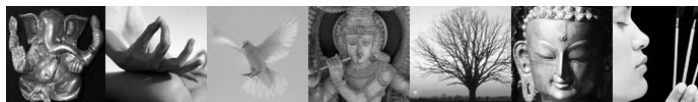


Chanting with Helen and Gavin



1. Om Namah Shivaya

(I bow to the god within)

Om namah shivaya
Om namah shivaya
Om namah shivaya
(repeated)

2. Sri Ram Jai Ram

(Glory be to Rama the all-pervading Being, and to the Goddess Lakshmi, mother of abundance)

Sri Ram, jai ram, jai jai Ramo
Sri Ram, jai ram, jai jai Ramo
(repeated)

3. Gayatri Mantra

(Praise to the source of all things. It is due to you that we attain true happiness on all planes. It is due to your transcendent nature that you are worshipped and adored. Ignite us with your all-pervading light)

Om bhur bhuvah swaha
Tat savitur varenyam
Bargo devasya dimahi
Diyoy na prachodayat
(repeated)

4. The River Is Flowing

The river is flowing, flowing and growing
The river is flowing, back to the sea
Mother Earth carry me, your child I will always be
Mother Earth carry me, back to the sea.

5. Aad Guray Nameh

(I bow to the Primal Guru, the Guru woven through time. I bow to the True Guru, the identity of the self, to the Great Guru, whose glory will ever be)

Aad guray nameh
Jugaad guray nameh
Sat guray nameh
Siri Guru de-vey nameh

6. Jamil Allah

(Sufi chant – O Divine Beauty, I bow to your beauty)

Jamil Allah, jamil Allah,
Ishq Allah jamil
Jamil Allah, jamil Allah,
Ishq Allah jamil
(repeated)

7. Woman's Shaman Chant

By night I go on my way unseen
Then am I holy, then have I power to heal,
Then am I holy, then have I power to heal
(repeated)

8. Love This Earth

Step lightly on the earth
Sway gently in the breeze
Embrace the flower's beauty
Respect the mighty trees

Love (x7)
Peace (x7)

For we are all as one -
just keeper of this earth
So cherish and protect her
For all her mighty worth

**9. Hara Hara Mahadev
Om Namah Shivaya**

(Hara, a name of Shiva, means remover or
destroyer of spiritual ignorance, ego, greed -
anything that keeps us from God.
Mahadev is an epithet of Shiva, which
means "great god" - "Maha" means great,
and "dev" means God)

Hara Hara Hara Mahadev
Om Namah Shivaya Namah Shivaya

10. Om Purnamadah Purnamidam

(That is perfect. This is perfect. From the
perfect springs perfect. If perfect is taken
from perfect, only perfect remains)

Om Purnamadah Purnamidam
Purnat Purnamudacyate
Purnasya Purnamadaya
Purnamevavashishyate
Om Shanti! Shanti! Shanti!

11. Om Mani Padme Hum

(Om the Jewel in the lotus Hum)

Om Mani padme hum (repeated)

12. Mother I Feel You

Mother I feel you under my feet:
Mother I hear your heart beat (x2)

(chorus)
Hey ya, hey ya, hey ya
Ya hey ya, hey ya, ho
Hey ya hey ya, hey ya
hey ya, hey ya ho (x2)

Mother I hear you in the river's song:
Eternal waters flowing on and on (x2)

(chorus x2)

Father I see you when the eagle flies:
Flight of the Spirit's gonna take us
higher (x2)

(chorus x2)

Mother I feel you under my feet:
Mother I hear your heart beat (rpt)

13. Om Tare Tuttare

(Om and salutations - may the Mother of
all guide and protect me and open my
eyes to the light)

Om tare tuttare
Ture soham
Om tare tuttare
Ture soham

14. Maha Mantra

(Chant the name of God. Glory to God)

Hare Rama, Hare Rama,
Rama Rama, Hare Hare

Hare Krishna, Hare Krishna,
Krishna Krishna, Hare Hare
(repeated)

15. Sri Krishna, Govinder

(Chant the names of Krishna)

Sri Krishna Govinder
Hare Murare
He natha Narayana Vasudeva (x2)
He natha Narayana Vasudeva (x4)

16. May The Road Rise To Greet You

(Irish Blessing)

May the road rise to greet you
May the wind be ever at your back
May the sun shine warm upon your face
May the rain fall gently at your feet
Until we meet again
May God hold you in the hollow of
his/her hand (x2)

17. Ganesha Sharanam

(I take refuge in the Darshan of the Lord
Ganesh, remover of obstacles)

Ganesha Sharanam, Sharanam Ganesha
(repeated)
Gum gum Ganapate namo namah
(repeated)

18. Ancient Mother

Ancient Mother I hear you calling
Ancient Mother I feel your fears
Ancient Mother I hear your laughter
Ancient Mother I cry your tears
(repeated)

19. Om Namō Bhagavate Nityananda

(Glory to God who is in Nityananda)

Om Namō Bhagavate Nityananda
(repeated)

20. Om Namō Bhagavate Vasudevaya

(Glory to God who is in Vasudevaya)

Om Namō Bhagavate Vasudevaya
(repeated)

21. Be Still

Be still and know I am one
(repeated)

22. Guru Brahma

(The Guru is Brahma who awakens us
to a new state of Being. He is Vishnu,
who preserves & nurtures us as we
grow, & Maheshwara or Shiva, who
destroys all our negatives)

Guru Brahma, Guru Vishnu
Guru Devo maheshvara (x2)

Guru saksat, Parabrahma
Tasmai sri gurave namah (x2)

23. Taizé Chant

(Taizé is a small town nestling among the hills of Burgundy where there is a small ecumenical community of brothers whose prayer is at the heart of their life)

Jesus remember me when you come into your kingdom (x2)

24. Ra Ma Da Sa Sa Say So Hung

The Ra Ma Da Sa mantra is one of the most healing mantras that we use in Kundalini Yoga. It calls upon the energy of the sun, moon, earth, and the Infinite Spirit to bring deep healing. You can use this mantra for yourself or for someone else.

Ra: Sun

Ma: Moon

Da: Earth

Sa: Impersonal Infinity

Sa Say: Totality of Infinity

So: personal sense of merger and infinity

Hung: Infinity vibrating and real (So Hung: I am Thou)

25. The Universal Greeting

I offer you peace, I offer you friendship, I offer you love , I hear your needs, I see your beauty, I feel your feelings, All wisdom flows from the Highest Source, I honour that Source in you, Let us work together, For you are my own true self.

26. Parvati Vallabha Namah Shivayah

Namah Shivayah Om Namah Shivayah
Parvati Vallabha Namah Shivayah (rpt)

27. Twameva Mantra

You are my Mother, the Supreme One Without a Second, Who nourishes me with Divine Love and graces my life with Self-Respect (the perception of my self as the Soul-Self, and not just as a body, mind, intellect, or ego).

Twameva mata cha pita twameva

Twameva bandhush cha sakha twameva

Twameva vidya dravinam twameva

Twameva sarvam mama deva deva x 5