

SACRED NAME COLLECTION

FROM DARKNESS INTO LIGHT

Double Album + Suites
Lyric Booklet — 27 Songs

Prepared for David Farkas

Complete lyrics for all twenty-six songs: the twelve-song double album, the six-song Land, Water, Community & Renewal suite, and the eight-song genre expansion. Frequency values in the production blueprint are symbolic creative cues, not medical claims.

DISC ONE — EXPOSURE & AWAKENING

1. Bring It Into the Light

E minor • 92 BPM • 4/4 • 741 Hz symbolic clarity / awakening

Verse 1

Bring it into the light; let every hidden thing be seen.
I don't want chains upon my soul or darkness ruling me.
Show me the fruit of every path; reveal what I've become.
If I have wandered far from Yahweh, Father, lead me home.

Chorus

Bring it into the light,
Let every lie be known.
Turn from the darkness,
Turn your heart toward home.
Yeshua, lead me,
Make the broken whole;
Let every stronghold fall apart,
And set free the soul.

Bridge

I will not fear the darkness,
I will not bow to lies.
I choose the truth and mercy,
I choose the living light.

2. The Two Ways

D minor • 108 BPM • 6/8 • 741 Hz symbolic discernment / choice

Verse

Two roads open before us,
One toward death and one toward life.
One is ruled by selfish desire;
One is walking in the light.

Chorus

I choose the narrow way,
I choose the truth today.
Turn from evil; learn to do good.
Walk with Yahweh day by day.

Bridge

Pride can build a prison,
Lust can become a chain,
But repentance opens the door,
And mercy calls my name.

3. Strongholds Fall

C minor • 128 BPM • 4/4 • 741 Hz symbolic clarity / breakthrough

Verse

Stone by stone the walls come down;
Truth is breaking through the ground.
What was hidden now is known;
Darkness cannot hold its throne.

Chorus

Strongholds fall, strongholds fall,
When the light shines through it all.
I won't live beneath the chains,
Yeshua calls me out again.

4. No Longer Bound

A minor • 84 BPM • 4/4 • 639 Hz symbolic connection / mercy

Verse

I have walked through troubled places,
I have carried wounds and scars,
But the night will not define me;
Mercy meets me where You are.

Chorus

I'm no longer bound,
I'm no longer blind.
Yeshua is calling,
Renewing my mind.
I turn from what is evil;
I choose what is good.
Yahweh, make me faithful;
Teach me to live as I should.

5. The Watchman

G minor • 116 BPM • 7/8 → 4/4 • 852 Hz symbolic awakening / discernment

Verse

Keep watch over your heart;
Discern the voice you hear.
Test every spirit by the truth;
Do not be governed by fear.

Chorus

Stand in the light; watch and pray.
Guard your heart from day to day.
Spirit of Wisdom, lead me true;
Keep my eyes fixed upon You.

DISC TWO — REPENTANCE, RESTORATION & HOPE

6. Grace Is Still Calling

G major • 76 BPM • 6/8 • 639 Hz symbolic connection / mercy

Verse

Grace is still calling;
The door remains open.
Mercy is reaching
For hearts that are broken.

Chorus

There is forgiveness,
There is a way home.
Through Yeshua our Saviour,
We need not walk alone.
Turn from evil;
Learn to do good—
Yahweh is calling His children home.

7. House of Truth

B minor • 100 BPM • 4/4 • 741 Hz symbolic clarity / wisdom

Verse

Make my heart a house of truth,
Let Your wisdom dwell within.
Teach my feet to walk Your ways,
Turn me from the path of sin.

Chorus

Holy Spirit, guide me,
Keep my eyes upon the light.
Yahweh, be my refuge,
Guard my heart through every night.

Bridge

Let Your truth live within me,
Let Your wisdom make me whole.
Make my heart Your dwelling place,
Keep watch over my soul.

8. Mercy Like the Morning

C major • 72 BPM • 4/4 • 639 Hz symbolic connection / warmth

Verse

When I fall, You call me back;
When I wander, You remain.
Mercy meets me in the morning;
Your compassion lifts my shame.

Chorus

Your mercy is greater,
Your love calls me home.
Through Yeshua my Saviour,
I know I'm not alone.

9. Walk in the Light

E major • 118 BPM • 4/4 • 639 Hz symbolic connection / joy

Verse

Leave the hatred; leave the pride.
Turn away from paths that hide.
Choose forgiveness; choose the good.
Walk with Yahweh as you should.

Chorus

Walk in the light,
Walk in the truth.
Let love be your witness,
Let mercy be proof.
Yeshua before you,
Yahweh above;
Walk in the light,
Walk in His love.

10. Return to Yahweh

F# minor • 88 BPM • 4/4 • 852 Hz symbolic awakening / repentance

Verse

Return to Yahweh, broken heart,
Come as you are and make a start.
Repent and leave the evil way,
His mercy meets you here today.

Chorus

Return to Yahweh,
Return to the light.
Yeshua our Saviour,
Lead us aright.
Forgive our rebellion,
Restore what was torn;
Give us a new heart,
A new life reborn.

11. Rise Above the Stronghold

D minor • 132 BPM • 4/4 • 741 Hz symbolic clarity / breakthrough

Verse

They built their towers in the night
With chains of fear and borrowed light.
Yet through the weight of smoke and stone,
A voice is calling me back home.

Chorus

Rise above the stronghold,
Rise above the chains.
Yeshua calls the captive
Out of darkness into grace.
Turn your heart to Yahweh,
Leave the evil road behind.
Repent and choose the living way,
Let His truth renew your mind.

12. Good Spirits Be With You

G major • 68 BPM • 3/4 → free-time outro • 963 Hz symbolic stillness / connection

Spoken / Intro

May Yahweh's Holy Spirit guide you.

May wisdom teach you.

May truth protect your heart.

Verse

Let love dwell within us;

Let kindness light the way.

Let goodness guide our footsteps

Through each and every day.

Chorus

May the light be with you,

May the truth be your guide.

May Yeshua lead you homeward,

With Yahweh by your side.

Outro

Turn from evil.

Choose what is good.

Walk in the light

As His children should.

Recording & Mixing Standards

Use one A=432 Hz master tuning reference throughout the session so guitars, bass, keyboards and acoustic pitched instruments agree.

Keep the lead vocal/message intelligible. Do not allow dense guitars, pads or cymbals to occupy the same space continuously.

Build emotional intensity through arrangement density, register, dynamics, articulation and harmonic movement—not merely by

increasing loudness.

Use contrast deliberately: clean → distorted, sparse → dense, low → high, minor → brighter resolution, rhythmic → spacious.

Treat lead guitar as a second voice. Favor memorable motifs, bends, sustained notes, call-and-response and thematic development.

Use silence as an orchestration element. Remove instruments before major emotional statements so their return has meaning.

Record separate stems for lead vocal, backing vocals, drums, bass, acoustic guitar, rhythm guitars, lead guitar, keys/pads and optional flute/whistle.

Keep spiritual interpretations clearly identified as the album's theological/creative framework. Do not market 432 Hz or the 639/741/852/963 concepts as established medical treatments or guaranteed biological effects.

Album-Level Energy Arc

DISC ONE — EXPOSURE & AWAKENING: 1 Bring It Into the Light → 2 The Two Ways → 3 Strongholds Fall → 4 No Longer Bound → 5 The Watchman.

DISC TWO — REPENTANCE, RESTORATION & HOPE: 6 Grace Is Still Calling → 7 House of Truth → 8 Mercy Like the Morning → 9 Walk in the Light → 10 Return to Yahweh → 11 Rise Above the Stronghold → 12 Good Spirits Be With You.

The overall production should feel like one continuous journey: the first disc increases awareness and confrontation; the second disc transforms that tension into mercy, obedience, restoration, freedom and finally stillness.

SUPPLEMENTAL SUITE — LAND, WATER, COMMUNITY & RENEWAL

13. The Land Gives Back

D minor -> F major • 82 BPM • 4/4 • 174 -> 285 Hz grounding / safety cue

Verse 1

Morning lays silver on cedar and stone,
A river keeps singing where no road has grown.
What we protect is not sleeping or still,
It feeds every valley and carries each hill.

Pre-Chorus

Take what we need, but remember the ground;
A living world is worth more when it stays around.

Chorus

The land gives back when we leave it alive,
Work for the hands and a reason to thrive.
Trail through the forest, clean water below,
Guard what is living, and watch the towns grow.

Verse 2

A guide knows the weather, a farmer knows rain,
A family keeps a small lodge by the lane.
The value is more than a number we name,
It lives in the water, the work, and the flame.

Bridge

Not every treasure is torn from the earth;
Some of it grows when we honour its worth.
Keep room for tomorrow, keep roots in the ground,
Prosperity breathes where the wild is still found.

Final Chorus

The land gives back when we leave it alive,
Home for the wild and a place we can thrive.
Hold to the balance, let stewardship show:
Guard what is living, and let the good grow.

14. River, Trail and Sky

G minor • 96 BPM • 6/8 • 285 -> 396 Hz safety / release / courage cue

Verse 1

Before the sun touches the ridge with gold,
A boat leaves the landing, the morning is cold.
A guide reads the current, the tracks, and the rain,
Knowing the country by heartbeat and name.

Chorus

River, trail and sky,
Teach us how to live and why.
Take with care, give something back,
Leave a clean river and an open track.

Verse 2

The lodge light is burning, the groceries arrive,
The small-town main street is keeping alive.
A license, a meal, a room for the night,
A thousand small circles of work done right.

Bridge

No harvest lasts if the habitat dies,
No story survives without river and skies.
Respect is the measure, restraint is the art,
Steward the country that steadies the heart.

Final Chorus

River, trail and sky,
Keep the old knowledge passing by.
Take with care, give something back,
Leave a clean river and an open track.

15. White Roads, Open Water

E minor -> G major • 108 BPM • 4/4 • 396 -> 432 Hz release / balance cue

Verse 1

White road over the mountain line,
Cold stars burning in a northern sky.
Edges of winter, engines low,
A town wakes up when the travellers show.

Chorus

White roads, open water,
Carry us farther, bring us home softer.
Ski to the valley, cast to the blue,
There is a whole living country to move through.

Verse 2

Summer comes green where the snow used to lie,
Dirt trail curling under a wide-open sky.
Paddle and shoreline, a wave and a wake,
Joy has a footprint we choose how to make.

Bridge

Keep the wetland working, keep the forest deep,
Some of the wealth is the water we keep.
Floodplain, shade tree, clean-running stream,
Nature is working beneath every dream.

Final Chorus

White roads, open water,
Carry us farther, bring us home softer.
Mountain and shoreline, winter and blue,
Keep the land living while we travel through.

16. A Place to Breathe

A major • 72 BPM • 6/8 • 432 -> 528 Hz balance / warmth / renewal cue

Verse 1

Give me a window that opens to trees,
Stone underfoot and a room full of ease.
No hurry calling, no screen in my face,
Just morning and water and unborrowed space.

Chorus

Give me a place to breathe,
A little less noise, a little more green.
Food from the soil, light through the leaves,
Care that feels human - a place to breathe.

Verse 2

Tell me the story of what I am served,
Where it was grown and the hands that preserved.
Let every welcome be honest and clear,
Luxury means being fully present here.

Bridge

No promise of miracles, no borrowed cure,
Just rest made beautiful, thoughtful and pure.
A body can soften, a mind can grow still,
When kindness and nature are part of the skill.

Final Chorus

Give me a place to breathe,
A little less noise, a little more green.
Warmth in the welcome, truth in what we receive,
Care that feels human - a place to breathe.

17. From Field to Flame

C major • 94 BPM • 4/4 • 528 -> 639 Hz warmth / connection cue

Verse 1

Corn in the summer, berries in blue,
Apples in autumn with morning still new.
Greens from the garden, bread on the board,
A table can tell you what a country has stored.

Verse 2

Salmon and walleye, lobster and crab,
Beef from the pasture, wild country on the map.
A chef takes the season and gives it a name,
Turning field, forest and water to flame.

Chorus

From field to flame, from coast to plate,
Keep it close, keep it fresh, let the whole town take part.
Feed the traveller, honour the place,
Put the land and the people together with grace.

Bridge

Know who grew it, know where it ran,
Know the cold water, the soil and the hands.
A meal becomes memory when roots remain;
Local is more than a word on a page.

Final Chorus

From field to flame, from coast to plate,
Keep it close, keep it fresh, let the whole town take part.
Feed the traveller, honour the place,
Put the land and the people together with grace.

18. A Country Worth Keeping

D major • 100 BPM • 4/4 • 639 -> 741 -> 852 Hz connection / clarity / hope cue

Verse 1

I have seen a road cut through a silent stand,
And I have seen a town go dark when work has left the land.
There has to be a wiser way to measure what we gain,
More than what we carry out, more than what remains.

Chorus

Build a country worth keeping,
Where the rivers still run and the small towns are breathing.
Let the farms feed the tables, let the wild country stay,
Make a living without giving the living world away.

Verse 2

Bring the traveller northward for the snow and summer rain,
For the trail, the lake, the harvest, and the mountain train.
Let the welcome have a local face, the meal a local name,
Let the money turn in circles through the community again.

Bridge

Not every future has to choose between the bread and trees,
Between a job tomorrow and the health of land and seas.
Wisdom is the balance, stewardship the key,
Prosperity has roots when we protect what makes us free.

Final Chorus

Build a country worth keeping,
Where the rivers still run and the small towns are breathing.
Let the farms feed the tables, let the wild country stay,
Make a living without giving the living world away.

Outro

Leave clean water for the morning,
Leave green hills against the sky,
Leave a place where work and wonder
Can stand together side by side.

GENRE EXPANSION — LAND, WATER, COMMUNITY & WELL-BEING

19. Keep the Country Living

Rock / Progressive Blues-Rock

E minor • 104 BPM • 4/4 • 174 -> 396 -> 528 -> 741 Hz arc

Verse 1

There is money in the mountain, but a mountain is not gold,
There is value in a river no balance sheet can hold.
Trail dust on the tires, morning on the lake,
Every choice we leave behind is another world we make.

Pre-Chorus

Keep the forest breathing, keep the shoreline clear,
Build a road to wonder, not a road to disappear.

Chorus

Keep the country living, keep the water blue,
Let the work of human hands give something back there too.
From the lodge light in the valley to the fire on the hill,
Make a living with the land and let the land be living still.

Verse 2

Hunters in the timber, anglers in the rain,
Skiers on the high ridge riding winter like a train.
Local food and local hands, a table set with pride,
A stronger town is growing where the wild and work abide.

Bridge

Not every treasure leaves the earth in trucks and trains,
Some of it is clean air, some of it is summer rain.
Some of it is children learning names of every tree—

A future worth protecting is the richest thing to see.

Final Chorus

Keep the country living, let the high notes rise,
From the cedar-darkened valley to the clear northern skies.
Build the dream with open hands, with wisdom, love and will—
Make a living with the land and let the land be living still.

20. Where the Backroad Meets the Lake

Country / Americana

G major • 86 BPM • 4/4 • 285 -> 432 -> 639 Hz arc

Verse 1

There is a diner by the highway where the berries come in June,
And a farmer brings the sweet corn underneath the afternoon.
Down the road the guide is waiting with a boat tied to the rail,
And the morning smells like cedar where the backroad meets the trail.

Chorus

Where the backroad meets the lake,
Where the small towns stay awake,
There is work in every welcome, there is pride in what we make.
Keep the fields and rivers strong,
Let the local table grow—
If we take care of the country, the country takes us home.

Verse 2

There are snow tracks through the pines and there are skis
against the wall,
There is laughter in the lodge when the first December falls.
There is venison and salmon, apples, peaches, bread and flame,
And the people feeding travelers get remembered by their name.

Bridge

A good life is not measured only by the deepest mine,
Sometimes wealth is clean water and a little extra time.
Sometimes it is a family with a reason not to go,
Because the work stayed close to home and the local table grew.

Final Chorus

Where the backroad meets the lake,

Let the old and new awake.
Build it honest, build it kindly, give more back than what we take.
Keep the fields and rivers strong,
Let the local table grow—
If we take care of the country, the country takes us home.

21. Blue Water After Midnight

Jazz / Soul

D minor -> F major • 78 BPM • 6/8 • 432 -> 528 -> 639 -> 852 Hz arc

Verse 1

Blue water after midnight, city noise is miles away,
Stone and cedar hold the silence till the light becomes the day.
There is rosemary in the kitchen, there is fruit beside the wine,
There is time enough to taste it, there is room enough to find.

Chorus

Slow down, let the whole world breathe,
Open up the window, let the tall trees speak.
Good food, clear water, a hand that welcomes you—
Luxury is simple when the simple thing is true.

Verse 2

No hard sell in the lobby, no miracle in the room,
Just a softer kind of morning and a little less perfume.
Tell me where the greens were planted, tell me who prepared the plate,
Let the care be real and human, let the welcome carry weight.

Bridge

Love can live in service,
Peace can live in space,
Trust can live in knowing
What is growing on the plate.

Final Chorus

Slow down, let the whole world breathe,
Open up the window, let the tall trees speak.
Good food, clear water, a hand that welcomes you—
Luxury is simple when the simple thing is true.

22. River Give Thanks

Reggae / Roots

A major • 82 BPM • 4/4 • 174 -> 396 -> 432 -> 639 Hz arc

Verse 1

River give thanks when the bank stay green,
Forest give shade where the water run clean.
People come walking, people come ride,
Leave with a story and respect for the side.

Chorus

Give a little back, give a little back,
Every trail and every town can stay on track.
Love the land, love the people, let the good work grow,
Take only memories and let the clear water flow.

Verse 2

Farmer bring the harvest, fisher bring the catch,
Kitchen bring the flavour, local hands make the match.
Mountain in the winter, lake in summer light,
Tourism can prosper when the balance is right.

Bridge

No need to empty every treasure from the ground,
There is wealth in a forest when the forest stays around.
There is wealth in a welcome, in a meal, in a guide,
In a child who sees the future and is proud of where they reside.

Final Chorus

Give a little back, give a little back,
Every trail and every town can stay on track.
Love the land, love the people, let the good work grow,
Take only memories and let the clear water flow.

23. Let the Land Rejoice

Contemporary Gospel / Worship-Soul

C major • 74 BPM • 6/8 • 432 -> 528 -> 639 -> 963 Hz arc

Verse 1

Yahweh, teach our hands to tend what we have been given,
Teach us how to work the earth and still protect the living.
Let the rivers carry life, let the fields bring forth their good,
Let the stranger find a welcome and the hungry find their food.

Chorus

Let the land rejoice, let the people sing,
Let the work of love become a holy offering.
From the mountain to the shoreline, from the harvest to the home,
May we prosper without leaving what You made to stand alone.

Verse 2

Bless the hands that plant the seed, bless the guides who know
the trail,
Bless the kitchens, farms and waters, every honest work that
sails.
Give us wisdom in our building, give us mercy in our plan,
Teach us not to own creation like creation owes to man.

Bridge

Give us clean hearts, clear eyes,
Hands that serve and voices rise.
Give us love that learns to share,
Truth in business, truth in care.

Final Chorus

Let the land rejoice, let the people sing,
Let the work of love become a holy offering.
From the mountain to the shoreline, from the harvest to the home,

May we prosper with thanksgiving and remember Whom we owe.

24. Cedar, Corn and Snow

Folk / Bluegrass

D major • 118 BPM • 2/4 • 285 -> 396 -> 639 Hz arc

Verse 1

Cedar on the ridgeline, corn beside the road,
Apples in the market and a truck with winter load.
Guide boat in the morning, ski wax in the night,
Everybody has a trade when the town is doing right.

Chorus

Cedar, corn and snow,
Let the local good things grow.
Fish the lake and walk the trail,
Feed the guest and tell the tale.
Keep the water, keep the tree,
Build a living carefully—
Cedar, corn and snow,
Let the local good things grow.

Verse 2

Blueberry and salmon, onions, greens and bread,
Stories from the farmers and the rivers where we fed.
Five-star does not have to mean imported from afar,
Sometimes world-class means remembering exactly where you are.

Bridge

Slow the wheels and hear the wind,
Every season starts again.
What we keep is what we give
To the ones who come to live.

Final Chorus

Cedar, corn and snow,
Let the local good things grow.
Keep the river, keep the trail,
Feed the guest and tell the tale.
Work with pride and spend it near,
Give the next generation years—
Cedar, corn and snow,
Let the local good things grow.

25. Table of the North

R&B / Neo-Soul

F# minor • 88 BPM • 4/4 • 396 -> 528 -> 639 -> 741 Hz arc

Verse 1

Put the north on the table, let the colours tell the truth,
Greens from the garden, berries shining with the dew.
River fish, orchard fruit, bread made down the road,
Every plate can carry home no matter where you go.

Chorus

Come sit at the table of the north,
Taste the place and know its worth.
Love in the labour, care in the flame,
Local hands and local names.
If the earth is good to us, let us be good in return,
At the table of the north there is always more to learn.

Verse 2

Tell me where it came from, tell me how the soil was kept,
Tell me how the water moved and how the winter slept.
Transparency is beautiful when nobody has to hide,
Hospitality is deeper when the story comes with pride.

Bridge

Warmth is more than temperature,
Well-being more than style,
Sometimes care is eye to eye,
And truth that stays awhile.

Final Chorus

Come sit at the table of the north,
Taste the place and know its worth.
Love in the labour, care in the flame,

Local hands and local names.

If the earth is good to us, let us be good in return,

At the table of the north there is always more to learn.

26. One Living Map

Cinematic / World / Ambient Folk

A minor -> C major • 66 BPM • free 4/4 • 174 -> 432 -> 528 -> 852 -> 963 Hz
arc

Verse 1

A line on a map is only a line,
But a river is moving and a forest has time.
A field has a season, a mountain has snow,
A town has a heartbeat when its own people grow.

Refrain

One living map, one breathing land,
Water and weather, labour and hand.
Travel it gently, leave beauty behind,
A country is more than the wealth we can mine.

Verse 2

A meal is a memory, a trail is a thread,
A lodge is a lantern when the daylight has fled.
A farmer, a guide, a cook, a small store—
Every local connection can open one door more.

Bridge

Lower the noise, lift the heart,
Know what is whole before taking it apart.
Let love be a measure, let wisdom be wise,
Let the future have rivers and unbroken skies.

Final Refrain

One living map, one breathing land,
Water and weather, labour and hand.
Travel it gently, leave beauty behind,
A country is more than the wealth we can mine.

Outro

Keep the water.

Keep the wonder.

Keep a place for those who come after.

Genre-Set Production Rule

These songs should not be mechanically genre-swapped versions of the same composition. Each title has a separate melodic identity, lyric perspective, tempo, groove and vocal contour. The shared frequency palette is an emotional-production framework: grounding in the low register, rising harmonic brightness for hope and connection, and spacious high-register textures for reflection and release. Do not advertise the frequencies as cures or medical treatment.

27. THE MIDDLE EVENT (Song 27 — recovered from note ledger)

Full band per Middle Event Ledger v03 — lead vocal guide, distant choir (bars 33–40), rhythm/clean/lead guitars, piano, cello/viola, flute, drum kit, timpani · 432 Hz calibration tone

Provenance: Reconstructed from Song_27_Middle_Event_Ledger_v03.csv (bar/beat/note/lyric). The v34 master lists a 27th flagship, “The War for the Soul / Yeshua Shall Appear,” as a production concept only — no lyric sheet recovered. Whether the ledger song and that concept are the same work is unconfirmed.

Intro

Thought.

Attention.

Imagination.

Desire.

Agreement.

Habit.

Bondage.

Verse

And sometimes a prison is built
without anyone hearing a hammer.

Maybe I'm the one.

Maybe I kept singing of another person's darkness
because I feared the rooms inside my own.

Maybe everybody thinks I'm strong
while something underneath me dies.

Maybe I learned to smile in daylight
and lose the war at night.

Maybe I've carried shame so long
I hardly know the face I wore before.

Yahweh,

would You still want me anymore?

Turn

Then mercy answered:

Chorus

Come home.
Not when you've repaired yourself.
Not when you've hidden every scar.
Come trembling.
Come ashamed.
Come carrying what you've done.
Come out from every hiding place.
Stop running from the Light.

Bridge

Yahweh, search these hidden chambers.
Open every bolted door.
Where hatred built an altar,
let it stand no more.
Where pride constructed kingdoms,
tear the foundations from the ground.
Where lies became familiar voices,
teach me truth again by sound.