

FOR IMMEDIATE RELEASE

Katherine C. H. E. Reminds
“All we can do is Be the Peace & Be the Change & Be the Love”
And
“Only Love conquers hate... Only Love conquers fear”

Inspired by the idea that we each have the responsibility to “Be the change we wish to see in the world,” Katherine C. H. E. wrote “Be the Peace.”

In moment like now – after this particularly divisive election – that message is important to remember.

“In such times of national and international turmoil, I know I personally need to be reminded,” says C. H. E.

“I can’t say that one event was directly responsible for my writing this song. It was a series of incidents. I started singing the phrase ‘Be the peace and be the change and be the Love’ over and over to myself when I would learn of a new un-peace, un-loving occurrence – which, sadly, is all too frequently.

“I believe in the power of music and intention. With this song, I set the intention to spread a message of peace and love – and especially each individual’s role in making that shift. It is so important that we respond to aggression with Love. Critical, actually.”

The song is a simple, repetitive chant, meant to be a musical meditation.

“I added the safety pin to the cover image for the video to also convey the message that we are all in this together,” adds C. H. E.



It is part of her Campfire Sessions CD that is designed to transport the listener to a simpler, more loving place and time. The CD hit #1 on the Amazon Folk Album chart just two days after its release in September 2016.

You can view the “Be the Peace” video on YouTube here:
<https://youtu.be/xHJCASSzFfg>

Nashville native, Katherine C. H. E. is an international chart-topping folk and pop artist whose current Campfire Sessions CD is available on Amazon, iTunes, and most streaming services.

C. H. E. also gained some notice in 2014 for her perky “In the Hamptons” song that celebrates the resort community she currently calls home.

“Be the Peace” Lyrics:

Be the Peace and Be the Change and Be the Love
Be the Peace and Be the Change and Be the Love
Peace Change Love
Peace Change Love
Be the Peace and Be the Change and Be the Love
Be the Peace and Be the Change and Be the Love
I Want to Be the Peace and Be the Change and Be the Love
It's Time to Be the Peace and Be the Change and Be the Love
All We Can do is Be the Peace and Be the Change and Be the Love
Be the Peace and Be the Change and Be the Love
Turn off TV
Love You Love Me
Be the Peace and Be the Change and Be the Love
Be the Peace and Be the Change and Be the Love
Let's spread Love
Let's spread Love
Peace Change Love
Peace Change Love
Only Love
Be the Peace and Be the Change and Be the Love
Be the Peace and Be the Change and Be the Love
Only Love conquers hate
Peace Change Love
Peace Change Love
Only Love conquers fear
Be the Peace and Be the Change and Be the Love
Be the Peace and Be the Change and Be the Love
Peace Change Love
Peace Change Love
Peace Growth Love
It's Time to Be the Peace and Be the Change and LOVE

High resolution images available upon request.

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