

# 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)

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## 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)

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## 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)

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## 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

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## 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)

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## 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

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**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

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**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)

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**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)

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**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)

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#### 15. Sri Krishna, Govinder

(Chant the names of Krishna)

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

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#### 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)

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#### 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)

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#### 19. Om Namō Bhagavate Nityananda

(Glory to God who is in Nityananda)

Om Namō Bhagavate Nityananda  
(repeated)

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#### 20. Om Namō Bhagavate Vasudevaya

(Glory to God who is in Vasudevaya)

Om Namō Bhagavate Vasudevaya  
(repeated)

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#### 21. Be Still

Be still and know I am one  
(repeated)

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#### 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)

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**24. Sita Ram**

(A chant for uniting with our own perfect masculine and feminine; glory to the divine couple Sita and Ram)

Sita Ram, Sita Ram,  
Sita Ram jay Sita Ram

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**25. Om Bhagavan**

(Glory to the Lord)

Om Bhagavan, Om Bhagavan,  
Om Bhagavan, Nityananda Bhagavan (x2)

**26. 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.