

ONES WHO'VE GONE BEFORE US

There are times we reach the edge of a turning point, a breaking through,
And we know the situation calls for something new.
There are times we cannot see what's just ahead, but still we know
We have a course that's clear, a path to follow, and we must go (and we must go)...

CHORUS

*And the ONES WHO'VE GONE BEFORE US will show us the way.
And the ones who follow after will welcome the new day.
And the Ones Who've Gone Before Us will join in the chorus,
When we do, when we make it through.*

There are times the burden's heavier than we can bear, but we hold one
Because we know there is a task at hand which must be done.
There are times our problems build up and start to shake us, threaten to break us,
'Til we remember it's only dancin' through that will remake us (that will remake us)...

CHORUS

There are times it's almost easier to despair, to close our eyes
But when we look around and see we're not alone, our spirits rise.
There are times we get so tired of waiting any longer,
But we know we're building as we grow, we're getting stronger (we're getting stronger)...

CHORUS

(repeat Chorus)

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Dorie's notes: This song was conceived while I was traveling in a car headed into dense fog. On the other side of the highway, the cars emerging from the fog were turning off their lights, serving as witnesses that one could travel through and make it. How many times I have counted on that message – during childbirth, during difficult challenges, during tragic losses. In many older cultures, a sacred ceremony begins with an invocation of the ancestors, the cloud of witnesses, those who've gone before.