



# Songs for a Spiritual Life

Compiled by Zach Beach [www.zachbeach.com](http://www.zachbeach.com)

*“With beaming face chant the sweet name of God  
Till in your heart the nectar overflows.  
Drink of it ceaselessly and share it with all!  
If ever your heart runs dry, parched by the flames  
Of worldly desire, chant the sweet name of God,  
And heavenly love will moisten your arid soul.”*  
-A Song of Sri Ramakrishna

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# Sanskrit, Vedic, Yogic Chants

## Short Mantras

- So hum** (I am that)  
**Om, Aum** (Universal vibration)  
**Om Tat Sat** (Om, that is Truth)  
**Om Ah Hum** (Tibetan Mantra for vase breathing)  
**Om Ami Dewa Hri** (sacred mantra for Buddha Amithaba)  
**Om Shanti Shanti Shanti** (Om, peace peace everlasting peace)  
**Om Namah Shivaya** (I bow to Shiva, the destroyer)  
**Om Aim Saraswatiyai Swaha** (I bow to Saraswati)  
**Om Shri Hanumate Namaha** (I bow to Hanuman)  
**Om Gam Ganapataye Namaha** (I bow to Ganesha)  
**Ganesha Sharanam Sharanam Ganesha** (Surrender to Ganesha)  
**Om Ah Guru Hasa Vajra Hung** (Milarepa's mantra)  
**Om Mani Padme Hum** (The jewel in the heart of the lotus)  
**Om Dum Durgayei Namaha** (I bow to Durga)  
**Om Aim hreem kleem chamundaye vichche** (Durga Mantra)  
**Om Namō Narayanaya** (I bow to Naranaya, aka Vishnu - the preserver)  
**Om Namō Bhagavate Vasudevaya** (I bow to Lord Vasudeva, Lord Krishna)  
**Om Kleem Atmane Namaha** (I bow down to my Divine highest Self)  
**Om Shri Gaia Ma Purnatva Gaia Ma** (Beautiful, benevolent Earth Mother, you are the fullest perfection)  
**Om Namō Manjushriye Namō Sushriye Namō Utama Shriye Soha** (Prostration Mantra for the Buddha)  
**Om Shreem Maha Lakshmiyei Namaha** (Salutations to the great Goddess Lakshmi, of wealth and fortune)  
**Om Tare Tuttare Ture Soha** (I prostrate to the Liberator, Mother of all the Victorious Ones, The Green Tara)  
**Namu Amidabutsu** (I put my faith in the Buddha of Infinite Light)  
**Guru Guru Wahe Guru, Guru Ram Das Guru** (Wisdom comes when we are a servant of the Infinite)  
**Gate Gate Paragate Parasamgate Bodhi Svaha** (Gone, gone over, gone fully over. Awakened! So be it.)  
**Ra Ma Da Sa Sa Se So Hung** (Kundalini Mantra embodying the energy of the sun, moon, earth and infinite)  
**Tayata Om Mune Mune Maha Munaye Soha** (Oh Wise Shakyamuni Buddha)

## Song Title and Lyrics

### Anusara Invocation

Om namaḥ śivāya gurave  
Satccidānanda mūrtaye  
Niṣprapañcāya śantāya  
Nirālabhāya tejase

### Ashtanga Beginning Prayer

Om vande gurūnām caranāravinde  
sandarśita svātma sukhāvabodhe  
nihśreyase jāngalikāyamāne samsāra  
hālāhala mohaśantyai  
ābāhu purusākāram śankacakrāsi dhārinam  
sahasra śirasam śvetam pranamāmi patañjalim  
Om

## Chords, meaning, translation and/or origin

I offer myself to the Light, the Auspicious One, Who is the True Teacher within and without, Who assumes the forms of Reality, Consciousness and Bliss, Who is never absent and is full of peace, Independent in existence, the vital essence of illumination.

I bow to the lotus feet of the Supreme Guru which awaken insight into the happiness of pure Being, which are the refuge, the jungle physician, which eliminates the delusion caused by the poisonous herb of Samsara (conditioned existence). I prostrate before the sage Patanjali who has thousands of radiant, white heads (as the divine serpent, Ananta) and who has, as far as his arms, assumed the form of a

### **Ashtanga Final Prayer**

Om swasti prajaabyham paripaala yantaam  
Nyaayena maargena mahiim mahimshaam  
Go braahmanebhyach shubhamastu nityam  
Lokhaa samastaa sukhino bhavantu  
Sarve jana sukhino bhavantu  
Samasta sanmangaalini santu  
Lokha karlyana samridi rastu  
Vishva shanti rastu

### **Ganesha Chant**

Jai Ganesha Deva, Jai Durga Ma  
Uma Parvati, Ananda Ma  
Hari Om Namah Shivaya  
Om namah shivaya, Mahadeva Shambo

### **Gayatri Mantra**

Om Bhur Bhuvah Swaha  
Tat-savitur Vareṇyam  
Bhargo Devasya Dhīmahī  
Dhiyo Yonah Prachodayāt

### **Govinda Jaya Jaya**

Govinda Jaya Jaya, Gopala Jaya Jaya  
Radha Ramana Hari, Govinda Jaya Jaya

#### *Another version:*

Govinda Gopala, Radha Ramana Hari  
Govinda Jaya Jaya Ishvara

### **Guru Chant**

Guru Brahma, Guru Vishnu  
Guru Devo, Mahe Shwara  
Guru Sachat, Param Brahma,  
Tasmai Sri, Guru Dev Namaha

Man holding a conch shell (divine sound), a wheel (discus of light or infinite time) and a sword (discrimination).

May all be well with mankind.

May the leader of the earth protect in every way by keeping to the right path.

May there be goodness for those who know the earth to be sacred.

May all the worlds be happy. May all people be happy, Let all the living organisms in all places have a peaceful life.

Dm Am

Dm Am

G Dm

F C Dm

Shiva and Parvati are the parents of Ganesha. The divine family are said to live on Mount Kailasa in the Himalayas. Parvati has several divine forms. Two of her fierce but very powerful forms are Durga (goddess beyond reach) and Kali (goddess of destruction).

Let us honor the unity of Divine Spirit that pervades all realms of existence: the earth, the atmosphere and the heavens. May That most brilliant Divine Light protect us, sustain us and illuminate our consciousness that we might realize our inherent goodness, our inborn divinity and our unity with All That Is. By this knowledge may our actions be inspired.

Capo 2 Am G

Govinda: A name for the youthful Krishna. Literally, the lord of the cows. Jaya: Victory to! Celebration of. gopāla: A name for the divine baby Krishna. Literally, shepherd of the cows ("go"). rādhā ramaṇa: A name of Krishna, meaning the one who delights in the Goddess Radha. hari: A name of Vishnu. Literally "the remover," as in the One who removes all suffering and all veils of ignorance. Ishvara: God.

Our creation is that guru (Brahma-the force of creation); the duration of our lives is that guru (Vishnu-the force of preservation); our trials, tribulations, illnesses, calamities and the death of the body is that guru (devo Maheshwara-the force of destruction or transformation). There is a guru nearby (Guru Sakshat) and a guru that is beyond the beyond (param Brahma). I make my offering (tasmai) to the beautiful (shri) remover of my darkness, my ignorance; (Guru) it is to you I bow and lay down my life (namah).

**Hanuman Bolo**

Hanuman Bolo, Hanuman Bolo  
Jai Sitaram Jaya Jaya Hanuman

We sing (bolo) to Hanuman.  
We praise Sita and Hanuman.

**Hare Rama**

Hare Rama Hare Rama Rama Rama Hare Hare  
Hare Krishna Hare Krishna Krishna Krishna Hare Hare

C G D G  
Praise Rama.  
Praise Krishna.

**In the light of love**

In the light of Love, We are one x2  
Under the sun, under the moon,  
under the stars, we are one  
Om Namashivaya Om Namashivaya  
Om Namashivaya, we are one

**Jai Mata Kali**

Jai Mata Kali Jai Mata Durge (2x)  
Kali Durge Namoh Namah  
Kali Durge Namoh Namah  
Kali Durge Namoh Namah

Am G  
Am G  
F Am  
Am G

**Jaya shiva shankara**

Jaya shiva shankara bom bom hare hare x2  
Hare hare hare hare bom bom hare hare x2

Capo 2 Am G F G ([Link to a lovely rendition](#))  
Victory to the Auspicious One, the Destroyer of Doubt,  
Hail to the Remover of Evil, the Great God

**Lokah Samastah**

Lokah Samastah Sukhino Bhaavantu

C G Am F  
May all beings in the world be happy and free.

**Lord Ganesha**

Lord Ganesha, I'm praying to you,  
Lord Shiva, I'm praying to you,  
Parvati, I'm Praying to you  
All night long, with all my heart  
Om Gum Ganapataye Namaha x3  
All night long

Capo 2 Am G, Originally By Paul Mitchell  
**Alternatively: Grandmother Moon**  
Grandmother Moon, I'm praying to you  
Grandfather Sun, I'm praying to you  
All Night Long, With all My Heart,  
Grandmother Earth, I'm praying to you  
Grandfather Sky, I'm praying to you  
All Night Long, With all My Heart,  
Ya Na Wana Heya Na Hey Ya Na Heya Na x3  
All Night Long, With all My Heart, All Night Long

**Mahamrityunjaya Mantra**

Om tryambakam yajāmahe  
sugandhim puṣṭivardhanam  
urvā rukamiva bandhanān  
mṛtyor mukṣīya mā'mṛtāt

Capo 3 Am C G Em  
We worship the three-eyed one who is fragrant, and  
who sustains all living beings. May he liberate us from  
(Samsara) death. May he (Lord Shiva) lead us to  
immortality, just as the cucumber is released from its  
bondage.

**Meal Blessing**

Brahmārpaṇam Brahmā Havir  
Brahmāgnau Brahmañāhutam  
Brahmaiva Tena Gantavyam  
Brahmakarmā Samādhinah

brahmā: supreme spirit; arpaṇam: oblation, havih:  
butter, agnau: in the fire of consummation.  
brahmana: by the spirit soul. aahutam: offered.  
brahma: spiritual kingdom: eva: certainly. tena: by  
him. gantavyam: to be reached. brahma: spiritual.  
karma: in activities. samadhina: by complete  
absorption.

**Oh Holy Mother**

Om Namoh Kali Kali Om Namoh  
Om Namoh Kali Kali Om Namoh

Capo 3  
Am C G  
Dm Am C G

Oh Holy mother we invoke you in this space  
To take away our pain and fill us with your grace.  
Burn it all away, Burn it all away  
If it doesn't serve us, then burn it all away  
Bring it all in, Bring it all in,  
If it's gonna serve us then bring it all in

**Om Mani Padme Hum**

Hari Om Mani Padme Hum Om Mani  
Om Mani Padme Hum  
There's a jewel in the lotus flower unfolding,  
Deep inside my soul.  
To be a jewel in the lotus flower unfolding,  
It's the highest goal.

**Om Sarve Bhavantu Sukhinah**

Om Sarve Bhavantu Sukhinah  
Sarve Santu Niraamayaah  
Sarve Bhadraanni Pashyantu  
Maa Kashcid-Duhkha-Bhaag-Bhavet  
Om Shaantih Shaantih Shaantih

**Ong Namō Gurudev Namō**

Ong Namō Gurudev Namō x3  
Gurudev Gurudev Namō x4

**Pattabhi Jois Traditional Prayer**

Sri Gurum Gananatham cha  
Vanim shanmathuram tatha  
Yogeshwaram Sri Harim cha  
Prana'tosmi moohoormuhu

**Pavamana mantra**

Asato mā sad gamaya  
Tamaso mā jyotir gamaya  
Mṛtyor māmṛtaṃ gamaya

**Shri Ganesh Vandana Mantra**

Om Suklam Baradharam Vishnum  
Shashi Varanam Chatur Bhujam  
Prasanna Vadanam Dhyaye  
Sarva Vighnopa Shantaye

Kali, (Sanskrit: "She Who Is Black" or "She Who Is Death") in Hinduism, goddess of time, doomsday, and death, or the black goddess (the feminine form of Sanskrit kala, "time-doomsday-death" or "black").

Capo 3 Am C G Am

"The meaning of the six syllables is great and vast... The first, Om symbolizes the practitioner's impure body, speech, and mind; it also symbolizes the pure exalted body, speech, and mind of a Buddha. The path is indicated by the next four syllables. Mani, meaning jewel, symbolizes the factors of method: altruistic intention to become enlightened, compassion, and love. The two syllables, padme, meaning lotus, symbolize wisdom. Purity must be achieved by an indivisible unity of method and wisdom, symbolized by the final syllable hum, which indicates indivisibility." - 14th Dalai Lama

Om, May All be Happy,  
May All be Free from Illness.  
May All See what is Auspicious,  
May no one Suffer.  
Om Peace, Peace, Peace.

C Am Fmaj7 C  
C F C G

Namō: with Humility. Guru: is the intelligence which illuminates darkness and thereby reveals what is real. Gurudev: refers to the highest truth and can reveal itself in many ways. In all it means, "I bow before my highest consciousness"

To the blessed Guru and Ganesh  
As well as to Saraswati and Skanda  
To Shiva, the lord of the yogis, and Shri Hari  
I bow again and again

Am Am  
Am C G  
Dmaj C Am

From the unreal lead me to the real,  
From the darkness lead me to the light,  
From the dead lead me to the immortal.  
Comes from Bṛhadāraṇyaka Upaniṣad (1.3.28.)

Salutations to Ganesh who is omnipresent, who wears white robes, Whose face is as bright and cool as the moon and who has 4 arms  
Who has a contented face (capable of blessing)  
Meditating on him, all obstacles in my life are neutralized.

### **Student Teacher Prayer / Shanti Mantra**

Aum Saha nāvavatu  
Saha nau bhunaktu  
Saha vīryam karavāvahai  
Tejasvi nāvadhītamastu  
Mā vidviṣāvahai  
Aum śāntiḥ śāntiḥ śāntiḥ

### **Suddhosi buddhosi**

Suddhosi Buddhosi Niranjani  
Samsāra Māyā Parivar jitosi  
Samsāra svapanam traīja mohan nidram  
Nan janma mrityor tat sat svarupe

#### *Phonetic spelling:*

Suddho-si buddho-si  
Naranja naysee  
Samsara maya  
Parear jay daasi  
Samsara swapanan  
Traja mohar nejrum  
Nanjama mrityor  
tat sat sva rupee

### **The Three Refuges**

Om Namō Amitabhaya Buddhaya, Dharmaya,  
Sanghaya x2  
Om Namō Om Namō Om Namō Amitabhaya

### **Tvam-Eva Maataa**

Tvam-Eva Maataa Ca Pitaa Tvam-Eva  
Tvam-Eva Bandhush-Ca Sakhaa Tvam-Eva  
Tvam-Eva Viidyaa Dravinnam Tvam-Eva  
Tvam-Eva Sarvam Mama Deva Deva

### **Upanishad Invocation**

Om bhadram karnebhih shrinuyaama devaa  
bhadram pashhyemaakshabhiryajatraah  
sthiraīrangāistushhtuvaam sastanuubhirvyashema  
devahitam yadaayuh  
svasti na indro vriddhashravaah  
svasti nah puushhaa vishvavedaah  
svasti nastaarkshyo arishhtanemih  
svasti no brihaspatirdadhaatu  
Om shaantih shaantih shaantih

### **Victory for Shiva**

Jaya Jaya Shiva Shambho x2  
Mahadeva Shambho x2

Let us be together, be protected  
Join our mental forces in strength, for the benefit of  
humanity. Let our learning be luminous, filled with joy  
and purpose.  
Let us never be poised with the seeds of hatred for  
anyone.  
Om peace peace peace

### **From Shimshai's 2008 CD, *Alianza***

Em, C, D  
You are forever pure  
You are forever true  
And the dream of this world  
Can never touch you  
So give up your attachments  
And give up your confusions  
And fly to the space  
That's beyond all ....illusions

The sage Madalasa sang this lullabye when she  
rocked the cradle of her children: "O child! Thou art  
Pure Consciousness. Thou art stainless. Thou art  
devoid of Maya and Samsara."

#### Capo 3

Am Dm Am E Am  
Am G F E

**Buddha** = awakened one, **Dharma** = path, truth or  
teaching **Sangha** = Community, **Amitabha** (limitless  
light) is a sage who become enlightened

You Truly are my Mother And You Truly are my Father  
You Truly are my Relative And You Truly are my  
Friend.  
You Truly are my Knowledge and You Truly are my  
Wealth.  
You Truly are my All, My God of Gods.

### **From the Prashna Upanishad**

Om, O Gods, May we hear auspicious words with our  
ears, O Worshipful One, May we see auspicious  
things with our eyes,  
May we live our entire life cheerfully in perfect health  
and strength offering our praises unto thee,  
May Indra, the ancient and the famous, bless us,  
May Pushan (Sun), the all-knowing bless us,  
May Vayu (Life Principle), the Lord of swift motion who  
protects us from all harms, bless us,  
May Brihaspati, the Lord of wisdom, bless us all.  
Om Peace Peace Peace

Am C G Am

C Am G Am

Glory to the Great Lord Shiva! Thank Merciful! Glory

### **Yogena Cittasya**

Yogena Cittasya Padena Vaacaam  
Malam Shariirasya Ca Vaidyakena  
Yopaakaro ttamam Pravaram Muniinaam  
Patanjalim Praanjalir-Aanatosmi

to the one who brings happiness and joy to live in the hearts of all!

I bow down to him who purifies the impurities of the Mind by Yoga, who purifies the expression of Speech by Grammar, and who purifies the impurities of the Body through Medical Science, He who is an expert in removing the impurities of the Body, Mind and Speech, to that most excellent of Munis, Patanjali, I bow down with folded hands.

## *Canciones Español*

### **Agua De Estrellas**

En tus ojos de agua infinita  
se bañan las estrellitas mamá  
Agua de luz, Agua de estrellas  
Pachamama vienes del cielo  
Limpia, limpia, limpia corazón, agua brillante  
sana, sana, sana corazón, agua bendita  
calma, calma, calma corazón,  
agua del cielo, mamá

**Dm F** In your infinite eyes of water  
**C G C Dm** the stars are bathing, mother  
**Dm F Am** water of light, water of stars  
**G C Dm** Pachamama you come from heaven  
**Dm F C G** Cleanse, cleanse, cleanse the heart,  
brilliant water  
Heal, heal, heal the heart, blessed water  
Calm, calm, calm the heart, water from heaven,  
mother

### **Because I Love You So Much**

por que te amo tanto  
por que te amo tanto tanto tanto  
por que te amo tanto  
con todo mi corazon  
hey yana hey ney yo we

### Often sung in English too

because i love you so much  
because i love you so much so much  
because i love you so much  
from all of my heart  
heyana hey ney yo we

### **Da Nos Bendiciones**

Da nos bendiciones con este canción  
De nuestras corazón, nuestras corazón  
Ya ne yo way no  
Hey yah na hey ney yo way

Give us your blessing with this sacred song  
From our hearts, from our hearts

### **Earth, my body**

Tierra mi cuerpo,  
agua mi sangre  
aire me aliento  
fuego mi espiritu

English verse:  
Earth, my body,  
Water, my blood,  
Air, my breath,  
Fire, my spirit.

### **Gran espíritu**

Gran espíritu ayuda nuestra gente  
Ayuda nos en esta ceremonia (2x)  
Da nos tu calor  
Da nos tu amor  
Da nos instruction  
Oh da nos purificacion

*By Ali Maya, from the album Oceans of Compassion*

Am Em  
F G Am  
Am Em  
Am  
Em  
F G Am

*(Chords by Lauren Arrow)*

Great Spirit come help our people  
Heal us in this ceremony  
Bless us with your warmth



Bless us with your love  
Guide us on our way  
Purify the hearts of all

### **Manantial**

Manantial, manantial poderoso manantial  
Bri bri bri bri bri bri bri bri bri  
Vienen bajando iluminando  
Bri bri bri bri bri bri bri bri bri

Mighty, mighty wellspring,  
Hummingbird,  
coming down with your light

### **Siento el fuego**

En el cielo y en la tierra, Con el sol y las estrellas  
En el cielo y en la tierra, con luna y las estrellas  
Siento el fuego dentro dentro,  
Siento el fuego aquí te encuentro x2  
Pachamama en este fuego,  
Pachamama aquí te encuentro x2  
Vuela vuela el aguilita, Vuela vuela condorcito  
Vuelan libres por nosotros, Cuidan miran todo todo  
Cuidan miran todo, todo.

Capo 6, Am, Em, G, Em, ([Link](#))  
In the sky and on earth, With the sun and the stars  
In the sky and on earth, The moon and the stars  
I feel the fire inside inside,  
I feel the fire here I meet you,  
Pacha Mama, in this fire,  
Pacha Mama, here I meet you  
The Eagle flies, flies, The condor flies, flies  
They fly, they fly for us, They care, they watch for us

### **The river is flowing**

El río está fluyendo, fluyendo y creciendo,  
El río está fluyendo, hacia el mar  
La madre lleva mi, niño como siempre fui,  
La madre Lleva me, hacia el mar

Am C G Am  
The river is flowing, flowing and growing,  
the river is flowing down to the sea.  
Mother Earth is caring me, her child I will always be,  
Mother Earth is caring me, back to the sea

La luna está brillando, brillando y criando,  
La luna está brillando, dentro de mi  
La hermana lleva mi, niño como siempre fui,  
La hermana lleva mi, hacia el mar

The Moon she is waiting, waxing and waning  
the Moon she is waiting, for us to be free.  
Sister Moon watch over me, a child I will always be.  
Sister Moon watch over me, until we are free

### **Todo es mi familia**

Caminaré en belleza, caminaré en paz x2  
Todo es mi familia x2  
Todo es sagrado las plantas y animales  
Todo es sagrado las montañas y el mar  
Todo es mi familia x2  
Hey ah hey ah hey ah, Hey ah hey ah hi yo x2  
Todo es mi familia x2

Am, E ([Link](#))  
I will walk in beauty, I will walk in peace x2  
Everything is my family x2  
Everything is sacred, animals and plants  
Everything is sacred, mountains and the sea  
Everything is my family x2  
Hey ah hey ha hey ah, Hey ah hey ha hey x2  
Everything is my family x2

### **Vive colibri**

Bri bri bri bri bri bri bri, brilla un colibrí (x2)  
En el centro de este fuego, brilla un colibrí (x2)  
Un ave me llevará, un ave nos llevará (x2)  
En el centro de esta temple, brilla un colibrí (x2)

Am C Am C Am  
Am G  
A hummingbird shines  
In the center of this fire, shines a hummingbird  
A bird will take me, a bird will take us  
In the center of this temple, shines a hummingbird

### **Vuela con el viento**

Llévame con tus alas de luz  
águila tráenos medicina  
del viento del aire, las estrellas, del sol  
brillando, guía mi camino (x2)  
(Chorus) Cura, cura, cúrame,  
sana todo lo que yo llevo  
agradezco por mi vida

Em D C D ([Link](#)) By Ayla Shaffer  
Carry me with your wings of light  
Eagle bring us the medicine  
Of the wind, of the air, of the stars,  
of the sun Shining, you guide the way  
Cure, cure, cure me  
Heal everything I carry  
Giving gratitude for my life

Pachamama yo te amo (x2)  
Vuela con el viento, vuela con el viento (x2)  
Llévame con tus alas de amor  
condorcito tráenos medicina  
del cielo, ilumina mi interior  
volando enseña mi camino (x2)

### **Vuela Vuela**

Vuela Vuela Vuela Vuela  
Vuela Vuela Mujer Águila (x2)  
Respira, respira y confía en tu sabiduría (x2)  
La altura te da la perspectiva  
y la perspectiva te da la alegría (x2)

mother earth i love you  
Fly with the wind, fly with the wind  
Carry me with your wings of love  
Condor bring us the medicine  
of the sky, illuminate my interior  
Flying, you show me the way

By Hannah from Moondance  
Fly Fly Fly Fly Fly Flying Eagle Woman (x2)  
Breathe, breathe  
and trust in you your wisdom (x2)  
Height gives you perspective  
and perspective gives you joy

## *Earth and Rainbow*

### **Angel walk Song**

I behold you beautiful one  
Sacred child of the earth and the sun  
Let my love wash over you x2

Used for the Angel Walk/Wash Exercise.

### **Be Easy**

Verse 1: Be easy, Take your time... You're coming  
home to yourself, Coming home to yourself.  
Verse 2: Don't you know that; in your heart is, where  
all the creatures come alive? Come alive.

Lyrics inspired by the poet Nayyirah Waheed and  
Jakua Jordan. Song created by Ospray

### **Blessed We Are**

Blessed we are to dance on this ground with the  
rhythm of saints, to carry the sound. We hold a prayer  
for the Earth, for the ones yet to come  
May you walk in beauty and remember your song.  
Remember why you came here.  
Remember your life is sacred.  
Remember why you came here  
remember this life is sacred.  
Ay ya yai ya yai ya yai oh x4

Dm Am C G  
From the album *Four Great Winds*  
Music and Lyrics written by Peia  
Music written by Jerom Gilbert

### **Cat's song**

The wisdom of the tree flows deep inside of me  
As my roots, are growing in the ground. x2  
The condor flies high in the sky,  
as my branches, are growing wide.  
The puma gives the warriors cry,  
and the people unite to heal.  
The hummingbird sips the nectar of life,  
and our mystical souls are revived.  
The serpent spiral up my spine,  
and the magic of the vine is revealed.

Written by Katherine Alta, during a SchoolYoga  
Institute Yoga Teacher Training at the Mystical Yoga  
Farm in Guatemala.

### **Child of the Earth**

I am a child of the earth, of the earth, of the earth  
We are the children of the earth, of the earth

**Children of the Earth Tribe**

Children of the earth tribe, rise up,  
Children of the earth tribe, rise up now (2x)  
Some say namaste, some say aho matakweyasin  
Some say Om, some say Shalom  
We all call mother earth our home  
Respect her, protect her  
Please don't neglect her...

**Gathering the Flowers**

Gathering the flowers  
Flowers from the forest  
Forest full of medicine  
to help us with our healing

Healing of our bodies  
Body, mind, and spirit  
Spirit of the Water,  
come wash over my heart.

My heart is growing open  
Opening each moment  
Each moment is a miracle  
that's calling us to gather.

**Give Thanks**

Give thanks to the mother Gaia  
Give thanks to the father Sun  
Give thanks to the plants in the garden where the  
mother and the father are one  
Give thanks, give thanks, in all we do give thanks x2

**Goddess**

We all come from the Goddess, Goddess  
And to her we shall return,  
Like a drop of rain, Flowing to the Ocean,  
Hoof and Horn, Hoof and Horn,  
All that dies shall be reborn,  
Corn and grain, corn and grain,  
All that falls shall rise again.

**Gratitude is...**

Happiness is gratitude, doubled by wonder  
Give thanks, Give thanks.

**Gratitude for Mother Earth Song and Dance**

Mother I feel you under my feet,  
Mother I feel your heartbeat x2  
Haya Haya Haya Heya Heya Heya ho x2

**Heart Beats So Strong**

Heart beats so strong, feel it on the one drum  
Heart beats so strong.  
We are the song the ancients have sung  
Calling us all to become

Same melody as *Earth, my body*. More verses:  
Healing of our bodies  
Body, mind, and spirit  
Spirit of the Water,  
come wash away my tears.

Tears of joy I'm crying,  
Crying for my people,  
People, we are ready,  
Ready to be free.

Free to be new people.  
Beautiful empowered  
Empowering each other  
In peace we come to Gather.

Original blessing by Rudolf Steiner

From the album: *Return of the Goddess, Sacred Chants for Women* by Lindie Lila ([link](#))

By Laurence Cole

*Potentially more verses:*  
Mother I hear you in the river song  
Eternal waters flowing on and on x2  
Father I see you when the Eagle flies  
Light of the Spirit going to take us higher x2

By Lindy Kehoe

Strong in our spirit, in our prayer, in our love  
Calling us all to become  
Strong in our spirit, in our prayer, in our love  
Calling us all to be one  
One in a spirit, Can you feel,  
Our heart beat, On one big drum  
Spirit, Singin' together the song of love

**I breathe in**

I breathe in, I breathe out  
I remember, who I am  
I am remembering, who I am

by Darin Lehman  
Am Em  
G D Am  
Am Em G D Am

**Joy in Simple Things**

I find my joy in the simple things,  
coming from the earth.  
I find my joy in the sun that shines  
and the water that sings to me.  
Listen to the wind, listen to the water,  
Hear what they say.  
Singing hey yah hey yah hey yah hey yah  
Hey yah hey yaah hey x3  
Let us never forget, never forget to give  
thanks,  
Give thanks, give thanks, give thanks, and  
praise x2  
Singing hey yah hey yah hey yah hey yah  
Hey yah hey yah hey x3

Am C G Am

**Let Life Move Me**

I'm gonna let life move me,  
I'm gonna let life stir me deep,  
I'm gonna let life wake me from an ancient sleep.  
I'm gonna laugh all my laughter,  
I'm gonna cry all my tears,  
I'm gonna love the rain  
just as deeply as the sun when it clears.

This version of the song has morphed considerably from it's author's original version called An Open Heart. He gives his blessing to spreading this version as well. See his website: [www.scottsongs.com](http://www.scottsongs.com)

**Light of my Soul**

I am the Light of my Soul  
I am bountiful, I am beautiful  
I am bliss, I am I am x4

By David Lurey  
Am  
G F  
F E

I am the Light of my Soul  
I am bountiful, I am beautiful  
I am bliss, I am I am x4

Am G  
F E  
F E

**Listen**

Ah maya hey, a maya ho  
Somethin's calling to me I know x2  
Listen, Listen x2  
To the calling of my soul

By Tiffany Floyd

**Long Time Sun**

May the long time sun, Shine upon you  
All love surround you, You are the pure of light

Originally from "A Very Cellular Song" by Mike Heron of Incredible String Band, popularized by Satnam Kaur's version

Within you, Guide you way on, Guide you way on,  
Sat ...nam x3

### **Morning Sun**

Morning sun morning sun  
come my way come my way  
come my way come my way,  
take my pain take my pain  
Take my pain take my pain  
down below down below  
Down below down below  
cool water down below

### **Now I walk in beauty**

Now I walk in beauty, Beauty is before me,  
Beauty is behind me, Above me and below me,

### **Open Like a flower**

Open Like a flower, Open Like a flower  
Yellow and sweet like sage in the summertime  
Let your love shower, let your love shower  
Just like rain drips deep into divinity

### **Opening**

I'm opening, I'm opening  
I'm opening up to the sweet surrender  
to the luminous love light of the one.

### **Pacha Mama, I'm coming home**

Pacha Mama, I'm coming home  
To the place where I belong  
Pacha Mama, I'm coming home,  
To the place where I come from. x2  
I want to be free, so free  
Like the flowers and the bees  
Like the birds in the trees  
Like the dolphin in the sea  
I want to fly high, so high  
Like an eagle in the sky  
and when my time has come  
I'm gonna lay down and die  
and when my time has come  
I'm gonna lay down inside

### **Power Song**

When I was younger, someone told me  
It was wrong to be strong, It was wrong to be strong  
But now I'm older and so much wiser  
And I've been given away my power for too long  
So I'm taking it back, I'm taking it back  
I'm taking it back, back, back  
'Cuz it's mine

### **Rainbow Song**

Deep inside my heart I've got this,  
Everlasting light, It's shining, like the sun,  
It radiates on everyone, And the more that I give,

A shamanic song for the spiritual practice of walking.  
Tempo is about the pace for a slow stroll.

### **By John Medicine Oak**

F Am  
C/G  
F Am  
G

Dm Am G Dm

Original words and music by Ronny Hickle  
A Beautiful Chorus Version has slightly different lyrics:  
... Like a feather blowing through the breeze...  
And when my time has come  
I'll let it all go with a sigh...  
I wanna be free, be me  
Be the only being that I see  
Not to rise and not to fall  
Be at one with love and all  
There is no high, no low  
There is nowhere else to go  
Except inside within your heart  
And be just who you are

From the Rainbow Family of the Living Light

The more I've got to give, It's the way that I live,  
It's what I'm living for.

**Release all of my fears**

I am here to release of all of my fears,  
come to peace with all my tears  
and discover what it means to be alive

Capo 4  
Am G  
F  
E

**Remember me**

All I ask of you is forever to remember me,  
as loving you.

Sufi dance of Universal Peace

**River Prayer**

As I went down in the river to pray,  
Studying about that good old way  
and who shall wear, the starry crown  
good lord, show me the way,  
Oh (Father) lets go down  
Let's go down, let's come on down,  
Oh (Father) lets go down,  
Down to the river to pray,  
Mother... brother... sister...

C  
F C  
  
G F C  
G C F C

An American song with an unknown origin, the earliest known version of the song was titled "The Good Old Way," and published in *Slave Songs of the United States* in 1867.

**River of Light**

Ain't afraid to live 'cuz I ain't afraid to die x2  
I was born on the river of the light x2

**Tall trees**

Tall trees, warm fire, Strong Wind, Deep Water  
I feel, you in my body, I feel, you in my soul.

**The Eagle Screeched**

The eagle screeched, the eagle screeched ,  
and every bird flew,  
To the middle of the forest to meet the hummingbird,  
Hummingbird king of the jungle,  
flaps his wings in high vibration,  
And all the birds become enchanted  
And focused in concentration.

*Occasionally a third verse is added:*  
The Eagle descended, the Eagle landed  
in the Harem of the Hummingbird.  
And all the Birds become illuminated,  
and drank Divine Nectar.

**The Way of the Heart**

Let the way of the heart, Let the way of the heart,  
Let the way of the heart, Shine through.  
Love upon love upon Love,  
Our hearts are beating as one  
Light upon light upon light,  
Shining as bright as the sun

Am G  
F G Am  
C  
G  
Am  
G

**Tower of Strength**

I am a tower of strength within and without  
I am a tower of strength within x2  
I let all my burdens fall from my shoulders,  
All anxieties slip from my mind x2  
I let every shackle be loose x4

**Tumbling Stone**

I am a tumbling stone, I am a tumbling stone x2

Oh, my body is of Earth, of earth and bone x2  
My blood is of the river, my blood is of the sea,  
Flow Flow Flow the river, Flow inside of me

**Walk in beauty**

May you walk in beauty in a sacred way  
May you walk in beauty each and everyday x2  
May the beauty of the fire lift your spirit higher  
May the beauty of the earth fill your heart with mirth  
May the beauty of the rain wash away your pain  
May the beauty of the sky teach your mind to fly

**We all need each other**

When the rain falls down from the cloudy sky,  
it's the father healing the mother.  
When the green things grow and the rivers flow,  
it's the mother healing the father.  
(Chorus) And the mother needs the father to be green  
green green.  
And the father needs the mother to be born.  
And the sister needs a brother  
and the baby needs a mother  
and we all need each other to be whole.  
Yes we all need each other to be whole.

*Sometime's a second verse is added:*

When the sun shines bright and it gives you light,  
it's the brother healing the sister.  
When the ocean winds blow and caress your soul,  
it's the sister healing the brother.

**We are circling**

We are circling, Circling together,  
We are singing, Singing our heartsong,  
This is family, This is unity,  
This is celebration, This is sacred.

**Let the love shine in**

Open my heart, and let the love shine in x2  
Let my heartbeat like a fertile field  
Where seeds of faith can be sown  
So let the love shine in

## ***Indigenous People and World Music***

**Ancient Mother**

Ancient Mother, I hear you calling  
Ancient Mother, I hear your song  
Ancient Mother, I hear your laughter  
Ancient Mother, I taste your tears  
O la mama, Wha ha su cola  
O la mama, Wha ha su lon  
O la mama, Ka whe o ah ha ha  
O la mama, Ta te Kaii

By Brooke Medicine Eagle  
From the album *For My People* ([link](#))

**Cycling Moon**

We are one with the infinite sun  
Forever and ever and ever

Some say this is a lakota vision quest chant, meant to awaken one self to unity consciousness and how we are one with the universe. Other say it's of Pagan origin.

We are in tune with the cycling moon  
Forever and ever and ever  
Kuate lenyo lenyo mahote  
Hay yeno, hay yeno, hay yeno (2x)

**Father Sun**

Nichi Thai tai N U Y, Oranika, Oranika,  
Hey Hey Hey Hey O I

**Fire Song**

Hey ya, hey yo, ya, hey ya, hey ho,  
Hey ya, hey yo, ya, hey ya, hey ho x2  
Hey ho, hey ho, ya ha, meyo x2

**Fly like eagles**

Aho wichy tai ya, wichy tai yay x2  
We all fly like eagles, Flying So High,  
Circling the Universe, On Wings of Pure Light

**Huey Tonantzin**

Huey Tonantzin Tonantzin x2  
Ipalnemohuani  
No yolotl tatzin  
Tlazocamati  
Tonantzin x2

**Ide Were Were**

Ide were were nita ochun, Ide were were  
Ide were were nita ochun, Ide were were nita ya  
Ocha kiniba nita ochun  
Cheke cheke cheke  
Nita ya  
Ide were were

**Jardim Do Universo**

(Verse 1)

Vejo as flores do astral,  
o Rei Jagube e Mãe Rainha  
Na cachoeira a limpar,  
Mamãe Oxum vem me iluminar  
No coração trago a verdade,  
fogo que arde pra me lembrar  
Eu chamo a força, eu chamo a força,  
eu chamo agora, eu chamo aqui

(Verse 2)

Eu vou seguindo meu caminho,  
vou cantar neste lugar  
Dai-me firmeza, proteção,  
alegria e a compaixão  
É beija-flor, é beija-flor

From Alberto Villoldo and the 4 winds society

From Rainbow Bird of the Kulakula tilakam tribe in Oregon

This song was received in a vision quest, and is a song for the protection of the fire and in honor of it protecting us. It was Rainbow Bird's vision for it to be shared by all people across the world.

Originally a Peruvian rainbow song, singing "Oh Wirracouta" referring to spirit

Feel free to make up your own verses "We all fly like hummingbirds... flying so low... circling the universe.. On wings of rainbow... we all play like monkeys..."

A Nahuatl (Aztec) Song ([Link](#))

Gran venerable Madre (Great Venerable Mother)  
Tu eres la dadora de vida (You are the giver of life)  
Tenemos tu venerable corazón (We have your venerable heart) Gracias (Thank you)  
Venerable Madre (Venerable Mother)

Capo 2

Em D Cmaj7

Em D Cmaj7

D

G C

D

Bm B7

Ochun is the goddess of love,  
chant which speaks about a necklace  
which is a symbol of the initiation into love

[By Bettina Maureenji](#)

I see the flowers of the astral,  
King Jagube and Mother Queen  
At the waterfall to be cleaned,  
Mama Oxum comes to light me  
In my heart I bring the truth,  
fire that burns to remind me  
I call the force, I call the force,  
I call now, I call here  
I'm going my way,  
I'm going to sing in this place.  
Give me firmness, protection,  
joy and compassion.  
It's a hummingbird, it's a hummingbird  
that my Mother gave me.  
Divine Mother, Jasmine Flower,



que minha Mãe me entregou  
Divina Mãe, Flor de Jasmim,  
vos perfumai o meu jardim  
(Chorus)  
Neste jardim do universo, luz divina a me iluminar  
Neste jardim do universo, sempre, sempre a te amar

### **Kawa Kawa**

Kawa Kawa Yo Pai Jai Jai x4  
Saxa Kawa Yo Pai Jai Jai x4  
Onza Pahi Ko Jai Jai x4  
Korowai Jai Jai x4

### **Kole Oko Mama**

Kole Oko Mama Kole Oko x4  
Mama Kole Oko x4

### **Mahk Jchi**

Mahk jchi tahm buooi yampi gidi  
Mahk jchi taum buooi kan spewa ebi x2  
Mahmpi wah hoka yee monk  
Tahond tani kiyeetiyee  
Gee we-me eetiyeetiyee  
Nanka yaht yamaniyah wajitse x2

### **Nalini's Water Blessing**

Uchu No Mugen No chikara Ga Kori Kote  
Makoto No daiwa No miyo ga nari natta  
We pray for healing blessing on the waters  
We pray for healing blessings on the sea  
We pray for healing blessings on the rivers  
That they they may shine in crystal purity (1st v.)  
That they may flow in perfect harmony (2nd v.)

### **Oh Mali**

Oh Mali Olay Mama x2  
Olayeo Olayeo  
Olay Olay Olay O Mama x2

I have perfumed My garden  
In this garden of the universe,  
divine light to enlighten me  
In this garden of the universe,  
always, always, I love you

From the Katukinas people in the Amazon of Brazil  
This song sings of the spirit of the Fish, the Jaguar  
and the Grandmothers

African song meaning, *mother, where are you hiding?*  
A D A  
A E A

Heartbeat Drum Song by Pura Fe ([link](#))  
Our hearts are full and our minds are good.  
Our ancestors come and give us strength.  
Stand tall, sing, dance and never forget who you are  
or where you come from.

Composed by Nalini Blossom  
Am Em  
The eternal power of the universe has gathered itself  
to create the world with true and grand harmony.

## *Plant Medicine and Icaros*

### **Ayahuasca ayni**

Ayahuasca ayni ayahuasca curanos  
Madrecita ayni madrecita curanos  
Medicina ayahuasca medicina curanos  
Abuelita ayni, abuelita curanos  
Trai nai nai nai nai nai nai

Capo 2 Am G  
From the [Pisac Tribe](#)

### **Cielo Cielo Ayahuasca**

Cielo Cielo Ayahuasca  
Alta Mantay Tronsciesito x2  
Punta Mantay Cogollito  
Floristangi Cloroso  
Brilla Brilla Reveleas

([Link](#))

Pura Pura Medicina  
Tranquilito Sentidito  
Sin Ningun Temor De Nada  
Cuerpecito Cuna Yari

**Resources**

<https://soundcloud.com/collectiveheartmedicine> Janani Ayni's soundcloud

<https://soundcloud.com/daughterofearth> Janani Ayni's other soundcloud

<https://soundcloud.com/glwsa/> Global Light Warrior Song Arsenal

<http://singingalive.org/> Annual Gathering in Oregon

<http://kirtan.nu/wp-content/uploads/2012/10/ElfSpiritualSongbook.pdf> Spiritual Elf Songbook

<http://www.vamadevakirtan.com/songbooks.htm> Vamadeva's Songbooks

<http://ourchants.org/songbooks/divine-earth-songs> Divine Earth Songs

<http://www.ayahuasca-wasi.com/lcaros.pdf> Sacred Valley Tribe

<http://premjosua.com> Kirtan and Jam Band

<https://www.processsing.com/songbook> Lauren Arrow's Songbook