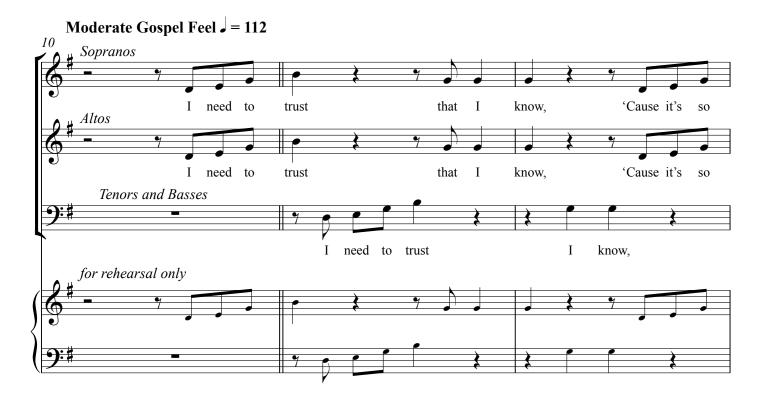
## IKAOW

By Karen Drucker arr. by David Ezell



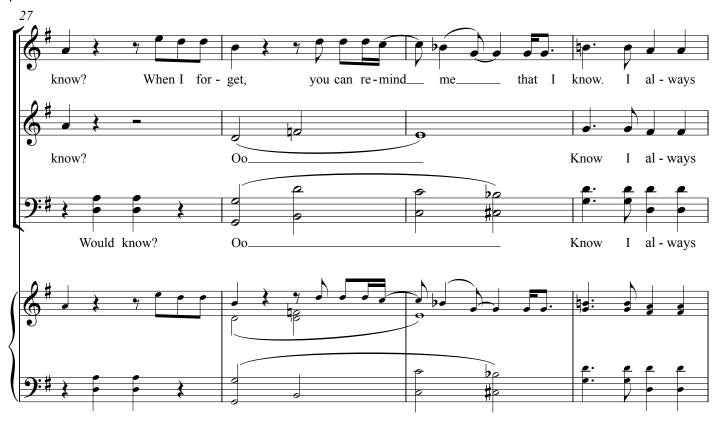




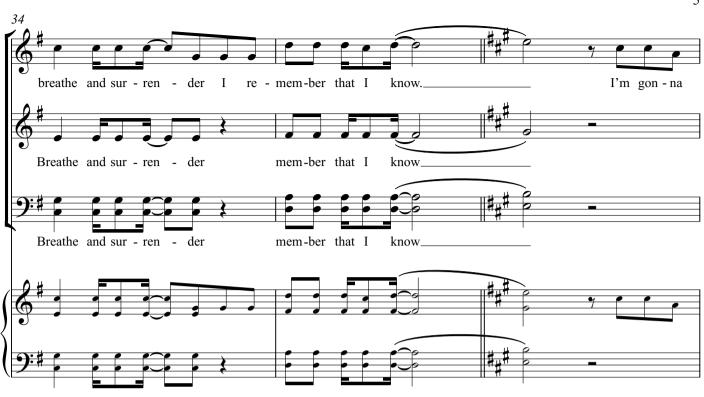


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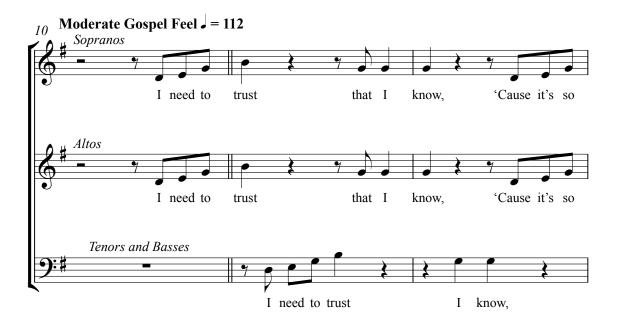






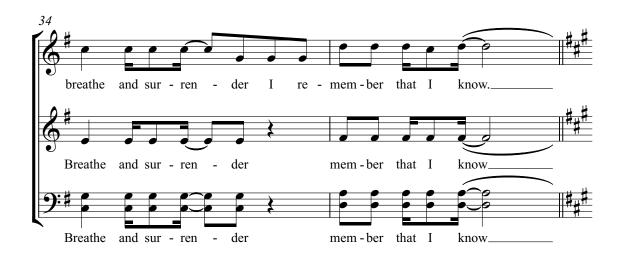


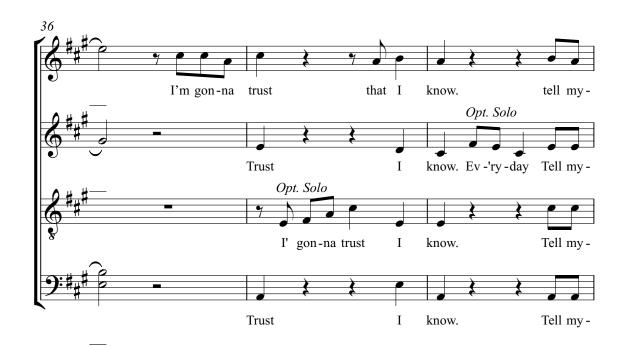




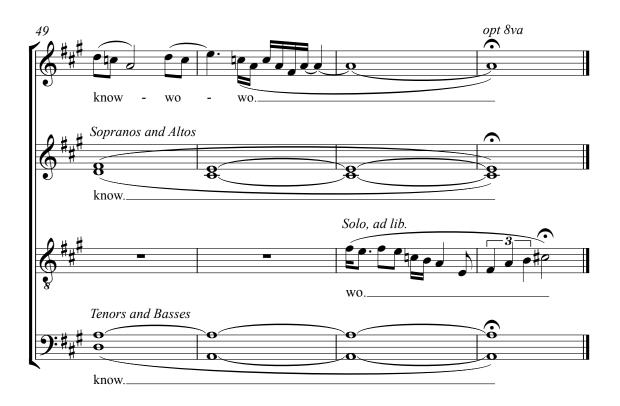
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# I KAOW

## By Karen Drucker

Oh how often I hear myself saying, "I wish I knew but I just don't know!" This fun little song was written to myself to remember that I DO know! If I just stop, breathe, quiet my chattering mind and listen, I can usually hear the truth of the situation. I just need to be reminded every once in awhile that I can stop doubting myself and trust that I do actually know!

#### **VERSE**

I don't know how I know,
But I know that I know.
I need to remember that I know.
Yes I know. I know.

#### **VERSE**

I need to trust that I know,
'Cause it's so obvious that I know.
I need to tell my head that I know,
'Cause my heart knows that I know.

### **CHORUS**

When I don't trust that I know then I forget how much I know. If I breathe and surrender I remember that I know.

#### **VERSE**

Why do I doubt that I know?
Who else but me would know?
When I forget, you can remind me that I know. I always know.

#### **CHORUS**

#### **VERSE**

I'm gonna trust that I know, Everyday tell myself that I know. If I forget please remind me that I know. I always know. I know. I always know. I know. I always know.

<sup>&</sup>quot;No one can give you better advice than yourself." Cicero

<sup>&</sup>quot;Trust yourself. You know more than you think you do." Benjamin Spock

<sup>&</sup>quot;Power comes to those who know—and know that they know." Arlene Moris