you're praying for the man to just ring the bell
So you can rest for a moment from this living hell well all right

What you gonna do with your life 6x
(what you gonna do)

It doesn't need to be a battle
Scared and broken down and fragile
Get your ass back in the saddle
There's a better way – yah when you meditate

Like a boat on the ocean blowing with the wind
You never know where you're going till the storm kicks in well all right

Then you kick and you paddle just to stay alive
You've got water coming in from every side well all right

What you gonna do with your life 3x
(what you gonna do)

I'm not here to preach about it
But you're drowning here without it
Raise your pride and think about it
There's a better way when you meditate, meditate, find a way, meditate

Breathing in the oxygen allows you now to speak to your soul
Floating through the universe it's easy to see which way to go
Time becomes an illusion of your mind
And from the sacred space you create your perfect life and shine

What you gonna do with your life 6 x
what you canna do now 2 x what you gonna say, what you gonna do



Higher Self

Words & Music Tony Saint Tone



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Within silence you can reach your higher self

A connection to perfection is what you seek
But when you look at your reflection its not what you see
You pick out imperfections to the 10th degree
Till there's nothing left of beauty for the world to meet

All these lower vibrations have blurred you sight
To begin to see more clearly you must close your eyes
From all the distractions that clutter your mind
Depressed in the dark with no hope for life

So get out, get out, get out of the way
Let go of the ego and 3rd dimensional days
Get out, get out, get out of the way
A breath of inspiration's here to activate

Cause I'm your higher self - I'm you higher self
High 4 x - I'm you higher self

I've got a tell you something now I'm your higher self
And I've come down to inspire all your hidden wealth
You've always got a phone line when it comes to me
Just breath out all your static for your mind to receive

So get out, get out, get out of the way
Let go of the ego 3rd dimensional days
Get out, get out, get out of the way
A breath of inspiration's here to activate

Cause I'm your higher self - I'm you higher self
High 4 x - I'm you higher self

And it's all just a matter of trust to climb inside and open up
get your face out of the mud - and trust

I'm you higher - I'm your higher self ...



Relax

Words & Music Tony Saint Tone

Take the moment - decompress - just be

**Relax chill and relax
Release the weight of the world that's on your back**

**Relax breathe and relax
Take the time to just unwind and crash**

To much time spent with the drama
Let the queens trip somewhere else
Another argument leads to karma
That will soon be felt

All this tension is just so draining
You need to find a way to vent
And the world just keeps complaining
And now you spent

Lal lal la Ohhh Ohh

**Relax it's time to relax
Release the weight of the world that's on your back**

**Relax chill and relax
Take the time to just unwind and crash**

Open up to the silence breathe in your higher self
There's a new dawn on the horizon & I wish you well
I wish you well
Baby relax

Just chill find the will to lay back and just be still ...



Life In Progress

Words Tony Saint Tone
Music Tony Saint Tone & Todd Edmonds



*Progress comes as decisions are made
as decisions are made progress comes*

This is just your life in progress
A glimpse a spark in time
Wake up - wake up
The time is here for you do you understand
Wake up - wake up
The power of creation is in your hands

This is just your life in progress
(just your life in progress)
And evolution of your soul
Wake up - wake up
Every choice has brought you to this place
Wake up - wake up

The world's a play we're all actors on her stage
Her stage, don't hesitate, it needs you now to be awake
(awake) it needs you now (awake) it needs you now 3x
It need you (it needs you) to self create your fate

This is just your life in progress
(just your life in progress)
A moment caught in time
Wake up - wake up
The time has come for you to make a change
Wake up - wake up

There's no one here that's left for you to blame
To blame, life's a game, it needs you now to be awake
(awake) it needs you now (awake) it needs you now 3x
It need you (needs you..) to self create your fate
Self create your fate



Nothing More Than Now

Words & Music Tony Saint Tone



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Now is the moment to create change, change, change

Beaten up and broken down once gazing at the stars
You've hit the ground
Silent screams and empty dreams
You're running through emotional extremes time to breath

**Cause you need nothing more than now
You need nothing more than now It's plain to see
You need nothing more than now
Shift your focus and allow your world to be become your fantasy so let's go**

Never changing just complaining wanting new results
But they stay the same
Days and weeks and months go by
I feel like you are struggling to survive but don't cry
Don't cry, don't cry

**You need nothing more than now
(what are you waiting for)
You need nothing more than now It's plain to see
You need nothing more than now
Shift your focus and allow your world to be
(what are you waiting for)
Become your fantasy - yah oh yah - fantasy - fantasy ...**

Lightening flashes - now your running
Chain reactions - change is coming
Satisfaction - guaranteed

Pleasure palace - now your living
Hot tub cool pool - skinny dipping
Lamborghini - fantasy

Love filled days - exotic nights
Friends an family - loving life
Release all doubt an be the dream

Fantasy - fantasy - fantasy - you got a fantasy
You've got to be the dream...
Just live the dream...

From The Concept CD Awake By Saint Tone

New Dawn

Words and Music Tony Saint Tone

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It's the end of the Illusion
It's the end of the confusion
Your Third eye has open to the sun
and the miracles and truth have finally come

To be, Become your creation
Just Be, Through Imagination
An expanded soul can never retract
As your 3rd dimensional world fades to black

I Woke Up

Words & Music Tony Saint Tone



I woke up to my power today
I woke up in a different state
I woke up to the miracles of change

I woke up to the power of me
I woke up to a new belief
I woke up now there's nothing I can't be

The moment is now (oh yah)
I'm screaming out loud (oh yah)
There ain't nothings that's holding me down

I'm on higher ground (oh yah)
With confidence found (oh yah)
I'm finding the sun through the clouds

I woke up to my power today
I woke up in a 5D state
I woke up to like a burst of cosmic rays

I woke up to the power of me
I woke up oh so complete
I woke up to endless energy

I woke up (he woke up)
Now I'm woke (now he woke)
I woke up (he woke up)
Now I'm woke (now he woke)

I woke up now (he woke up now)

I'm Lucky At Life

Words & Music Tony Saint Tone



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I'm lucky at life - a grateful attitude
 I won the prize - I'm always in the groove
 A spot light - helps another wish come true

I'm lucky at life - yah I'm here to win
 A big smile - as each day begins
 The new style - counting blessings from within

***Cause any rain that comes my way
 I can shift into a sunny day
 This optimistic point of view
 It's amazing what I can do***

***Things that use to hold me down
 Are light as feathers as I fly around
 It's not what happens - but how I react
 So I'm lucky, and I claim that that's a fact***

I'm lucky at life - I hit the lottery
 That's right - It's money tree
 Of life - peace of mind with a guarantee

I'm lucky at life - the power to create
 Expand time - in 5th dimensional ways
 A sun dial - sharing ways to elevate

Chorus

I'm an individual star - an Island like Zanzibar
 A new ascending soul - as fortunes un-fold
 An there's no limit to what can be done
 As we orbit around the sun - a magical mystery tour
 And all the luck of the universe can be yours

***Things that use to hold me down
 Are light as feathers as I fly around
 It's not what happens - but how I react
 So I'm lucky, and I claim that that's a fact
 I'm lucky at life so damn lucky hey I'm lucky ...***

All Attitude

Words & Music Tony Saint Tone

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I heard the clock alarm - Now all the lights on
And the veil gone - from my eyes

There was a little voice - that screamed you have a choice
To always look for joy - in disguise

**Replacing greed with gratitude
Makes a shift of magnitude
To find the win even when I lose - it's all attitude**

Sometimes its hard to find - but just a spec of light
is all I really need - to get me through the night

**Replacing greed with gratitude
Makes a shift of magnitude
To find the win even when I lose - it's all attitude**

Ohhh the world radios and TVs
Paint a scene
Of hidden lies and cruelty
But I believe
If you Look for Love you shall receive
It's within everything we see

I took a walk outside - A set of Brand new eyes
as my soul came to life

**Replacing greed with gratitude
Makes a shift of magnitude
To find the win even when I lose - it's all attitude 2x**

Breathing with the Trees

Words & Music Tony Saint Tone



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I'm Breathing with the trees
And all the wisdom they bring
Wrapped in their canapé
And their green leaf wings

Breathing in some love
Letting go of some stress
It's a cosmic exchange
As I fill up my chest

I took the time to just unwind an be
A moment in the shade can change my day
You see it ain't no mystery

I'm breathing with
I'm breathing with the trees
And the calmness it brings
Dancing with the leaves
And the summer wind

I feel a sense of peace
From the earth to the sun
It's a great relief
Me and the forest are one - yah we're one

I took the time to just unwind an be
A moment in the shade can change my day
You see it ain't no mystery
I'm breathing with ...
I'm breathing with the trees - yah the trees

So breath in Hope - breathe in Life
Breathe in visions of paradise
Breathe in power to succeed
I am breathing, breathing, breathing with the trees
Oh with the trees

Angels Speak As I Transcribe

Words & Music Tony Saint Tone



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**Angels Speak as I transcribe
Words and wisdom from the other side
Burn some sage and candle light
Simply breath and just take flight**

Awake to change
As I stretch the unknown becomes known
The stranger a friend - the wild wilderness a home

Try everything that you desire, plant some seeds - light a fire
Some will take an grow
While others melt and fade like snow beneath the winter solstice sun

I move forward in ALL directions, seek perfection,
A resurrection of belief in self manifestation has come alive as I thrive

Imagination comes in like sirens
Cutting through doubt and is rising
To new levels of fascination and amazement
This new me will Never be complacent

Chorus

Dreams become reality
Within the blurred lines of perception,
My beliefs fulfill desires and my projection

I Speak only of things that I choose to receive
Fake it till you make it and feed the dream

Thoughts become words
Words turn into action
My soul expands with satisfaction

Yesterdays Gone
Tomorrow awaits
The only thing that matters
Is my choice here and now today

My Body Feeling Better

Words & Music Tony Saint Tone



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Every breath I take - my body's feeling better
When I meditate - my body's feeling better
Every move I make - my body's feeling better
My body's feeling better today

Every heart beat - my body's feeling better
Like an athlete - my body's feeling better
No more disease - my body's feeling better
My body's feeling better today

Every cell - will heal itself
State of mind - is perfect health
I think of love - then love my self

My thoughts are upbeat - my body's feeling better
Everything I eat - my body's feeling better
My reality - my body's feeling better
My body's feeling better today

Release the thoughts that cause disease
Connect to love and harmony
Manifest my highest beliefs

Just believe and let go of doubt
Let the miracles figure it out
As I breathe and laugh out loud

Feeling better - feeling good
Feeling better, better, better - Yah

Ease My Static

Words & Music Tony Saint Tone



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Music comes to soothe the soul
A symphony of beats and notes
The great escape that clears my mind
With melodies that transform time

Your a soul fascination, rejuvenation,
A meditation to go within and not spin out.
You ease my static

When this life is too intense
A wall of sound is my defense
Hard and fast or soft and calm
Life's the soundtrack to the song

Your a soul fascination, rejuvenation,
A meditation to go within and not spin out.
You ease my static

Your a breath of fresh air
My answered prayer
A love affair I could never live without
You ease my static, you ease my static
You ease my static

You've been around since I was little &
I would dance on the floor
I heard the Beatles, Doors, U2 and so many more
You grabbed a hold of my soul and filled it up with joy
And now I'm out here writing songs for the world to enjoy

You ease my static - oh yah music you 4 X

Rocking out all night - And now its time to take flight

Spirit of Music

Words & Music Tony Saint Tone



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**You got the spirit of music - you've got the spirit oh you've got the spirit
You got the spirit of music - you've got the spirit oh you've got the spirit**

Dance like no bodies watching - sing like nobodies listening
Feel all the good vibrations - raising your soul with no limitation

Take me, take me, take me, take me for ride
Memories are rushing to a younger time

I'm 10 years old the radio is on with The Beatles singing
Grab a broom the living room is now the stage
It's sunday morning I'm performing rock n rolling

**You've got the spirit of music - you've got the spirit oh you've got the spirit
You've got the spirit of music - you've got the spirit oh you've got the spirit**

Dance like no bodies watching - sing like nobodies listening
Feel all the good vibrations - raising your soul with no limitation

Show me, show me, show me, the magic that you bring
Melodies are memories as I drift away again

I'm 22 her dress, was blue, we're on the highway singing
Every word to every song so come along
I feel you smiling, so exciting, no denying

**You've got the spirit of music - you've got the spirit oh you've got the spirit
You've got the spirit of music - you've got the spirit oh you've got the spirit**

Dance like no bodies watching - sing like no bodies listening
Feel all the good vibrations - raising your soul with no limitation

Clap to the beat that's thumping - kick them boots are stomping
Love let the music move you - country or pop or rythm and blues
Oh it's all for you

Dance - dance - dance - dance
Dancing to the music...