FOLKWAYS FX6270

SONGS OF PREGNANCY & BIRTH



M 1630.18 A756 N714 1981 MUS LP

FOLKWAYS FX 6270

A hit!

Los Angeles Times

Beautifully touching.

Jane Fonda

A musical journey from the first days of pregnancy to the cry of the newborn babe.

Mothering Magazine

SIDE

Ambush
Untimely Child
Sleepyhead
Garden
Starting to Grow
Dreams and Still Summer Nights
Heartbeat

Z SIDE 2

Knocking Rockabye Advice Cookin' Maybe Today River Blue House

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Produced by Eric Thiermann All compositions by Linda Arnold

Originally Produced by Ariel Records



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FOLKWAYS FX 6270

## M 1630.18 A756 N714 1981 MUS LP

## SIDE ONE AMBUSH

High-heeled boots
And bright city lights
Smokey bars and late crazy nights
Places to go there's no time to waste
Living life at a madwoman's pace
Then I find your love letter
Waiting in ambush at my door
My heart starts to weaken
So you send me twenty more

The glamour starts to fade
From the theater halls
Lonely nights looking at hotel room walls
And though applause rings in my ears
The words you sent me are all I hear

Then I'm at your door
With my bags packed
And your letters in my hand
I say, I've come to take a chance
Leaving behind the path I'd planned

Love starts flowing
Soon a year passes by
Respect keeps growing
And our hearts are all on fire
Each day feels new, there's so much to share
Your eyes meet mine
And there's magic in the air
Then one day you ask me
Will I have your child
I tell you, No, I feel too young and wild

One day in a cafe I start to cry Feeling so blue and I don't know why Before too long the truth comes to me Deep down within there's a new life to be

Well, the gods of fate are laughing And I wonder, what will I do Oh, the gods of fate are laughing And I'm wondering what to do.

## **UNTIMELY CHILD**

I'm taking my time it's true
But it's hard to decide
Just what I'm going to do
With this new life
Sleeping inside my skin
Untimely child
Will I let you win

Friends say my eyes look bright
But I feel in the darkness
Searching for some light
And what frightens me
Is that the promises I made
To strive for something
Will soon begin to fade

But I know my man Will always be By my side when I need him And in all my dreams I've always planned a family

Deep in my heart I know
That in spite of all my fears
I want this child to grow
Oh, I'm slow at change
I'm never ready it seems
But this time I'll take the chance
And bring to life my dreams.

# NINE MONTHS

## SLEEPYHEAD

Sleepyhead, so very new
While you're growing
I'm dreaming of you
Of the time when I will hold you
Gently in my arms
Child of my dreams
Your mystery charms me

Tiny stranger, three months along
I know you'll be beautiful
And I'm sure that you'll be strong
But will your new eyes
Be the color of the sky
Or green like your father's
Or brown like mine

Will your hair be raven black Chestnut or strawberry red Will your moods be in shades of blue Or sunshine yellow instead In all my visions Of who you will be Child of my dreams You're a rainbow to me.

#### GARDEN

Under a full moon one summer's night
A man threw some seeds to the wind
Thinking they'd take flight
But the sweet earth opened
And tucked them in
And soon outside his window
There was a garden

He tends the garden with special care
Always making sure
There's love and sunshine there
He wants the roots to grow
Deep and strong
So the garden will be healthy
His whole life long
In the roots his love is flowing
Deep and strong
Deep and strong

Now he watches the garden and he waits for Spring Wondering what kind of blossoms April will bring him When the Spring is born A father he will be For the garden's growing In his loving lady There's a flower growing In his lady In his lady.

## STARTING TO GROW

The alarm clock rings
Sleepy faces at the starting line
Breakfast done
The race begins
You're off like lightning
Leaving me behind
Feeling like
The Tortoise and the Hare
Each racing
To get somewhere

Coffee cup in my hand
I watch you disappear into the day
I take a breath
And I make a plan
The sound of rain somehow
Gets in my way
Feeling like
I'm guilty of a crime
If I choose
To take my time

Oh ooh ooh ...

Angry words then teary laughter
Helped me to finally see
That I'm the only one racing
Guess the joke's on me
For while I'm so busy
Worrying that I'll come in last
I don't even see the finish lines
That I've already passed

Oh ooh ooh . . .

Mother Nature I hear you
Let him speed ahead and I'll be fine
And I won't worry
If I'm feeling blue
That's 'cause my inside's working overtime
Outside
I may seem awful slow
But inside
I'm rearing to go
Outside
There's not much yet to show
But inside
Someone's starting to grow

Starting to grow Oh ooh ooh . . .

## DREAMS & STILL SUMMER NIGHTS

Dreams and still summer nights
By the warm firelight
Laughing with tears in our eyes
Telling tales of our lives
Lover, you make me wild
You're the man I love
Soon the father of my child

Dreams and still summer nights
In the pale moonlight
Looking deep within you just to see
Who you might really be
Lover, you make me smile
There's a child inside you too
Every once in awhile

Dreams and still summer nights
In the soft candlelight
Listening for sounds inside of me
Of our first child to be
Lover, you set me free
Blow out the light
Let's dream tonight
Of this new life soon to be
Dreams and still summer nights.

## HEARTBEAT

Just yesterday
I had a sweet surprise
Lying on the doctor's table
He said, Lady, please close your eyes
And then what did I hear
It was my little baby's heart
Beating soft and clear

Oh, I've had so many dreams
Of this new life soon to be
But dreams are all I've had
'Till the truth came pulsing through me
That now deep within me you'll find
There's another little heart
Doing doubletime with mine

Oh, my loving man You should've seen the look in his eyes And the way he smiled when I told him About that sweet surprise

Now when I think of me
I have to think of two
That second heart that beats within
Is my own life's rhythm renewed
Oh, I can't tell you how fine
It was to hear my baby's heart
For the very first time.

## SIDE TWO

## KNOCKING

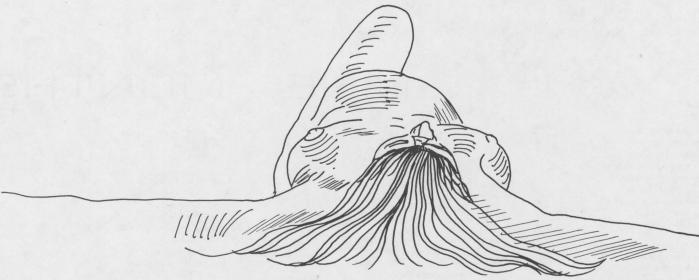
Who's that knocking Knocking gently on my walls Tapping to me with a fist That's, oh, so small Who's that knocking on my walls

Well, you used to be so light Just like a butterfly in flight That I just might Not even have heard you at all

Sometimes I get to wondering
Are you a little lady
Maybe you are
Or maybe not
Daughter or son, either one
Would please me
Well, to be really honest
I guess I'll have to say
I'm hoping you're a little lady

Oh, lately you've been playing so rough And acting so tough Hey, quit that stuff Don't you ever sleep at all

Who's that knocking
Rolling and rocking
Who's that knocking on my walls
Sometimes you play so wild
I feel all black and blue
Oh, Lord, could it be true
Instead of one I've got two
Both a boy and a girl after all.



## ROCKABYE

Rockabye, sweet little baby
There's no need for you to feel so blue
Close your eyes
You don't have to worry
Your mama's standing right beside you
And when the night falls
And you need your sleep
That's the time for dreams
And not the time to weep
Sweet little baby
Let the sandman come to you

I remember my father singing
Scarlet Ribbons as I closed my eyes
His gentle voice wrapped
Softly around me
Now when I think of it, it makes me sigh
Well, my mama
She never sang on key
But somehow that didn't bother me
In my mother's arms
Life was perfect harmony
Do do do . . .
Lalalala bye
You don't have to cry
Mama's standing by

And soon I'll have my own little baby
Someone to sing to when the sun goes down
The words I sing
They won't really matter
Even off key you can make a soothing sound
All you need is a lungful of love
And your child will think
You're an angel from above
Sweet little baby
Let mama's lullabyes lay you down

Do do do . . . Rockabye baby.

## ADVICE

There's alot of people
Who like to give advice
I'm not denying
That they're trying to be nice
But if you listen
You will find
Those friendly people
Are wasting your time
'Cause you're the one
Who really knows what's best for you
Oh, yes, you do

A woman's body
Is a beautiful design
And giving birth
Is what nature had in mind

And she will guide us
If we don't get in her way
Those fearful people
Can lead you astray
It's time we learned
What our bodies can really do
All by themselves

Having a baby
Is a family affair
That's why my man
Is going to be there
In a place where we feel
Safe and warm
This little person
Is going to be born
It's time to celebrate
What Nature can really do.

#### COOKIN'

Well, I've got a midwife
Whose name is Kate
She's a mighty fine woman
Yes, I think she's great
I went to see her just the other day
Hoping real soon would be what she'd say
But she said, Keep on cookin', honey
Cookin' that baby with love

Well, I've got a big round oven
And I'm cookin' my baby with love
Cookin' nine months
And it's all on account of love
I'm using Mother Nature's
Time-tested recipe

I've got a good-lookin' man
Who treats me fine
When the sun goes down
He makes my temperature climb
He rolls me in his arms and he holds me tight
Says he wants to make sure
This baby turns out right
He says, Let's keep on cookin', honey
Cookin' this baby with love

I've got a big round oven
And I'm cookin' my baby with love
Cookin' nine months
And it's all on account of love
It's good ol' Mama Nature's
Procreative cookery.

## MAYBE TODAY Maybe, maybe today

Maybe, maybe today
My little baby will come
Spring skies are here so clear and blue

Sweet little one The world is waiting to greet you

Sunrise to sunset
I waited for you yesterday
I felt so sure that you'd appear
Perhaps tomorrow
Little one you will be here

Someday soon without warning
I'll be taken by surprise
I'll have grown tired of waiting
And that's when my child will arrive

But maybe, maybe today My little baby will come With skin so soft and vision so new Sweet little one How I'm longing to see you.

#### RIVER

Let the ocean be my guide
When the pains of labor come to greet me
Swelling up and breaking
Just like waves out on the sea
Oh, I'm going to let this little child
Flow right out of me
Like a river that opens to the sea
I'm going to let this little child
Flow out of me

I've been talking to my fears
I've told them all to drift away
They'd hang around my neck to make me drown
If I let them stay
So I let my tears
Wash them all away
Like a river that opens to the sea
I'm going to let my fears
Flow out of me

The ocean is so deep
It makes me feel very small
Oh, there's so many miracles of life
That I can't fathom at all
Like being born
And when it's time for death to call
An ancient river of blood
Will flow on through me
When the time comes
To set this child free

Do do do . . .

Just like a river flowing down to the sea
I'm going to let this child
Flow right out of me.

#### **BLUE HOUSE**

The house we share is the color of blue
It's an old place just the paint is new
But the foundation's strong
And like our love
It's going to last for a long, long time
In an earthquake or a heartbreak
We'll pull through

In the middle of Spring the stork dropped in And brought to our house a real whirlwind But she's wonderful and strong And like our love She'll be growing for a long, long time Terrible two's to high-heeled shoes We'll pull through

Now, there's a brand new voice
That starts my day
Telling me she's ready to get up and play
And the spirit in her song
Is the spirit of life
Let's sing it for a long, long time
In a hurricane through joy and pain
We'll pull through.



All Compositions by Linda Arnold Produced by Eric Thiermann

Recorded by Eric Thiermann Mixed by Carl Goodwin at Saddleback and David Coffin at Wally Heider

Ariel Records logo by Cis Kirtland

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