

# Nitya Thomas

Awakenings



# Introducing Nitya Thomas...

Nitya Thomas (pronounced Nith-ya) first came to us several years ago when she was studying voice at Mannes College of Music here in Manhattan. Once a successful financial analyst at Goldman Sachs in London, England and hailing originally from Bangalore, India, Nitya decided to explore her artistic self and study music – specifically voice.

While at school here in NYC she enrolled in a mentorship program and needed to find someone to mentor her. She approached Watchfire Music president and artist, Julia Wade, who at the time was serving as soloist at First Church, Christ Scientist, in Boston and when Julia said “Yes” to the request, a fast friendship began.

Julia worked with Nitya in the program for the duration of the course and in that time I also got to know this courageous young beauty who was starting her life over again.

As it turned out, she had a further need and so did we. She needed to learn more about the music business in America and we needed intern help. She was hired by Watchfire Music to do a 6-month internship program. For a time, while interning with us, she also studied songwriting with me privately.

I first heard and saw Nitya perform at her final spring recital when she graduated from Mannes about a year ago this time. I recognized a dedicated talent packaged in a beautiful and exotic woman whose voice had developed in record time. I already knew her as business smart and dedicated, and so it was natural to continue working with her upon graduation.

Over the past year we have worked together exploring the right direction for her talents in the recording studio developing her music and vocal style. It's been a fascinating process taking someone who was so mature as a business person and yet just a baby (or perhaps a teenager) as an artist and seeing her struggle and change and grow into a budding artist.

Gratefully, she comes with a real instrument. Her musical muse is robust. She writes, she sings, she performs with an ever-growing confidence that that is most exciting to watch and to be a part of. Both Julia and I have worked with Nitya on nearly every aspect of singing and performing especially over the last year and are very proud to be a part of the presentation of her first album of recorded music.

My favorite part of Nitya is her ability to take the information that I give her, ingest and process it, and quickly turn it around into strong progress. Her quick mind, work ethic and her tireless dedication make my job so much easier. It's been the main reason why she has progressed so quickly through the ranks of this crazy and difficult business.

Just this last spring she won the position of soloist at First Church of Christ, Scientist, New York City - certainly one of the most prestigious church settings in America.

*A whirlwind year for this Indian beauty.  
You might say, "She's on her way."*

~Peter Link, Producer



Watchfire Music  
presents

Nitya standing in  
First Church of Christ,  
Scientist, NYC

# Nitya Thomas

## Awakenings

CD and Digi-Book Graphic Design by Craig Wagner  
CD Photography by Christian Carroll and Naomi Vaughan  
Make-up and Styling by Yaya Om  
Mastering by Philip Klum at Philip Klum Mastering, NYC  
All Instrumentation Arranged, Performed and Programmed by  
Peter Link at Link Recording Studios, NYC

### Song Order

- |                                 |        |   |
|---------------------------------|--------|---|
| <i>Dreamer</i>                  | [5:16] | Music: Traditional Irish Melody<br>Lyrics by Rosa M. Turner |
| <i>My Grateful Spirit Sings</i> | [4:17] | Music and Lyrics<br>by Sally DeFord                         |
| <i>Psalm 23</i>                 | [4:15] | Lyrics from Psalm 23<br>Music by Nitya Thomas               |

**Produced and Orchestrated by Peter Link**



# My deepest gratitude and thanks to:

My producer Peter Link: it is truly an honor working with such talent, wisdom and experience. I am so deeply grateful for your standards of professionalism and excellence. I would not be at this point without you and Julia Wade - thank you both for believing in me even when I didn't believe in myself and giving me this wonderful opportunity. In you both I have found guidance, mentorship and support that I never would have dreamed possible.

The wonderful team at Watchfire Music: Craig, Amy, Lily and Diana, for being such a pleasure to work with.

My parents: for standing behind me every step of the way. None of this would have been possible without the sacrifices you have made for me and your unconditional love.

My brother, who I can always count on to be my #1 fan. Who needs a publicity company when I have you?!

My voice teacher Lois Winter: you never cease to amaze me with your wealth of knowledge, strength of spirit and unselfish commitment to your students. You are a gem and I am truly fortunate to have found you.

All my past music teachers, in particular Christine Colaco and Gita Chacko: thank you for instilling in me a deep love and respect for music, and for giving me such a solid foundation to build on.

My stylist, make-up artist and roommate, Yaya Om: so grateful to have your generosity, wonderful eye for fashion and sisterly love in my life!

My photographers Christian Carroll and Naomi Vaughan for capturing the essence of me so truthfully. I hope I can someday find a way to add as much value in your life as you have done in mine.

My dear friends Sui San Mui and Katherine Boynton for being my pillars of strength and friendship, and my family here in New York.

My aunt Annu Matthai & dear friends, Neera Kapur & Tehmie Gazdar for pointing me towards the truth, and for never failing to inspire me by the way you live your lives.

The members of First Church of Christ Scientist, New York for giving me the opportunity and the space to continue developing my talent.

To you dear listener - I hope that these songs inspire and move you the way they have me.

And most importantly, to my Father Mother God, or the Divine, whose unconditional Love graces and guides me every step of the way.

~Nitya Thomas



*“Awakening is not a thing. It is not a goal, not a concept. It is not something to be attained. It is a metamorphosis. The caterpillar must accept its own disappearance in its transformation. When the marvelous butterfly takes wing, nothing of the caterpillar remains.”*

*~Alejandro Jodorowsky*

# Awakenings

## A Word or Two from Nitya

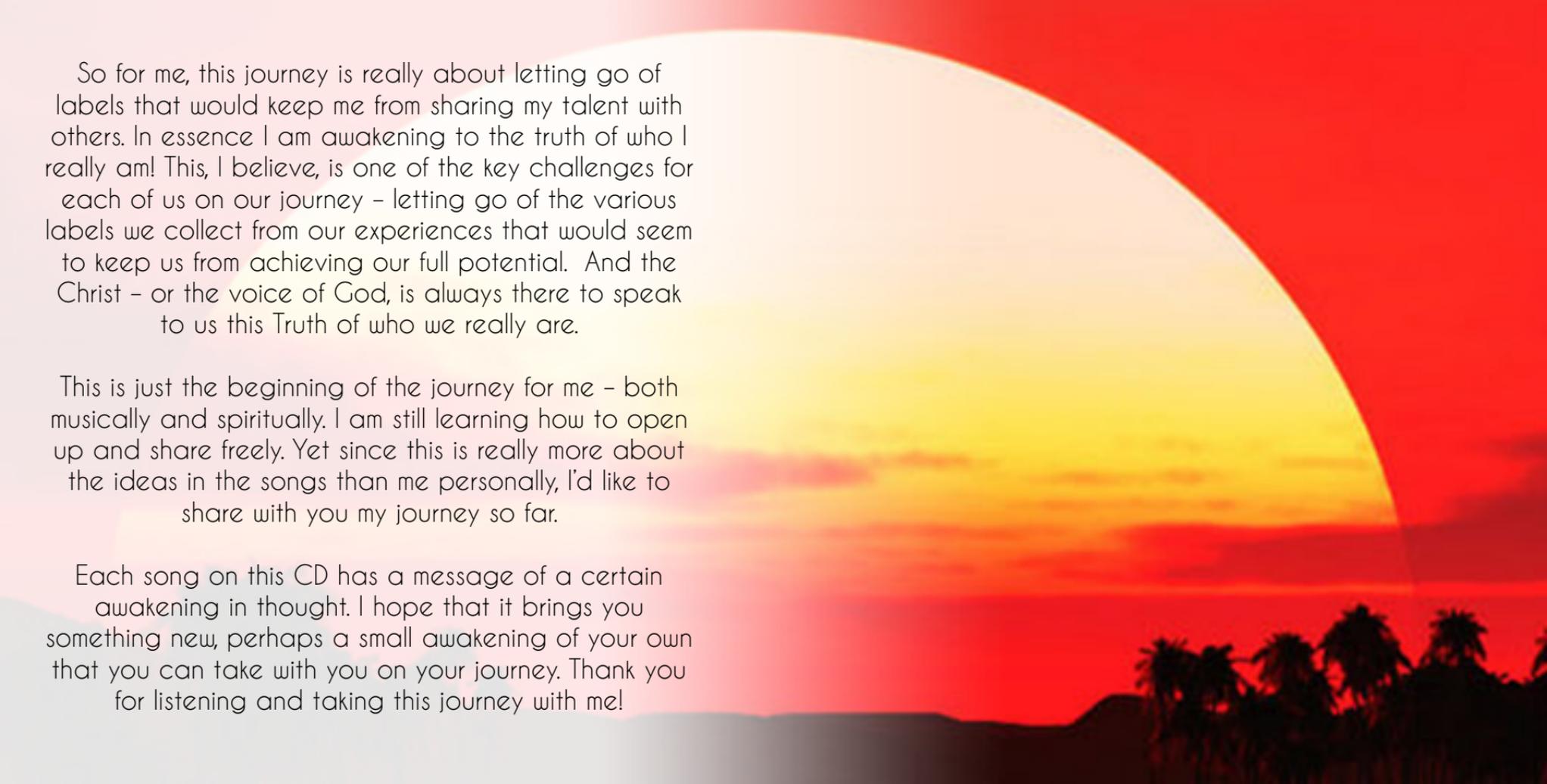
I am discovering that a large purpose of our journey in this lifetime seems to be awakening to the truth of who we really are – as opposed to what this world would tell us that we are. For me, personally, this is a journey that began over ten years ago, when I started studying Christian Science and discovered the possibility of a spiritual reality that is outside of what we see and experience with our five senses. This has been a constantly evolving journey, and I’ve found that my experiences continue to help me understand and see this reality at deeper levels.

My journey as a singer has been very deeply related with this spiritual journey that I am on. Perhaps this is why it is so natural for me to sing about these experiences and this learning. It was embarking on this path of spiritual exploration and introspection that gave me the courage to question, and opened my mind to possibilities I would have otherwise been closed off to. I was inspired to leave my career path in the finance world, and take some time to work on my musical abilities, despite not having a clear plan perhaps for the first time in my life.

Looking back at my years of musical study, I realize that these four years have been as much a continued spiritual journey as they have been a journey of musical training. Everything that I am learning as a singer and a performer forces me to look deeper within, to let go of stereotypes that I am holding mentally about myself and find who I really am.

From a technical point of view, my vocal studies have been largely about learning to get out of the way, and let my body do something that it knows intrinsically how to do. From a broader perspective, I'm learning that singing is really about being a transparency for the ideas that I am singing about. So it means getting myself – my personal ego -- out of the way, and letting the idea take the stage. Self-consciousness, self-doubt, fear, shyness – all these just get in the way of communicating the idea.





So for me, this journey is really about letting go of labels that would keep me from sharing my talent with others. In essence I am awakening to the truth of who I really am! This, I believe, is one of the key challenges for each of us on our journey – letting go of the various labels we collect from our experiences that would seem to keep us from achieving our full potential. And the Christ – or the voice of God, is always there to speak to us this Truth of who we really are.

This is just the beginning of the journey for me – both musically and spiritually. I am still learning how to open up and share freely. Yet since this is really more about the ideas in the songs than me personally, I'd like to share with you my journey so far.

Each song on this CD has a message of a certain awakening in thought. I hope that it brings you something new, perhaps a small awakening of your own that you can take with you on your journey. Thank you for listening and taking this journey with me!



## O Dreamer

This hymn, set to the tune of the Londonderry air, has always been a favorite of mine. It speaks of awakening from the “dream” that is material existence, and seeing the true spiritual reality of being. It became special to me at a difficult time in my life, when a family member who was most dear to me was very ill. I remember singing it over and over and finding comfort in its sweet message, although I didn’t fully comprehend it at the time.

In choosing songs for this album, I knew that if there was one hymn that I would like to sing, it would be this one, as it represented a special connection with that loved one who had since passed on.

Interestingly, during my time of rehearsing this song, I was challenged to think very deeply about these ideas and what they meant to me, after finding out that two people that I knew had passed on quite suddenly. And eventually when I was in the studio recording, the song took on a completely new meaning. I thought about my transition into the world of performance, and I knew I needed to “awaken” from certain unnecessary conceptions of myself.

I think this hymn is one that speaks to each one of us in a very individual way – in a way that we can hear – just like the “Christ” message that the hymn talks about. It has brought me much healing in so many situations, and I invite you to let it speak to you, particularly in the areas in your life where you might be in need of change and healing.

# O Dreamer

**Music: Traditional Irish Melody**  
**Lyrics by Rosa M. Turner**

O dreamer, leave thy dreams for joyful waking,  
O captive, rise and sing, for thou art free;  
The Christ is here,  
All dreams of error breaking,  
Unloosing bonds of all captivity.

He comes to bless thee on his wings of healing;  
To banish pain, and wipe all tears away;  
He comes anew, to humble hearts revealing  
The mounting footsteps of the upward way.

He comes to give thee joy for desolation,  
Beauty for ashes of the vanished years;  
For every tear to bring full compensation,  
To give thee confidence for all thy fears.

He comes to call the dumb to joyful singing;  
The deaf to hear; the blinded eyes to see;  
The glorious tidings of salvation bringing.  
O captive, rise, thy Saviour comes to thee.

He comes to call the dumb to joyful singing;  
The deaf to hear; the blinded eyes to see;  
The glorious tidings of salvation bringing.  
O captive, rise, thy Saviour comes to thee.  
O dreamer, leave thy dreams for joyful waking

## My Grateful Spirit Sings

Much is said about gratitude. It has almost become a clichéd concept in today's world. However, I have come to see that gratitude truly is a kind of wealth -- it can completely change our thought on a situation, and consequently change our experience completely.

I have always loved this verse in the Bible which talks about having enough room in one's heart to receive blessings: "Prove me now herewith, saith the Lord of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it." (Malachi 3:10)

I do believe that gratitude is what creates this room in our heart. It awakens us from focusing on lack and despair to seeing the good that is present. And what better way to give gratitude and express joy than through singing!

So this song about giving gratitude through song really resonated with me when I first heard it. It is a ready-made checklist of things to be grateful for, and never fails to lift my spirit when I am down. So it is very special to be able to record this song of thanksgiving and tribute to God.

A big thank you to the wonderful and prolific composer Sally Deford, who makes her entire collection of sacred music available for free on her website.



# My Grateful Spirit Sings

**Music and Lyrics by Sally DeFord**

In all thy works I see thy glory  
In mighty wonders; in small and simple things  
My heart rejoices in the bounty set before me  
And my grateful spirit sings

Each rising sun tells of thy goodness  
The rain proclaims Thee in the life it brings  
And all creation bears Thee sure and silent witness  
And my grateful spirit sings

The stars that crown the realms of space  
Reflect the image of thy grace  
The rolling seas, the earth and sky  
Declare thy pow'r, thy majesty and might

I see thy hand in man's compassion  
Thou art the font of kindness whence it springs  
Thy boundless charity hath wrought my soul's  
salvation  
And my grateful spirit sings

For changeless love and endless mercy  
For countless blessings beyond the wealth of kings  
For every perfect gift thou sendest, Lord, I praise thee  
And my grateful spirit sings

## PSALM 23

This next song is the first piece that I've composed that will make it out into the world, and I am so excited to share it on this album. A huge thank you to Peter Link, for helping me take this piece to the level it needed for this to happen.

In my studies of songwriting and composition with Peter, he has often told me that when one really understands what the piece is about, the melody just writes itself. This is one of those melodies that just flowed straight from my heart.

A dear friend and I were both going through a rough time and searching for inspiration together one evening. We came across Psalm 23, and ended up discussing and reading it back to each other many times – finding comfort in its beautiful and reassuring message. That evening I returned home, and went straight to the piano, and from that place of comfort, came this piece.

To me, this Psalm is really a call to awaken to God's ever-present, shepherding Love for each one of us.





“That is the real spiritual awakening,  
when something emerges from within  
you that is deeper than who you  
thought you were. So, the person is  
still there, but one could almost say  
that something more powerful shines  
through the person.”

~Eckhart Tolle

# PSALM 23

**Lyrics from Psalms 23**  
**Music by Nitya Thomas**

The Lord is my shepherd  
I shall not want  
He maketh me to lie down  
In green pastures  
He leadeth beside  
Still waters  
He restoreth my soul  
And leadeth me in paths of righteousness  
For His name's sake

And yea though I walk  
Through the valley of the shadow of death  
I will fear no evil  
No evil  
For love is beside me  
Yes love is beside me

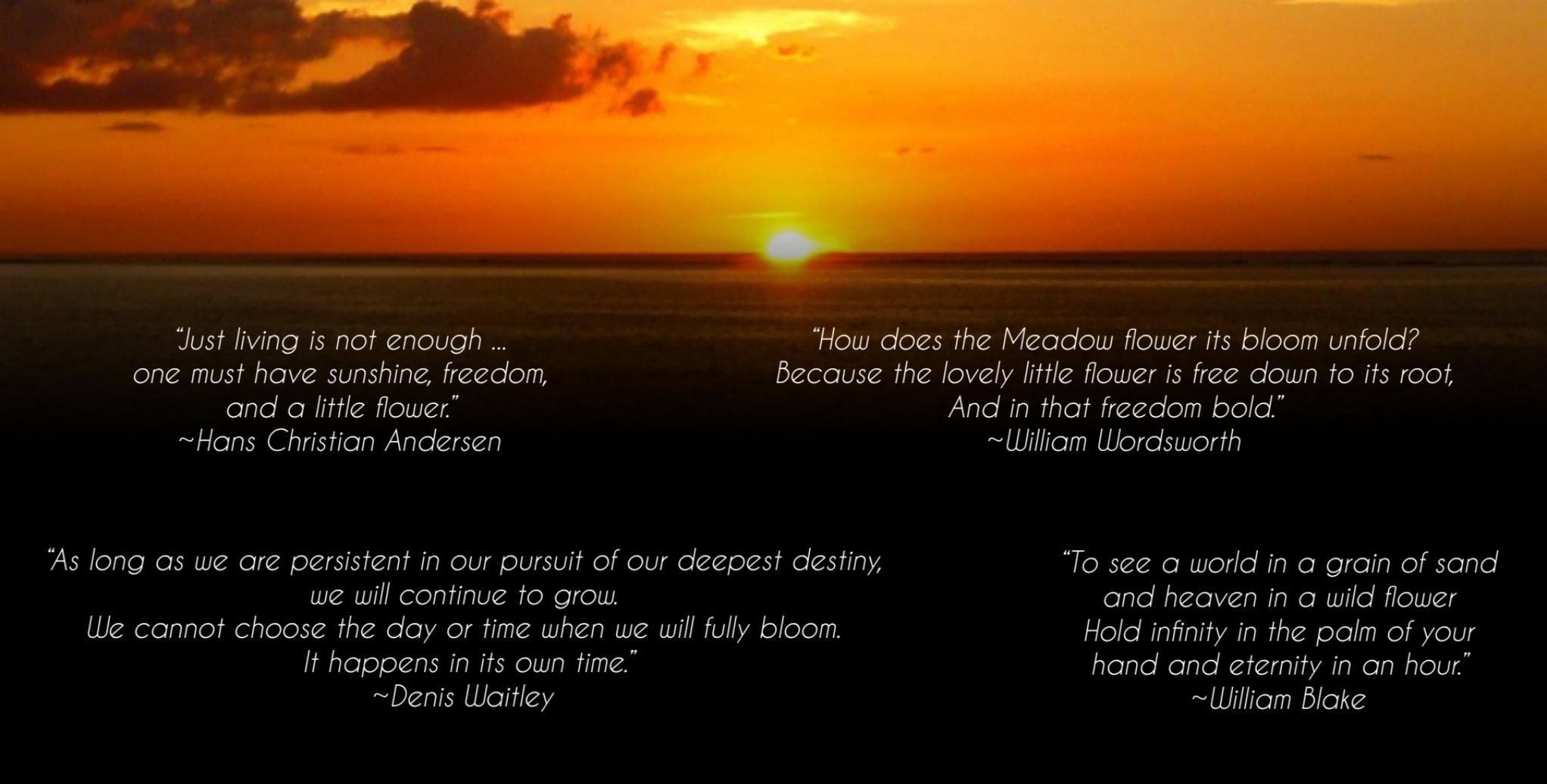
Thou preparest a table  
In the presence of my enemies  
Thou anointest my head with oil  
And my cup runneth over

Surely goodness and mercy shall follow me  
All the days of my life  
And I will dwell in the house  
The consciousness of love  
Forever and for ever more

The Lord is my shepherd  
And He leadeth me  
And He leadeth me  
And He leadeth me

“Music is the harmony  
of being: but the music  
of Soul affords the only  
strains that thrill the  
chords of feeling and  
awaken the heart's  
harpstrings.”  
~Mary Baker Eddy





*“Just living is not enough ...  
one must have sunshine, freedom,  
and a little flower.”  
~Hans Christian Andersen*

*“How does the Meadow flower its bloom unfold?  
Because the lovely little flower is free down to its root,  
And in that freedom bold.”  
~William Wordsworth*

*“As long as we are persistent in our pursuit of our deepest destiny,  
we will continue to grow.  
We cannot choose the day or time when we will fully bloom.  
It happens in its own time.”  
~Denis Waitley*

*“To see a world in a grain of sand  
and heaven in a wild flower  
Hold infinity in the palm of your  
hand and eternity in an hour.”  
~William Blake*

“Why should I be unhappy?  
Every parcel of my being is in full bloom.”

~Rumi

