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Singing Your Cares Away Lyrics

African/Gospel

ISHE OLUWA (Yoruba, Nigeria, "The works of God will never be destroyed")
Ishe Oluwa Kole Baje Oh
Kole Baje Oh Kole Baje Oh

BANAKOLOI (South African song about driving a car, in Xhosa)
Gana koloi Gana koloi (sounds like Bana)
E masawana e masawana e masawana tsela e masawana a-wi-wi-wa a-wi-wi-wa

INDABA (Sweet Honey in the Rock, (Indaba = Zulu term for discussion)

Indaba, Indaba, Indaba My Children Listen Up! Listen Up Young Ones, Listen up!

Life has sent us you beautiful young ones, In answer to our prayers, We will guide you through life's journey, You are the blessings that we all share

And no matter, there is one thing you should know, We are your elders. We want you to know, That WE BELIEVE IN YOU, x 2

Life will hand you a number of challenges, Some call them obstacles, we call them stepping stones, Sometimes you'll KNOW that you have succeeded, Sometimes you'll FEEL like you have failed

AMEN (Gospel)
Amen, Amen, Amen.

WOYAYA (Osibisa)
We are going, Heaven knows where we are going,
but we know within
And we will get there, Heaven knows how we will get there,
but we know we will
It can be hard we know, And the road can be muddy and rough
But we'll get there
Heaven knows how we will get there
but we know we will

OYA TETE (Afro-Brazilian chant for deity Oy/ Iansã who brings movement and soul transformation.)
Oya Tetê, Oya Tetê Oya,
Oya Tetê Iansã, Oya Tetê Oya

PRAYER TO THE ONE (Sweet Honey)
Sunshine or rain, They are the same
Your love, loves light, In day or night
Why should I care, If here or there
You are with me, In all I see
My every breath, My very breath
You
Glory be Thine, All space divine
Spirit moves free,
From You, heals me
Why should I care, If here or there
Inside or delight, No day or night
My every breath, My very breath
You

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Song for the Great Turning/Inspiring Songs

GONNA LET LIFE MOVE ME (Scott Kalechstein Grace)
Gonna let life move me
Gonna let life stir me deep
Gonna let life wake me from an ancient sleep
Gonna laugh all my laughter
Gonna cry all my tears
Gonna love the rain just as deeply as the sun when it clears

IN DANGEROUS TIMES (Ali Burns)
In dangerous times hold fast to courage
In dangerous times hold fast to love
And sing
And rise above
In dangerous times hold fast to love

MY HEART IS READY (Cindy Kallett)
My heart is ready and what am I gonna do
My heart is ready and what am I gonna do
My heart is ready and what am I gonna do
Oh God, my heart is ready and what am I gonna do

Feet/hands/voice

AIN'T GONNA LET NOBODY TURN ME ROUND (US Spiritual /Civil Rights song)
Ain't gonna let nobody turn me around
Turn me around, turn me around
Ain't gonna let nobody turn me around
Keep on a-walkin', keep on a-talkin'
Marching up to freedom land

LET US SEE THE BEAUTY EVERY DAY (Laurence Cole)
Let us see the beauty every day
And source our lives from its presence.

I want to know if you can see the beauty
Even when it's not pretty every day
I want to know if you can see the beauty
And source your life from its presence

THANKS FOR UNKNOWN BLESSINGS
We give thanks for unknown blessings already on their way x 2
We will not look back in anger or forward in fear, but around in awareness x2

I AM LIGHT (India Arie)
I am light, I am light x 4
I am not the things my family did, I am not the voices in my head
I am not the pieces of the brokenness inside, I am light
I am light, I am light x 4
I'm not the mistakes that I have made, or any of the things that caused me pain
I am not the pieces of the dream I left behind, I am light
I am light, I am light x 4
I am not the color of my eyes, I am not the skin on the outside
I am not my age, I am not my race.
My soul inside, is all light

WE ARE (Sweet Honey in the Rock)
For each child that's born
A morning star rises,
And sings to the universe who we are.

For we are our grandmothers' prayers.
And we are our grandfathers' dreamings.
We are the breath of our ancestors,
We are the spirit of God.

We are mothers of courage, and fathers of time,
We are daughters of dust, and the sons of great visions,
We're sisters of mercy and brothers of love
Lovers of life and the builders of nations.
We're seekers of truth, and keepers of faith,
Makers of peace and the wisdom of ages.

WINDS OF THE WEST (Ayla Nereo)
I feel the winds of the West, outbreath
Letting go of my leaves, all I do not need
Into the darkness of the fall sunset
I release, receive, getting ready for the silence

MOTHERLAND (Helen Yeomans)
Home I'm going home I need the land to feed my soul
Take me home x 2, over the green, green hills and far away

Take me home to the motherland, home to the motherland home to the motherland, over the hills and far away

Maya, Maya over the hills and far away

WOULD YOU HARBOUR ME? (Sweet Honey)

Would you harbour me?
Would I harbour you?
Would you harbour me?
Would I harbour you?

Would you harbour a Christian, a Muslim, a Jew, a heretic, convict or spy?
Would you harbour a runaway woman or child, a poet, a prophet, a king?
Would you harbour an exile or a refugee, a person living with aids?
Would you harbour a Tubman, a garret, a truth, a fugitive or a slave?

Would you harbour a Christian, a Muslim, a Jew, a heretic, convict or spy?
Would you harbour a runaway woman or child, a poet, a prophet, a king?
Would you harbour an exile or a refugee, a person living with aids?
Would you harbour a Tubman, a garret, a truth, a fugitive or a slave?

THIS IS HOME (Sophia Efthimiou)
This is home where I belong
In this breath
In this heart
This is home where I belong
In this voice
In this song

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I RELEASE CONTROL (Alexa Sunshine Rose)
I release control
And surrender to flow
Of love that will heal me

RISE UP (Beautiful Chorus)
Rise Up, in every way, that feels right, in my own soul

I OPEN MY EYES
I open my eyes and I see you
I open my eyes and you're standing there
I open my eyes and I hear you
We come together, our voices to share

Nature/Earth Songs

THIS IS A WAVE (Emily Roblyn)
This is a wave, I am the ocean
This is a wave, I am the sea
This is a wave, I am the ocean
This is a wave, I am the sea.

Oh blessed breath, Oh blessed body
Oh blessed moment, passing through
Oh blessed vastness of my being I offer up myself to you

LEAN IN TO THE RIVER (Rising Appalachia)
I want to lay my bones down in the water
I want to lay my body down on the Earth
Lean in, lean in, lean into the river
Lean in, lean in, lean into the river
Come with the rain come sing again come with the rain

SHE GIVES ME LIFE (Alexa Sunshine Rose)

Water flows through me, I am the water I am x 2
She gives me life yeah she gives me life, she gives me life to live

Repeat with Fire, Music, the River,

ALGONQUIN WATER SONG
"We sing this song like a lullaby. The song means the water is the life's blood of our mother the earth. Water is the life's blood of our own bodies" Grandma Nancy

Nee bee way how
En die en
Aah key mis kquee
Nee Boo wah bow
Hey ya hey ya hey ya hey
Hey ya hey ya hey ya ho

EARTH MY BODY
Earth My Body, Water My Blood, Air My Breath And Fire My Spirit

BRILLIANT MYCELIUM (Beautiful Chorus)
We're beneath your surface
An underground universe that's
Thriving, fully alive
Sensitive, resilient, we're everywhere, we're brilliant, mycelium

We dive go deeper
Branch out sustain life feel your
Every step we carry nutrients
Sentient and nourishing
We're elegant and flourishing

Have you vision, are you listening, can you feel us, share our wisdom

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I WILL LAY ME DOWN BY THE RIVER (Gretchen Sleicher)
I will lay me down by the river
I will lay me down and rest
I will lay me down by the river
And know the world is blessed

Lay me down by the water's edge,
Lay me down and know I'm blessed
Water heal me with your song,
Whisper love poems all night long
Tumbling, tumbling, tumbling through me, Tumbling, tumbling, tumbling through me

SHE CHANGES
She changes everything she touches and everything she touches changes
Fire and air, Fire and Air Earth Water, Earth Water

TREE
Tree, spread your branches down,
Listen very closely you can hear the sounds of roots moving deep below
When the wind blows, where do the leaves go?

THE RAIN SONG (Mark Growden)
Oh the rain is coming, the rain is coming down

RIVER OF BIRDS
There's A River Of Birds
In Migration A Nation Of Women
With Wings

TIERRA ES MI CUERPO (Earth by Body in Spanish)
Tierra Es Mi Cuerpo, Agua Es Mi Sangre, Aire Es Mi Aliento Y Fuego Mi Espiritu

MOTHER I FEEL YOU
Mother, I feel you under my feet,
Mother, I hear your heartbeat

OH MOTHER MOTHER
Oh Mother Mother, Mother of all things x 4
Oh Mother Mother, let peace be with us
(Balance, strength, wisdom, love, vision etc)

AS ONE WE WALK THIS EARTH TOGETHER
As one we walk this earth together
As one we sing to her our song
As one we love her As one we heal her
Her heart beats with our own as one.

As one we join with her our mother
As one we feel her sacred song
As one we touch her, As one we heal her
Her heart beats with our own as one

Songs from Around the World

GRANDMA EASTER'S LULLABY (Native American)

Hum by hum by hum by hey ah
Hum by hum by hey ah
Hum by hum by hum by hey ah
Hum by hey ah oh way ha

Way hay way ah, Way ha hum way ay ah
Hum by wey hah oh wey ah

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MALUHIA (Hawaiian, May peace prevail on earth)

E como mai/ maluhia e como mai
E como Mai/ ho'o maluhia e como mai

E ho'o maluhia/ me ka honua (2x)

MALAMA, (Hawaiian, 'Let us take care of the sacred earth, do what is right')
E malama Ika heiau x 2,
E malama pono Ika heiau
Ehhhh!
Earth & Sky, Sea and Stone, Hold this land in sacredness

SHETLAND MOURNING SONG (XR)
Nah hey na hey
Nah hey na hey na
Na hey na Hey na Hey na

SEAL WOMAN/ YUNDAH (Hebridean selkie song, sung to attract seals. Mary McLoughin version)
Ionn da ionn do, Ionn da, odar da
Hi-o-dan dao x3 odar da.

Over the waves you call to me
Shadow of dream, ancient mystery
Oh how I long for your sweet caress
Oh how I long for your gentleness

AGUACERO DE MAYO
(Colombian cumbia. Love song about March rainfalls)

Aguacero de Mayo, dejalo caer x 4

Bonita tu casa palma x 2
Bonita tu parasol x 2
Bonita la que esta dentro
Se me parte el corazon

Aguacero de Mayo, dejalo caer x 4

Manana cuando me vaya
Que se acordora de mi
Solamente las tinajas
Por el agua que bibi

Aguacero de Mayo, dejalo caer x 4

A levantarte casano
Son los 5 de la manana
A levantarte temprano
Que es Toto la que te llama

NUR ALLAH NUR (Sean Johnson)
La ilaha illallah (Sufi chant: "There is no God but God")
Allah'u'abha (Bahai chant:"God is glorious")
La ilaha illallah , Nur Allah nur Allah (Arabic for "The light of God")
Om Guru (Hindu Chant Honoring The Teacher In Many Forms)
Shalom (Jewish For Peace)
Sat Nam (Sikh Chant Honoring Truth)
Alhamdulillah (Arabic For "Thank God")
It's about love

Chants

OM TARA (Chloe Goodchild Version)
(Mantra to Tara, the mother of all Buddhas, a protector)
Om tara tutare ture soham x 2

THE HEART SUTRA (Chloe Goodchild chant of Buddhist sutra)
(Emptiness is form, all form is empty of a separate self, the Self is all)
Gate, Gate, Paragate, Parasamgate, Bodhi Svaha!

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O MA VAJRA GURU (**Buddhist chant to the mighty teacher, path to spiritual power**)
O Ma Vajra Guru, O Ma Sidi Hum

SO HAM (**Hindu mantra, about identifying oneself with the universe or ultimate reality**.)
So ham, so ham, God/Love/Joy/you/earth and I are one

OM MANI PADME HUM (**The Jewel In The Lotus, Divine Nature version)**

ANANDA MAI (Devotional chant to Indian female spiritual leader, meaning Mother of Bliss, Absolute Consciousness, Being, Beyond all form)
Om Anandamayi, Chaitanya mayi, Satya mayi, Paramayi

O MA VAJRA GURU (**Buddhist chant to the mighty teacher, path to spiritual power**)
O Ma Vajra Guru, O Ma Sidi Hum

INDIAN SCALE: Sa Re Ga Ma Pa Da Ni Sa

SO HAM (Hindu mantra, "I am He/That" in Sanskrit/ identifying oneself with the universe or ultimate reality.)
So ham, so ham, God/Love/Joy/you/earth and I are one

MANGALA CHARAN MANTRA (Sung for protection, a bow to wisdom)
Aad Guray Nameh, Jugaad Guray Nameh, Sat Guray Nameh, Siri Guru Dayvay Nameh

OM TARE TUTTARE TURE SOHA
(Mantra related to Tara, the mother of all Buddhas, a protector who comes to our aid to relieve us of physical, emotional and spiritual suffering.)

VENI SANCTE SPIRITUS (Come holy spirit)
Veni Sancte Spiritus

HASHIVEYNU (Hebrew prayer meaning Turn us to you and we shall return; Renew our days as of old)
Hashivenu x 2, Adonai eilecha v'na.....Shuva, v'nashuva chadesh, chadesh, yameinu k'kedem

LA TENEBRE (There is no darkness with God)
La ténèbre n'est point ténèbre devant toi:
la nuit comme le jour est lumière.

NADA TE TURBE (Nothing will frighten you)
Nada te turbe, Nada Te Espante;
Quien A Dios Tiene, Nada Le Falta.
Nada Te Turbe,
Nada Te Espante;
Sólo Dios Basta

UBI CARITAS (Where there is love & charity, God is)
Ubi caritas et amor
Ubi caritas Deus ibi est.

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Chloe Goodchild's Seven Sounds of the Soul

Sa *Re*Ga*Ma*Pa*Dha*Ni*Sa

Toning the Chakras

Chakra	Where?	Sanskrit Seed Syllable or Vowel	Issue
Root	Base of the spine	**Lam/uh**	Connection with Earth, Survival, Genetics, Instincts
Sacral	Below Navel	**Vam/ooo**	Generativity, Self and other Nurturing
Solar Plexus	Above Navel	**Ram/oh**	Power to Act, Expression of Emotions
Heart	Centre of chest	**Yam/ah**	Loving and Being Loved, Compassion, Forgiveness
Throat	Throat	**Ham/eye**	Speaking your Truth, Creative Expression
Third Eye	Centre of Forehead	**Aum/aye**	Perception of Self and Others. Beliefs, psychic powers
Crown	Just above head	**Soham/eee**	Connection with Source, Spiritual Energy