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1. Distracted

Based on an ancient Celtic tale called "Manawee"

What is your name? You have more than one.
Seduced by your pleasures, you know nothing gets done.
I keep getting lost, distracted and astray,
But I'll keep trying and find out one day.

The soul is a puzzle, it takes time to know.
Until you are ready to learn, you must go
Down the weathered path, back into the deep,
'Til your name is known and just within your reach.

Love from the heart is easy here.
Forgiveness will come, when you push out the fear.
You will know when not to give up the fight.
And keep running long into the night.

Building a life where everything thrives.
It brings death to the old, brings the dead back alive.
In the underworld, nothing's as it seems,
Traveling around and round and round, like in a dream

2. Frida Kahlo is Having a Moment

*Inspired by a May 8, 2015 New York Times
article of the same name by Guy Trebay*

Fans are growing in record numbers.
Everyone is going quite mad.
Frida Kahlo is having a moment
And it's not the first one she's had.

Paint a selfie, Frida Kahlo. What a message sublime!
It tells a story of your torment. Is it yours or mine?

Some have never even seen her paintings,
Their attraction seems quite feigned.
Some are enamored with her dark beauty,
Born from her story of pain.

You would never let the world define you.
Wouldn't want to let it say.
Who's your lover? Where's your loyalty?
Who has your heart today?

Vines were growing from deep inside her
To try to feed the barren lands.
A deer was running, shot with arrows.
Her fate was never in her hands.

3. Don't Need Much

I don't need much, my needs are simple,
Just that house on Baker Street
Old window panes, small wooden door,
A pebbled path leading up from the street.

I can see you there when I look in the window,
I see your eyes looking back at me.

I don't need much, a little garden
To grow some zinnias, my favorite flower
To see the sky, to see the moon
And a thousand stars at the midnight hour.

We open the book to any page,
We see our story written there
It's a man and woman forever entwined.
This story goes back to the beginning of time.

I don't need much, just you in winter
And spring and summer before I fall
I just need love to last forever.
You see, I don't need much at all.

I don't need much, I don't need that house on Baker Street
I don't need a garden, I don't need the moon and the sky
Or a thousand stars at the midnight hour. I just need love to last forever.
I don't need much, just you in winter and spring and summer and fall.

4. Narcissus

A twist on the meaning of the Greek tale.

Maybe Narcissus wasn't given a fair shake
When he saw himself there reflected in the lake.
Life will need us to do whatever it takes
How we see ourselves and our sons and daughters,
How we see ourselves, in the water.

The story says he saw only his face there
But maybe nature's beauty, he was holding in his stare.
Filling up his senses with more than he could bear.
That's how he saw himself and his sons and daughters,
How he saw himself in the water.

Don't be afraid, hold me in your arms.
We need each other to face this storm.

As we march along into the next few years
We will feel our blood, sweat and tears.
There's so much to wonder and so much to fear.
About how we live our lives, for our sons and daughters,
How we live our lives, in the water.

Water's rising, water's rising, water's rising so quickly.
We'll see our own reflections in the waves of the sea.
Our mother tried to warn us this is how it would be.
Now we see ourselves and our sons and daughters,
Now we see ourselves, in the rising water.
We need each other to face this storm.

5. Return to the Sea

*Based on an ancient tale from Scotland and other parts of the world, called
"The Seal Maiden" or "Selkie-o"*

I'm so alone, every morn. On the sea, she calls to me.
In my mind, I will find her. She means all the world to me.
I must bring her to the land, to my home on rock and sand.

I'm dying here on the land, I can't breathe.
I must return, return to the sea.

Moon above, we made love and our two made one.
We would try, as time goes by, to make our life while we were young.
But as nights did pass, her seal skin dried, she could not last.

I'm dying here on the land, I can't breathe.
I must return, return to the sea.

After not too very long, our daughter tall and strong.
Spent her time beneath the sea, but I needed her here with me.
I must bring her to the land, to my home on rock and sand.

6. Truth Is

I may think I want to make mounds and mounds of money,
To buy this and that, to have everything.
I may think I want to be twenty-one again,
Yes, to be beautiful, young and free.

Truth is, I'm a little bit afraid. Truth is I'm quite a bit lazy.
Truth is, I'd miss you too much so I'd never buy a ticket to go.

I may think I want to fly right up to the moon
To ski along the dunes like a strong, young boy.
I may think I want to go to an octopus garden
Where I can feed my curiosity and joy.

What would make me want to buy a ticket,
To have everything I think I want.
If you go there with me and stand in line,
All my wishes will come true. All my wishes will come true.
All our wishes will come true.

I may think I want peace and quiet,
Nothing but silence for days on end.
But I know that after a while, I'd be lonely and sad
And want to hear your voice again.

Truth is that in the end. Truth is I need you friend.
Truth is that love is all we need to be happy and free.

And all our wishes will come true. Love is all we need to be happy and free.

Arranged, mixed, mastered and produced by Traveler.
Engineered by Charlie Burrus.

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Traveler is

Carol Burrus

vocals, piano, ukulele, flute

Charlie Burrus

guitar, vocals, keyboards, percussion, ukulele, banjo

Andy Black

acoustic bass, fretless electric bass, vocals

Guest:

James Metcalfe

drums on "Distracted"