

When You Rewrote My Heart

I think I've always known where I was headed
But lacking in the confidence where I could be that trusted
I was so insecure
But now here in my heart I truly matter
There's a new respect I see
I'm finally making room for me
I'm making room for me

Oh when you rewrote my heart
When you rewrote my heart
When you rewrote my heart I finally found
The courage to change my mind.

I had pain I didn't know what to do with
Haunted by those memories I didn't want to visit
I was just too scared
At times I thought that I was still so messed up
Trying to fill the void in here
And trying to make it disappear

Oh when you rewrote my heart
When you rewrote my heart
When you rewrote my heart I finally found
The courage to change my mind.

Change my mind
Looking in the new reflection
Change my mind
Finally finding the affection
I so needed in my life
When you rewrote my heart
I had the courage to change my mind
When you rewrote my heart

Kelita Haverland/ Heart & Soul Music

Story Behind "When You Rewrote My Heart"

"This is one of the newer written songs on "Heart of a Woman". Even as I have grown into a mature woman there are still some areas of my life that I continue to work through. However in many ways I am finally feeling really comfortable in my own shoes. I like getting older actually. I feel less pressure about having to prove myself to anyone and there is a confidence in that. I know more about who I am and am comfortable with that. Facing life's challenges face on has played a huge role in bringing me to where I am today. I simply want to pass along what I have learned in hopes of encouraging and inspiring someone who is where I have been."

Deep Dark Secret

I've been holding on to a secret
The deep dark kind that you keep inside
All of my life I've been so mixed up
Tried to run but I just can't hide
Every day when I look in the mirror
I can't believe all the faces I see
I feel stained and I'll feel dirty
But soap and water never washed me clean

No this is not my imagination
No this is not just a very bad dream
What you hear is a true confession
Of a deep dark secret
That's been haunting me

Sometimes it's too hard to remember
Oh the memory is killing me
How could someone say they love you
Then take away the child in me
Every day when I look in the mirror
I can't believe that it's happened to me
I've been hurt and I feel cheated
It's time I finally set me free.

Let the deep dark secret
Let the deep dark secret
Set you free
Set you free, set you free
Set you free, set you free
Let the deep dark secret
Set you free

Kelita Haverland/Heart & Soul Music

Story Behind "Deep Dark Secret"

"I wrote this song over twenty years ago. It's been hidden away and I thought it was time for it to be finally heard. I have spoken about my own childhood sexual abuse over the years but have never sung a song quite as transparent as this. The more I am exposed to the outrageous statistics about this abuse the more my heart just aches. I have met several people over the years that have disclosed to me after concerts or speaking engagements. Men and women, young and old, some even in their senior years. In order to release this pain we need to first acknowledge it and take the steps to freedom – at any age. I hope this song will help to do that for people who have held secrets of any kind. Secrets can destroy us and those we love but if we seek help in a tangible ways we can move beyond the guilt and shame."

The Strong One

Ever since I was a young girl
I've been strong for everybody else
Now that I'm a little older
I think its time I let myself
Cry when I need to
Be shy if I want to
Don't have to keep a smile on my face

I don't want to be the strong one
I don't want to pick the pieces off the floor
This time I wanna be the one
Who needs a little shelter from the storm
Keep me warm
I don't want to be the strong one anymore

I'm so tired of pretending
Make believing everything's alright
I hide all of my feelings
Oh but maybe tonight I'll
Cry when I need to
Be shy if I want to
Don't have to keep a smile on my face

I don't want to be the strong one
I don't want to pick the pieces off the floor
This time I wanna be the one
Who needs a little shelter from the storm
Keep me warm
I don't want to be the strong one anymore

Kelita Haverland/John Douglas
Heart & Soul Music/Fury Songs

Story Behind "The Strong One"

"One of my most popular and recognized songs was written after years of hiding behind many masks. As I wrote this song I began to give myself permission to admit my weaknesses and remove many self inflicted pressures of always needing to be perfect. This song became my initial emergence into a world of self discovery. As I began to face my own truth with vulnerability and honesty, growth and change not only became necessary, but crucial to my health and well being. My wish is that as people relate to this song, they give themselves permission to become real and recognize that we all have buried fears, hurts and internal scars. Sometimes it's OK to admit our imperfections, remove the masks and provide the openness to let people into our lives."

Who's Gonna Love Me

Don't be afraid I'm right here
Until the end I'm not going anywhere
So close your eyes and rest my dear
And when you wake up
I'll still be here

We used to laugh until we'd cry
Hold each other in our sleep at night
And in the morning just before the sun
You would wake me with your kiss
And then you would love me

There's an empty bed and here's a broken heart
Everything in me has fallen apart
Drowning in a pool of tears
Now you're gone
And I'm still here

We used to laugh until we'd cry
Hold each other in our sleep at night
And in the morning just before the sun
When I'm reminded that you're gone
Who's gonna love me

Who's gonna love me
Who's gonna love me
Who's gonna love
Who is gonna love me

Kelita Haverland/Heart & Soul Music

Story Behind "Who's Gonna Love Me"

"This song was written after visiting with a married couple in the hospital, where sadly the husband was dying of two brain tumours. As I watched the wife's display of utter dedication and unconditional love it was an inspiration to me. Her heart was so beautiful as she allowed me to observe the very deep caring love that she had for her chronically ill husband. I am grateful that I had a glimpse into the very personal life of these two people as they allowed me to pray for them before I left that day. The losses in my own life and the lives around me have allowed me to write as observer and participant. I am grateful for the gift of music to express my own pain and that of others."

Bella

There are many corners of your heart
Places hard to come back to
And there are many rooms in your life
That nobody even knows but you
I know it's hard to look into your eyes
Behind the windows to your soul
And face the truth that you've been living in
Where nobody should have ever been

Kindred spirits
Knit together
A tapestry embroidered with shame
But healing love will mend the broken hearted
And saving grace change your name

Bella, beautiful Bella
Beautiful Bella
Beautiful girl

Like the bird that sits upon the wire
Open up your heart and sing
And fly up to the place where you belong
Where every dreamer ever dares to dream
With all the love that's hidden in your heart
And every hope you've held on to
Oh Bella I know you will change the world
Bella that's what you were born to do

Bella, beautiful Bella
Whoa beautiful girl
Bella Bella you're changing
Bella you're changing
Changing the world
Bella you're changing
Changing your world

Kelita Haverland/Heart & Soul Music

Story Behind "Bella"

"Bella was inspired by a young survivor of the child sex trade I met while in Cambodia at the restoration centre that I help raise funds for. She was sold to a brothel by her mother at the age of 12. Bella spoke English and actually led a few of the other girls in the singing of "Edelweiss" after I asked if anyone would like to sing for me. Bella was a bright light who had come from a very dark place. When I came back home I knew that writing this song could speak to all the Bellas here and all around the world who were ever victims of any kind of abuse. The album is dedicated to Bella who has now gone to Bible school, is doing outreach with young girls from the karaoke bars and is recently married. I am so proud of this beautiful woman! What an inspiration she is to us! She truly is changing the world."

Unusual Child

He would ride out on the prairie
Sun up and he'd be gone
On a leather strap around his neck
He wore a white bull horn.
He would be an Indian for a day
Riding bareback on the range
He called himself Cochise
But Jimmy was his name.

Chorus

*He was a western James Dean
He was a rebel he played wild
He was the first born in my family of five
He was a most unusual,
Most unusual
Unusual child.*

There was Frankie and there was Billy
Oh but Jimmy was my favourite one
Seems rather strange to me
When I think of what he'd done.
So many times I wonder
What Jimmy was all about
He was sweet, he was crazy
And he was inside out.

Jimmy knew he'd die young
There wasn't anything he wouldn't try
One night he tried too hard
Goodbye Jimmy,
Goodbye.

Kelita Haverland
Heart & Soul Music 1996

Story Behind "Unusual Child"

"Unusual Child was written about my eldest brother Jimmy who sexually abused me as a young preschool girl on our farm. He passed away at the age of 27, (I was 17) after an accidental heroin overdose. Writing this song was a cathartic experience which helped to initiate my own personal journey of healing. I hope that if you have a Jimmy in your life this song might help to sooth or even release some deep emotional pain so you can find a place of forgiveness for an innocence that was stolen by someone you loved. Feeling, experiencing and accepting our pain is very much part of the healing process".

Soul Revival

I'm gonna move that mountain
I'm gonna shine my light
When you finally find the whole truth
You aint' got nothin' to hide

I'm through with spinning these wheels
I'm done singing the blues
I'm gonna break every mould
Rewrite the rules

This fire's burnin' out of control
Some thing inside of me
Has taken a hold
There's a new beginning about to be set free
Soul revival, soul revival in me

I'm gonna finally live my life
Like I've got nothin' to lose
Then I'm gonna take some chances
And then I'm gonna spread good news

I'm through with spinning these wheels
I'm done singing the blues
I'm gonna break every mould
Rewrite the rules

This fire's burnin' out of control
Some thing inside of me
Has taken a hold
There's a new beginning about to be set free
Soul revival, soul revival in me

Kelita Haverland/Heart & Soul Music

Story Behind "Soul Revival"

"There's something very empowering in a woman who at midlife is finding a new confidence in herself. Once you get a handle on the hot flashes of course! When you finally move through a lot of the junk that life deals you there's a whole other life ahead. Whether it's a divorce, change of career, or empty nest that you've had to deal with - you can reinvent yourself and not worry what others might think. This can be an exciting time of resurrecting old dreams, taking chances and risks like never before and helping others become who they were meant to be. My motto as of late is GO FOR THE GOLD!!"

Good-Bye April

Good bye April goodbye spring
Good bye April and all the sadness you bring
Can't believe my heart still breaks after all this time
But I can't lie and say I'll ever forget you
April oh my baby good bye.

Oh there's no other love like the love of a mother
And there's no other loss like the loss of a child

Good bye April goodbye spring
Good bye heartache and all the memories you bring
I can't believe a heart could break after all this time
But I can't lie and say I'll ever forget you
April oh my baby good bye.

Oh I know today's the day I always say
I'm gonna get sober
But I just can't seem to find my way
Of getting over getting over

Good bye April goodbye spring
Oh my baby's up in heaven
I know I'll see you again.
I can't believe my heart still breaks after all this time
But I can't lie and say I'll ever forget you
April oh my baby good bye

Kelita Haverland/Heart & Soul Music

Story Behind "Good-Bye April"

"I have had a few regrets in my life but never one so great like that of taking the life of an unborn child. It was a decision that was made at a very difficult time in my life and I saw it as the only one. I would do almost anything to reverse that today. However, it has been a decision that I have had to live with. After many many years and after much healing, there is still some pain that haunts me especially the month of April. I hope that by sharing a very personal and intimate part of my life I might be able to help just one young woman from making the same kind of decision I did. There are so many other options available to women today. I hope this song will speak to those women with similar experiences and need to get in touch with those feelings and take the steps needed to heal."

In the Shade of the Willow Tree

We made love with the sun on our backs
And the wind in our hair
And we made love on warm summer nights
With the full moon hanging there

And I can't remember in my life
Feeling like I do tonight
Come to me never go
We are lovers of the soul
And I know there's a poison in your kiss
And I know I would die to love like this.

We made love on the cool river bed
In the shade of the willow tree
Pillowed sweet grass for our heads
The birds sang of ecstasy

And I can't remember in my life
Feeling like I do tonight
Come to me never go
We are lovers of the soul
And I know there's a poison in your kiss
And I know I would die to love like this.

Oh I know there's a poison in your kiss
And I know I would die to love like this.

Kelita Haverland/Heart & Soul Music

Story Behind "In the Shade of the Willow Tree"

"This haunting song was written at a time in my life when I was very confused. I was looking for security and love, to be accepted just for me – you know, that unconditional love that we all are longing for. There are many of us, who have at one time or another, been involved in a relationship based on a deep passion. However, for what ever reason, it wasn't a healthy relationship or the right timing and we had to let it go. Even though so many of life's experiences have been tragic, complicated or even devastating I have always done my best to embrace the positive lessons which have shaped my heart and built my character. I am an accumulation of my experiences good and bad. It's who I am. I accept that and let go of all shame. May I encourage you to do the same."

Caged Bird

I know why the caged bird sings
I know why she sings a sad refrain
Even when there's no one to listen
I know why the caged bird sings

I know why the old man plays
Why he plays his violin
Even when there's no one to listen
I know why the old man plays

A busy world crowded with pain
Never has time to stop and listen
A simple moment, a quiet touch
Can mean so much

I know why the lonely child sings
I know why she hides behind her smile
Even when there's no one to listen
I know why the lonely child cries

God can hear the caged bird sing
Knows the song the old man plays
And even when there's no one to listen
God can hear the lonely child cry
I know why the caged bird sings.

Kelita Haverland/Tyler J Smith
Heart & Soul Music/ Heart Tunes Management
& Publishing

Story Behind "Caged Bird"

"There are so many of us who busy our lives simply to avoid our own pain. We become so blinded by our own hurts, often failing to see the heartache and loneliness of others around us. I think there is a caged bird trapped inside each one of us longing to be heard. My hope is that this song will comfort the lonely child in you - the voice that is longing to be heard, with the reassurance that God is always there when no-one else is."

Breakin' Down

I'd hide for days so comfortable
Within my lonely self
Outside the world's too hard to take
In here there's no one else
I'm fighting hard to keep these walls
From tumbling down
Rock bottom's where I want to be
It's closer to the ground

And I'm breaking down
Let me cross that line
Let me lose control
And go out of my mind
I finally admit
That I just can't fake it
I've reached the limit
And I'm breaking down.

It's mind over matter
Which way do I go
And do I trust myself enough
To journey alone
And do I know which way to turn
If I turn at all
I've travelled down this road before
This time it's my call.

There's room for the soul
That is weathered and worn
Standing outside the eye of the storm
I'm already home.

Kelita Haverland, Susan Aglukark, Bill Candy
Heart & Soul Music/ Aglukark Entertainment
Candycon Music

Story Behind "Breakin' Down"

"This is a song that was actually written for, and appeared on, Canadian recording artist Susan Aglukark's multi platinum album, This Child. Ever since writing it with her it's been a song that I have wanted to record. Like many songs that I've written, the theme continues to be one of self consent. To be in touch with reality and honest feelings, be they happy or sad. What is it like when you simply can't hold on any longer and you know you're going to break? The fear of what happens after the dam is broken is very real and at times just too painful. Sometimes we just need to hit the bottom. I hope that if you're there you'll not be afraid to climb out of the pit and ask for help – even if it's just help from yourself. What a huge but liberating step that is!"

Tears

Tiny little sparrow fell from the tree
Sometimes I feel that little wounded sparrow is me
Tiny broken wings that never will fly
I wonder does her little heart know how to cry

Does her heart know how to cry
Are her tears gently falling inside
Crying tears she's been trying to hide
Does her heart know how to cry like mine

Warm velvet words poured like sweet honey from his tongue
Until tonight I'd never heard the Holy one
He said that he would cradle every teardrop in His hand
He'd take away the pain and turn them into precious gems

Jesus knows the tears that you've cried
He has seen them falling inside
Crying tears you've been trying to hide
Jesus knows the tears that you've cried like mine

Shimmering diamonds, rubies of red
Bright as the blood that my dear Saviour shed
Emeralds of green, sapphires of blue
He'll take away your teardrops
Turn them in to jewels

Jesus knows the tears that you've cried
He has seen them falling inside
Crying tears you've been trying to hide
Jesus knows Jesus knows
Jesus knows the tears that you've cried like mine

Kelita Haverland/ Heart & Soul Music

Story Behind "Tears"

"A woman whom I had never met gave me a "prophetic word" from God. She was living in the high Arctic and I was in Toronto. The words spoken to me through her were so insightful and poignant that I was compelled to write. Months passed by but all I had written were the lyrics to the second verse. As more time passed, I went through a very painful and soul destroying ordeal. This then led me to write the verse about the sparrow and the chorus. I then put the two pieces together and "Tears" was complete. Upon finally meeting this woman, whose words from God had so inspired me, I sang her my song. As I finished singing she was speechless. She explained to me that as a survivor of childhood abuse she had been told that she was a tiny little sparrow! I hope this is a song that will allow you to cry the tears that you have been hiding from everyone, including yourself. To cry out our tears is a healthy way to allow our feelings to be brought to the surface and released. There is always a time for more healing."