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http://groups.yahoo.com/group/oahurainbow

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Mailing list for events, etc: [http://groups.yahoo.com/group/oahurainbow](http://groups.yahoo.com/group/oahurainbow)
Rainbow Gathering

Above and Below

Air Moves Us

Air Moves Us

All I have to do is fly over the ocean

Ancient Mother

Animal Spirits Come to Me Now

As the Phoenix we shall Rise

Come and Become One

Dreamtime, Dreamtime

Far Away on a Mystical Island

For You I Wish Only Two Things

Here We Are Once Again

Homeward Now Shall we Journey

Humble Yourself

If the People Lived their Lives

I Love Myself So Much

In My Streams You Can Swim to Me

In the Circle of Earth and Sky

Open Your Heart to the Universal Love

People of the Earth Tribe Rise Up

Pure Earth Warm Fire

Rainbows! We're Coming Home!

Reference: https://archive.org/download/MettabensRainbowChantCollection/above_and_below.mp3

Similar to but not exactly the same as the version by Snatam Kaur.

mp3: http://archive.org/download/MettabensRainbowChantCollection/ong_namo_gurudev_namo_c_major.mp3

Air Moves Us

Fire transforms us
Water shapes us
Earth heals us
And the turning of the wheel goes round and round
And the turning of the wheel goes round

Chords:

(Em) Air (G) moves (Em) us
(Dm) Fire trans(Am)forms (Dm) us
(Em) Water (G) shapes (Em) us
(An) Earth (G) heals (Dm) us
And the turning of the (Am) wheel goes (Dm) round (Am) and (Dm) round
And the (Am) turning of the (G) wheel (F#m) goes (Em) round.

I remember learning this song. It was at the top of my alphabetic list. It took me a long time, but I persevered. Funny now it takes me a lot less time to learn a new song...

mp3: http://www.archive.org/download/MettabensRainbowChantCollection/air_moves_us.mp3

Air We Are / Fire We Are

Water, Earth and Spirit we are!

Chords:

(Dm) Air (Am) we (Dm) are
Fire (Am) we (Dm) are
Wa(F)ter, (Em) Earth (C) and
(Dm) Spirit (Am) we (Dm) are!

Alakh Alakh Bam!

Alakh Alakh Bam! Bam!
Alakh Shiva Shambo
Kailash Ke Raja Shiva Bhole
Bam Bam Bam Bhole

Shiva Namah Om
Om Namah Shivaya
Hari Om Namah Shivaya

Alakh: beyond description

Chords:

(Dm) Alakh Alakh (F) Bam
(Dm) Alakh Alakh (F) Bam Bam
(Dm) Alakh (F) Shiva (Em) Sham(Dm)bo
(An) Kailash Ke Raja (G) Shiva Bo(Dm)le
(F) Bam Bam Bam Bole(G)na(An)ath
(An) Kailash Ke Raja (G) Shiva Bo(Dm)le
(F) Bam Bam Bam Bole(Dm)na(An)
(An) Shiva Namah

Shiva Namah Om
Hari (C) O(Em)o(G)om
(Dm) Namah (F) Shiva(Dm)ya

mp3: http://www.archive.org/download/MettabensRainbowChantCollection/alakh_alakh_bam.mp3

All I Ask of You

Is forever to remember me
As loving you
All I ask of you
is forever to remember me
As loving you
Ishq Ke La Mabud Le La
Ishq Ke La Mabud Le La

Record me!
**All I See is Blessed**

All I do is Blessed  
All I am is Blessed  
Here, Now, Blessed  

Here is how  
the blessings come down  
They come down from above  
They come warm like sunshine  
And quiet as snowfall  
And soft as rain filled with love  

Here is how  
the blessings come up  
They come up from below  
They come up like seeds sprouting  
Up like steam rising  
Up like gardens they grow  

All I am is Blessed  
All I see is Blessed  
All, all my relations  

Let us remember,  
Always to give thanks  
To the Great Spirit  
The source of all life  
All, all my relations  

Heya hey hey  
Heya hey hey  
All, all my relations  

Chords:  
(Dm) All life is sacred  
(C) The animals and the trees  
(Dm) All life is sacred  
(C) The ocean and the seas  
(Bm) All, all of my relations  

http://www.archive.org/download/MettabensRainbowChantCollection/all_life_is_sacred_1.mp3  

**Altissimo Corazón**  
Que Florezca  
Que Florezca La Luz  
Que Florezca  

Language: Spanish  

Record me!  

**Anam Amma Taye**  
Akhilandeshwari Niye  
Annapurneshwari Taye  
O Adi Parashakti Niye  

Translation:  
O Mother, Mother, dear Divine Mother  
Goddess of the Universe  
Giver of food to all creatures  
You are the Primal Supreme Power  

This is my all time favorite Amma bhajan.  

Tradition: Amma  

Chords:  
(G) You are truly blessed...  
(G) I am truly blessed...  
(G) You are truly blessed...  
(G) We are truly blessed (starts on F#)  

Old Chords:  
(D) Hear my heart (G) song  
(G) I hear my heart (D) love...  
(D) I hear my grateful tears (G) fall.  
(G) I am truly (D) blessed...  

Reference version:  
http://sathyasai.org/audio/spiritoflove/01Ananda.mp3  

Record me!  

**Ambe Ambe Devi Devi**  
Jay Ma!  
Jay Jay Jay Ma Ma Ma Ma Ma!  

Melody by: Mettaben  

Scale: Hungarian Major (#2, #4)  

mp3:  

**Ananda**  

mp3:  
http://www.archive.org/download/MettabensRainbowChantCollection/ananda.mp3  

Reference version:  
http://sathyasai.org/audio/spiritoflove/01Ananda.mp3  

Record me!  

**Ancestors, Sky People**  
All here today,  
Hear my heart song  
hear my respect,  
hear my love...  
hear my grateful tears fall.  
I am truly blessed...  
You are truly blessed...  
We are truly blessed  

(starts on F#)  

Chords:  
(D) Hear my (G) heart (D) song  
(G) I hear my (D) respect,  
(A) Hear my (D) love...  
(D) I hear my (A) grateful tears (G) fall.  
(G) I am truly (D) blessed...  
(G) You are truly (D) blessed...  
(G) We are truly (D) blessed...  

Old Chords:  
(D) Hear my (G) heart (D) song  
(G) I hear my (D) respect,  
(A) Hear my (D) love...  
(D) I hear my (A) grateful tears (G) fall.  
I am truly (D) blessed...  
(G) You are truly (D) blessed...  
(G) We are truly (A) ly (A, G, A, D) blessed  

mp3:  
http://www.archive.org/download/MettabensRainbowChantCollection/ancestors_sky_people.mp3  

**All Life is Sacred**  
The animals and the trees  
All life is sacred  
The oceans and the seas  
All, all my relations  

mp3:  
https://archive.org/download/MettabensRainbowChantCollection/all_i_have_to_do_is_fly_over_the_ocean.mp3  

Reference:  
http://groups.yahoo.com/group/oahurainbow  

Mailing list for events, etc:  
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Rainbow Kirtan Bhajan Mantra Heartsong Chant Book (Version 2014-01-12)
Ancient Mother, I'm Coming Home

Shadow of the moon
I can see your face
In the touch of the earth
I can feel your strength
In the deep of my heart
I can hear you say
On this infinite road
I am following the way.
Ancient Mother I'm Coming Home
In the hidden wisdom
That we carry inside
To the living creatures
That teach us your guide
Through the force of love
That keeps us alive
We connect to this power
We must heal with the light
Ancient Mother I'm Coming Home
I'm calling you my mother
Come fill this place!
To the source of truth
Help us pass through the way
We are here to work
We are here to play
For the time of unity
That will come once again!
Chords: B minor, A, G, F#
I adapted this song from this track by Sound of Light

Ancient Mother, We Hear You Calling

Ancient Mother
We hear your song
Ancient Mother
We share your laughter
Ancient Mother we taste your tears

(Repeat with Father)

O la mama wa ha su kola
O la mama wa ha su war

O la mama kow wey ha ha ha
O la mama ta te kayee

(Repeat with Papa?)

mp3:
http://www.archive.org/download/MettabensRainbowChantCollection/ancient_mother_im_coming_home.mp3

Reference:

Animal Spirits Come to Me Now

Vanishing spirits come live in me.
When I run let me run like the deer
When I fight let me fight like a mama bear
When I hide let me hide like a fox.
Learn to strike like a rattlesnake

Taught by Sheverah Stonewater

mp3:
http://www.archive.org/download/MettabensRainbowChantCollection/animal_spirits_come_to_me_now.mp3

Anusara Invocation

Om Namah Shivaya Gurave
Satchidananda Murtye
Nishprapanchaya Shantaya
Niralambaya Tejase

Translation:
I offer myself to the Light
who is the true teacher
within and without (the teacher of all teachers)
Who assumes the forms of
Reality, Consciousness, and Blish
Who is never absent and is full of peace
Independent in its existence,
It is the vital essence of illumination

Reference versions:
Favorite version by Surya Health:
http://www.youtube.com/watch?v=ydANZjMJNwA
http://www.youtube.com/watch?v=y7pSswcl6YM

Krishna Das: http://www.youtube.com/watch?v=vNvEmwWMmM
Michael Ward: http://www.youtube.com/watch?v=Z5G6 gtwLQ

Record me!

Arunanchala Shiva Nama Shivaya

Shivo Hum Shivo Hum

As the Phoenix we shall Rise

And as the river we shall flow
And as the mountain we'll be wise
And as the eagle we shall know
And as the arrow we shall fly
To the parent of the soul
And we shall see with God's own eyes
Some day we shall all be whole

Original lyrics had “like” instead of “us”. It's the grammarian in, me sorry.

mp3:
http://www.archive.org/download/MettabensRainbowChantCollection/as_thePhoenix_we_shall_rise.mp3

Avalokiteshvara Mantra

Om Mani Padme Hum

Tradition: Buddhist
Record me!

Awaken the Higher Power

Empower the rhythm of life
When we play our drums
Let the union come
Between us and all life
Music is a golden key
To unlock the secrets of life
May the voice of healing
Play through us
As we dance the rhythms of life
Hey Yeah!

Modified version. Original version by Imani.

mp3:
http://www.archive.org/download/MettabensRainbowChantCollection/awaken_the_higher_power.mp3

Baba Nam Kevalam Mahamantra

Baba Nam Baba Nam Kevalam

Based on original version by Kandangyan, see
http://www.youtube.com/watch?
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v=1_pn6afGCsE

This is a mahamantra to certain traditions, such as Ananda Marga. This is absolutely my favorite melody for this mantra that I've heard.

mp3: http://www.archive.org/download/MettabensRai
tonbowChantCollection/baba_nam_kevalam_baba
_nam_baba_nam_kevalam.mp3

Back To The River
Back to the sea
Back to the ocean home to thee
Back through my blood
Back through my veins,
Back to the heartbeat
One and the same
Jaya Jaya Ma
Shri Ganga Ma
Mata Bhavani Jaya
Shri Ganga Ma

Reference version:
http://www.vegasvortex.com/chants/back_to_riv
er.mp3

Behold there is Magic all
Around You
Awaken rejoice and sing!
I am the Air around you
I am the breath of life within you
I am the wind blowing through you
I am all that I am
I am the Fire around you
I am the spark of life within you
I am the flame burning through you
I am all that I am
I am the Water around you
I am the pulse of life within you
I am the ocean flowing through you
I am all that I am
I am the Earth around you
I am the heartbeat within you
I am the ground below you
I am all that I am
I am the Spirit around you
I am divinity within you
I am the light shining through you
I am all that I am

Original version by Abigail Spinner McBride.
To read about its creation:
http://www.witchvox.com/music/bardic/dt_bc.ht
ml?id=316

Bhajeloi Hanuman
Bhajeloi Hanuman Bhajeloi Hanuman
Mahavir Bhaje Ram
Shri Rama Rama
Bhajeloi Hanuman
Sita Rama Sita Rama
Jay Jay Sita Rama
Either popularized by or original melody by
Krishna Das
Record me!

Bhajamana Ma Ma Ma Ma
Ananda Mayi Ma Ma
Ananda Rupa Ma Ma
Bhajamana: praying through heart, deep
devotion
Ananda Mayi: consisting of bliss
Ananda Rupa: form of bliss

mp3: http://www.archive.org/download/MettabensRai
tonbowChantCollection/bhajamana_ma_ma_ma_m
a.mp3

Blessed am I, Freedom am I
I am the Infinite
Within my soul
I can find no beginning
And I can find no end
All this I am

Record me!

Bolo Bolo Sada Shiva Bolo
Om Namah Shivaya
Juta Jata Me Ganga Dhari Trishula Dhari
Damaru Bhajave
Dama Dama Dama Dama Damaru Bhaje Gunj
Utha Om Namah Shivaya
Hari Om Namah Shivaya
We like the melody on recordings by Steve
Ross, but it would be splendid to someday learn
the full lyrics used by Sai Baba's devotees.

mp3: http://www.archive.org/download/MettabensRai
ntonbowChantCollection/bolo_bolo_sada_shiva_b
o.mp3

Born of Water
Cleansing powerful
Healing changing, we are!
Well of water
Flowing emotion
Transformation, we are!

mp3: http://www.archive.org/download/MettabensRai
tonbowChantCollection/born_of_water.mp3

Building a Bridge of Soul
Building a bridge of rainbow
Building a bridge of soul
Across the land
One love, one song
Universe won't you sing along
Give it up for the spirit above
We are all made for love

Spirit take me home
Spirit take me home
Spirit take me home where soul can roam

It's a long walk home
When you're doing it alone
When I got my family it's not so far to roam
It's a long walk home
When you're doing it alone
With my brothers and sisters I am already home

Cause I got to sing what spirit will bring
Got something in my soul
Got something in my song
Something that keeps us going on and on

Original song by Sasha Butterfly?

mp3: http://www.archive.org/download/MettabensRai
ntonbowChantCollection/building_a_bridge_of_so
ul.mp3

Building Bridges Between Our
Divisions
I reach out for you won't you reach out for me
With all of our voices
And all of our visions
Listen we can make such sweet harmony
Record me!
Burn Fire, Burn Bright

Pure vision come to us
Guide our path tonight
With your strength and light

Original song by Deirdre Pulgram Arthen

mp3:
http://www.archive.org/download/MettabensRainbowChantCollection/burn_fire_burn_bright.mp3

Chidananda Rupah

Chidananda Rupah
Shivo Ham
Om Namah Shivaya
Om Namah Shivaya

<table>
<thead>
<tr>
<th>1</th>
<th>Chida</th>
<th>Chida</th>
<th>Om</th>
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<tbody>
<tr>
<td>2</td>
<td>nan</td>
<td>nan</td>
<td>Namah</td>
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<td>3</td>
<td>da Ru</td>
<td>da Ru</td>
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<tr>
<td>4</td>
<td>pah</td>
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<td>5</td>
<td>Chi-</td>
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<td>6</td>
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<td>8</td>
<td>da Ru</td>
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</tr>
<tr>
<td>9</td>
<td>pah</td>
<td>ya</td>
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</tr>
</tbody>
</table>

Rhythm: 9-beat

Reference: http://www.youtube.com/watch?v=11-uVMxMjmM

mp3:
http://www.archive.org/download/MettabensRainbowChantCollection/chidananda_rupah.mp3

Come and Become One

Become one be one be
Magic is alive, spirit is awake
Spirit is alive, magic is awake
I-e-o
Lâ 'Ilâhâ 'Ilâllâh
Shâlôm 'Aâlêgêm
Ave Maria, Kýrie, Éléison
Gate Gate Pâragate Pârasamgate Bodhi Svâhâ
Nam Myōhō Renge Kyô
Hare Krishna Hare Krishna
Krishna Krishna Hare Hare
Hare Rama Hare Rama
Rama Rama Hare Hare
Om Namah Shivaya
Lokaha Samastaha Sukhino Bhavantu
Jaya Sita Ram Jaya Hanman

Day by Day

Every day
Moment by moment
Give thanks and praise!

mp3:
http://www.archive.org/download/MettabensRainbowChantCollection/day_by_day_everyday.mp3

Deep Inside My Heart

I've got this everlasting love
It's shining like the sun
It radiates on everyone
And the more that I give
The more I've got to give
It's the way that I live
It's what I'm living for

Chords:
(C) Deep inside my heart
I've got this everlasting love
It's shining like the sun
It radiates on everyone
And the (F)more that I (C)give
The (G)more I've got to (C)give
It's the (F)way that I (C)live
It's (G)what I'm living (C)for

This is a major key version of the melody that I learned at rainbow gatherings. It makes a great dancey magic hat song. Fire Tribe sings a minor melody of this song which still sounds strange to my ears.

Record me!

Devakinda Gopala

Gopala Govinda Govinda Gopala

Mailing list for events, etc: http://groups.yahoo.com/group/oahurainbow
Record me!

Dreamtime, Dreamtime

Wake up to your dreamtime.  
With your feet on the ground  
And your head in the stars  
Dance your dream awake  
Dream your dance awake

Old Chords:  
(Dm)Dreamtime, (F)Dreamtime  
(C)Wake up to your (F)dreamtime.  
With your feet on the ground  
And your (F)head in the stars  
(Dm)Dance your (C)dream (Dm)awake  
Dream your dance awake

I love to play didge on this song-- when other people happen to sing it in the same key as my didge.  Which is admittedly rare in spontaneous settings.

Here is the best recording I made of this so far.  Not entirely satisfied with it. Needs didge?  Here is the best recording I made of this so far.  http://www.archive.org/download/MettabensRainbowChantCollection/dreamtime_dreamtime.mp3

Earth My Body

Water My Blood  
Air My Breath and  
Fire My Spirit

For the classic rainbow melody see Mother I Feel You Under My Feet.

Original melody by Mettaben:  
http://archive.org/download/MettabensRainbowChantCollection/earth_my_body_original_melody.mp3

Enter, Enter

Beauty and love in sacred space  
Center, center  
All of your thoughts in one small place  
Ganesh sha ramam  
Ganesh sha ramam sharanam ganesha

Record me!

Enter the Center

Where all is one  
All are welcome  
All is One

Original song by Abigail Spinner McBride

Far Away on a Mystical Island

There lies a cave with a magical door  
All are welcome but those who enter  
Never shall return  
Not a single day more.

Can you feel the rhythm of my heart beat  
Beating in time with the drum in your hand

Butterfly people, rainbow people!

A song I learned at a rainbow gathering in India.

mp3:  
http://www.archive.org/download/MettabensRainbowChantCollection/far_away_on_mystical_island.mp3

Feed da Needs

Seed da peace  
Love is light  
Light is love  
We're living all love  
And we're loving all life

Original song by Mettaben

mp3:  
http://www.archive.org/download/MettabensRainbowChantCollection/feed_da_needs.mp3

Feel It Rise as is Willed

Power build to the skies  
Let it build power filled  
Loose the ties, go!

Original song by Ivo Dominguez and friends

Record me!

Fire Flow Free

Fire flow through me

Original song by Ivo Dominguez and friends

mp3:  
http://www.archive.org/download/MettabensRainbowChantCollection/fire_flow_free.mp3

First Amendment Song

Congress shall make no laws  
Respecting an establishment of religion  
Or prohibiting the free exercise thereof  
Or abridging the freedom  
Of speech or of the press  
Or the right of the people  
Peaceably to assemble and to petition the government for Redress of grievances

Original melody by Mettaben
mp3: http://www.archive.org/download/MettabensRainbowChantCollection/first_amendment_song.mp3

Fly Like the Wind
Run like water
Going over land for eternity
Once we are young and full of feeling
Now we are old and full of knowing
Record me!

For Each Child that is Born
The morning star rises and sings to the universe
Who we are
We are our grandmothers prayers
We are our grandfathers dreaming
We are the breath of the ancestors
We are the spirit of love
Record me!

mp3: http://www.archive.org/download/MettabensRainbowChantCollection/for_each_child_thats_born.mp3

For the Beauty of the Earth
For the glory of the skies
For the love which from our birth
Over and around us flies
Lord of all to Thee we raise
This our hymn of grateful praise
Record me!

Free The Mind from Judgment
Free the heart from fear
Releasing expectations
Bringing spirit here
Gam Ganapataye
Credit goes to Sue Rainbow for realizing this was a Ganesh song and adding Ganesh verse.
Record me!

mp3: http://www.archive.org/download/MettabensRainbowChantCollection/for_you_i_wish_only_two_things.mp3

For You I Wish Only Two Things
One is roots and the other is wings
Grounding and soaring
Soaring and grounding
May your roots go down
Down into the ground
May your spirit soar high
High into the sky
This is a combination of two different chants. The second part is from a chant I learned at the Ikoh farm in Waimanalo. Firetribe knows a different melody for the first part.

Gam Gam Ganapati Namo Namaste
Namo Namaste Namo Namaste
Chords:
(Bm) Gam Gam Ganapati
(A) Namo (Bm) Namaste
(Em) Namo Namaste
(Bm) Namo Namaste
(Em) Gam Ganapati
(D) Namo (Em) Namaste
(Em) Namo Namaste
Choruses:
I offer sincere prostrations to the Lord of Hosts.
I think this song is originally by Ragani, though I originally learned it from the the Bhakti Shakti podcast.

mp3: http://www.archive.org/download/MettabensRainbowChantCollection/gam_gam_ganapati.mp3

Ganapati Om Jaya Ganapati Om
Ganapati Ganapati
Melody from the Boulder Kirtan podcast.

Ganesha Sharanam
Sharanam Ganesha
Gam Ganapati Sharanam Ganesha
Jay Ganesha Jaya Jaya Gananatha
Record me!

Ganesha Sharanam (original melody)
Original melody and chord progression by Mettaben. My experiment with weird scales that are easy to play with an ukulele in standard tuning continues. This is my first original Ganesh melody.

mp3: http://archive.org/download/MettabensRainbowChantCollection/ganesha_sharanam.mp3

Ganga Dhara Shiva
Om Namaha Shivaya Om Namaha Shivaya
Ganga Dhara Shiva Ganga Dhara
Hara Hara Bole Namah Shivaya
Namah Shivaya Namah Shivaya
Hara Hara Bole Namah Shivaya

| 1 | Ganga Dhara | bearer of the Ganges |
| 2 | Vishweshwara | god of the Universe |
| 3 | Rameshwara | god of Ram |
| 4 | Jatadhara | bearer of dreadlocks |
| 5 | Someshwara | god of Soma |
| 6 | Koteshwara | god of caves |

mp3: http://www.archive.org/download/MettabensRainbowChantCollection/ganga_dhara_shiva.mp3

Ganga Jatadhar
Gauri Shankara Girija Mana Ramana
Shiva Mrityum Jaya Mahadeva Maheshwara
Mangala Subha Charana
Nandi Vahana Naga Bhushana
Nirupama Guna Sadhana
Natana Manohara Nilakantha Hari!
Niraja Dala Nayana

This is a classic Sai Baba bhajan, but notice when Sai himself sings it, he sings “Hari!” and not “Sai!”

mp3: http://www.archive.org/download/MettabensRainbowChantCollection/ganga_jatadhar.mp3

Minstrels of eternity
Situated on the land we love
Beyond the immortal sea
Record me!

Mailing list for events, etc: http://groups.yahoo.com/group/oahurainbow
Gāyatrī Mantra
ॐ भर भव सव तत सवतरवरणय ।
भरग दवसय धमह ।
धय य न परचदयत ॥
Translation: May we attain that excellent glory of Savitar the god: So may he stimulate our prayers.

Our favorite melody of this mantra is inspired by a recording on the album Jaya Bhagavan by Tina Malia and ShimShai.
The following is an original melody by Mettaben (Weird Scale):

mp3: [http://www.archive.org/download/MettabensRainbowChantCollection/gayatri_weird_scale.mp3](http://www.archive.org/download/MettabensRainbowChantCollection/gayatri_weird_scale.mp3)

Great Spirit Carry Us
Great Spirit carry us over
Crossing the threshold
From sleeping to waking
From birthing to dying and over

mp3: [http://www.archive.org/download/MettabensRainbowChantCollection/ganga_jatadhara.mp3](http://www.archive.org/download/MettabensRainbowChantCollection/ganga_jatadhara.mp3)

Great Spirit Hear Us Heal Us

mp3: [http://www.archive.org/download/MettabensRainbowChantCollection/great_spirit_hear_us_heal_us.mp3](http://www.archive.org/download/MettabensRainbowChantCollection/great_spirit_hear_us_heal_us.mp3)

Green Tara Mantra
Om Tāre Tuttāre Ture Svāhā
Translation: OM! O Tara! I entreat you, O Tara! O swift one! Hail!
Record me!

Hanuman Chalisa

Govinda Gopala Devakinandana Gopala
Note: Rhythm off, re-record.


Govinda Narayana
Govinda Gopala Narayana

Chords:
(Dm) Govinda Narayana(F)na-(Dm)a
(C) Gopala (F) Narayana(Dm)na
(Am) Govinda Gopala Narayana
(Hare) Govinda (G) Gopala (F) Narayana(Dm)na

mp3: [http://www.archive.org/download/MettabensRainbowChantCollection/govinda_narayana.mp3](http://www.archive.org/download/MettabensRainbowChantCollection/govinda_narayana.mp3)
Rainbow Kirtan Bhajan Mantra Heartsong Chant Book (Version 2014-01-12)
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Rama Rama Hare Hare

With all due respect to the Vaishnava tradition, I am very careful to not call this mantra The Mahamantra. There are other mantras considered to be mahamantras by other traditions, including the Namokar Mahamantra (Jain) and the Baba Nam Kevalam Mahamantra (Ananda Marga).

Record me!

Hare Rama Rama Rama Ram

Rama Rama Rama Ram Ram
Hare Rama Rama Ram
Shri Ram Jay Ram Jay Jay Ram
Ram Ram Sita Ram
Sita Ram Sita Ram
This is a medley from several different sources.

mp3: http://www.archive.org/download/MettabensRainbowChantCollection/hare_rama_rama_rama_rama_rama_rama_rama.mp3

Hari Om Shiva Om

Shiva Om Hari Om
Hari Shiva Shiva Hari Om

I've lost my faith in this song, so I've salvaged what I can and put it into my version of Shanti Shiva. I think it works better over there.

I think this Hare Om melody below could work maybe with only two reps of the first line instead of three. And of course in time.

Note: Rhythm off. Needs to be re-recorded.

mp3: http://www.archive.org/download/MettabensRainbowChantCollection/hari_om_shiva_om.mp3

He Amba He Amba He Amba Bol

Ishwara Sata Chitta Ananda Bol
Samba Sada Shiva Samba Sada Shiva Bol
Palaka Preyaka Satya Pati Bol
Ambe Ambe Jay Jagadamba
Aklaneshwari Jaya Jagadamba
Jagadamba Jay Jay Ma

I really dig the melody of this track on the album Jaya Bhagavan by Shimshai and Tina Malia

Record me!

He Mata Durga

Mata Mata

Reference: http://www.youtube.com/watch?v=BewDvlPyYX4 (the guitarist is clearly transported into another world while playing the song)

Record me!

He Shiva Shankara He Maheshwara

Dukkha Kara Sukkha Hara Hara Hara Shankara Om Namah Shivaya

This is the melody I learned at a rainbow gathering in India. Dave Stringer does a different version of this melody that is definitely worth learning and maybe would sound good combined with this melody some how.

Lately (2011/01/24), I've been enjoying combining both melodies.

Record me!

Here We Are Once Again

Holding hands in a circle
Mother Earth gives us birth
Father Sky brings us changes
Face the Sun, feel the power
Face the Moon, let it flow

mp3: http://www.archive.org/download/MettabensRainbowChantCollection/hare_rama_rama_rama_rama_rama_rama_rama.mp3

Hu Allah

original melody by Mettaben

mp3: http://archive.org/download/MettabensRainbowChantCollection/hu_allah_hu_allah_hu_allah_hu_with_chorus.mp3

Humble Yourself

in the sight of the Mother
You've got to bend down low and humble yourself
You've got to know what she knows
And we shall lift each other up
Higher and higher

Mailing list for events, etc: http://groups.yahoo.com/group/oahurainbow

We walk with you in beauty
We walk with you

Bear Mother we honor you
Bear Father we honor you
We walk with you
We walk with you in beauty
We walk with you

Teacher of the healing plants
Join with us in sacred dance
We walk with you
We walk with you in beauty
We walk with you

Record me!

Homeward Now Shall we Journey

Homeward upon the rainbow
With love unchanging and beyond it
Yea, homeward now shall we journey
With joy unchanging and beyond it
Yea, homeward now shall we journey

Seems like a rainbow song I really ought to know.

Record me!

Translation: Behold, how good and how pleasant it is for brethren to dwell together in unity! Psalm 133

Hine Mah Tov Umah Na'iyim

הנה מה טוב עמם נויים
Sheveth Ah-iyym Gam Ya-ḥadh

Translation: Behold, how good and how pleasant it is for brethren to dwell together in unity! Psalm 133

Record me!
I Call on my Higher Self
To do my very best
Melody by Mettaben.
mp3: http://www.archive.org/download/MettabensRainbowChantCollection/i_call_on_my_higher_self.mp3

I Call to the Power of the Thunder Beings
I call to the power of the Earth
I call to the powers of the East and South
I call to the powers of the West and North
Behold the time has come
The time has come to unite as one
Behold the time has come
To encircle the land with our love
I call to the powers in you and I
I call to the power of the sea
I call to the power of the moon and stars
I call to the power of the sun
Record me!

I am Holy, You are Holy
We are holy, all is holy
Holiness is all around us
And within us
And surrounds us
mp3: http://www.archive.org/download/MettabensRainbowChantCollection/i_am_holy_you_are_holy.mp3

I am Love, I am Lover
I am freedom, I am free
I am part of the beauty that is all around me
My feet are firm upon the Earth
My hands raise to the Sun
I am strong in my power
And with all I am one
mp3: http://www.archive.org/download/MettabensRainbowChantCollection/i_am_love_i_am_lover.mp3

I am Your Family and I am Healing You
You are my family and you are healing me
Together, we are one, we are one
Unite us, be one
Unite us, be as one
Consider combining with: We Are An Old Family
mp3: http://www.archive.org/download/MettabensRainbowChantCollection/i_am_your_family.mp3

If the People Lived their Lives
As if it were a song
For singing out light
It would provide the music for the stars
Dancing circles through the night.
There seems to be a lot variation in the lyrics. I think these are the lyrics I like the best.
Record me!

I Give Thanks for Unknown Blessings
Already on the way
Record me!

Jah Rastafarai You Are I Salvation
You help I realize
The love surrounding us all
In every situation
Here with I-and-I
I really ought to learn more devotional reggae.
No rainbow gathering could be complete without this genre.
Tradition: Rasta
mp3:

In My Streams You Can Swim to Me
In my skies you can fly to me.
In my trees you can gather with me.
With my fruits you can feast with me
With my air you can sing to me.
Through me you can breathe free
Set your breath free and return to me.
Lyrics by Mettaben
Melody by Sue Rainbow
Rhythm: 5-beat
mp3: http://www.archive.org/download/MettabensRainbowChantCollection/in_my_streams_you_can_swim_to_me_cut.mp3

In the Circle of Earth and Sky
My heart flies to yours
We gather, we remember
And the pattern endures.
mp3: http://www.archive.org/download/MettabensRainbowChantCollection/in_the_circle_of_earth_and_sky.mp3
Jayati Jayati Jaya Bharati
Sarasvati Jag Devi
Sarasvati Ma
Record me!

Jaya Sita Ram Jaya Hanuman
Bhajarangi Hanuman
Consider combining with: Come and Become One
Record me!

Jay Shiva Shankara
Bam Bam Hara Hara
Hara Hara Hara Hara
Bam Bam Hara Hara
When working out the melody, I couldn't decide if I liked the rest before the Hara Hara Hara Hara line. So I do it with a pause at first and without a pause second.
Record me!

Kailash Ki Shakti Shiva
Shankara Ki Jaya Jaya
Ganga Ki Jaya Jaya
Yamuna Ki Jaya Jaya
Namah Shivaya
Namah Shivaya
Bhavani Jaya Jaya
Bhavani Jaya Jaya
I will never forget how I received oral transmission of this song. My teacher looked straight in the eye and would not stop chanting this with me until I finally got it. This struck me as an ideal way to teach and be taught and I have used this technique to spontaneously teach others when they are receptive in the moment. Who needs pen and paper!

La Ilaha Illallah
La ilaha ilAllah is part of the Muslim proclamation of faith or shahadah. The Arabic phrase translates as: There is no deity except God.

Jaya Mata Kali
Jaya Mata Durge
Kali Durge Namo Namah
Translation: Victory and salutations to the Mother Kali and Durga

La Luna Llena
Era la luna llena que asomaba su carita en la cordillera.
Eran los mis colores que tenia su carita en la noche aquella.
Tiene su calor que yo sentia,
Let the Way of the Heart

Let the way of the heart shine through
Love upon love upon love
All hearts are beating as one
Love upon love upon love
Shining as bright as the sun

Record me!

Light is Returning

Even though this is the darkest hour
No one can hold back the dawn
Let's keep it burning
Let's keep the light of hope alive
Make safe our journey through the storm
One planet is turning
Circles on her path around the Sun
Earth Mother is calling her children home

Record me!

Title: Light Is Returning
Lyrics by: Charlie Murphy
Date: 1984
Recorded on: "Canticles of Light," Charlie Murphy, Jamé Sieber and the Total Experience Choir (Out Front Music, P.O. Box 12188, Seattle, WA 98102); "This Winter's Night," Mothertongue

Record me!

The Healer

Alhamdulillah Allah Jehovah
Yahweh Dios Ma'at Jah
Rastafarai fire dance, sex, music, hip-hop

It's bigger than religion
Hip-hop
It's bigger than my people
Hip-hop
It's bigger than the government
This one is the healer, hip-hop

Original song by Erykah Badu

Something about the following video really attracted me: http://www.youtube.com/watch?v=CzVaw9DvMVA

I didn't realize until later that the hook was a killer interfaith mantra by a popular hip hop artist. I like the vlooper remix better though.

mp3: http://archive.org/download/MettabenseRainbowChantCollection/alhamdulilallah_allah_jehovah.mp3

Let the way of the heart shine through
Love upon love upon love
All hearts are beating as one
Love upon love upon love
Shining as bright as the sun

Record me!

Lingashtakam

लङशतकम
सदशवलङशहटकम तत परणमम सदशवलङशहटकम
ससरवसगनधसलपतलङशहटकम तत परणमम ससरवसगनधसलपतलङशहटकम
सहशटदलपरवशहटतलङशहटकम
सहसचिपपवसगनधसलपतलङशहटकम तत परणमम ससरवसगनधसलपतलङशहटकम
सहसचिपपवसगनधसलपतलङशहटकम तत परणमम ससरवसगनधसलपतलङशहटकम
सहसचिपपवसगनधसलपतलङशहटकम तत परणमम ससरवसगनधसलपतलङशहटकम
सहसचिपपवसगनधसलपतलङशहटकम तत परणमम ससरवसगनधसलपतलङशहटकम
सहसचिपपवसगनधसलपतलङशहटकम तत परणमम ससरवसगनधसलपतलङशहटकम
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http://groups.yahoo.com/group/oahurainbow

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Suraguru vara poojitha lingam, 
Sura vana pushpa sadarchitha lingam, 
Parathparam paramathmakma lingam, 
That pranmai sada shiva lingam.

I bow before that Lingam, 
which is the eternal Shiva, 
Which is worshipped by Brahma, Vishnu and other Devas, 
Which is pure and resplendent, 
And which destroys sorrows of birth.

I bow before that Lingam, which is the eternal Shiva, 
Which is worshipped by great sages and devas, 
Which destroyed the god of love, 
Which showers mercy, 
And which destroyed the pride of Ravana.

I bow before that Lingam, which is the eternal Shiva, 
Which is the prime reason of all riches, 
Which destroyed the pride of Ravana.

I bow before that Lingam, which is the eternal Shiva, 
Which is adorned by sandal paste and saffron, 
Which wears the garland of lotus flowers, 
Which shines with the snake being with it, 
Which shines like billions of Suns.

I bow before that Lingam, 
which is the eternal Shiva, 
Which is served by gods and other beings, 
Which is the doorway for devotion and good thought, 
And which shines like billions of Suns.

I bow before that Lingam, which is the eternal Shiva, 
Which is anointed by perfumes, 
Which leads to growth of wisdom, 
And which is worshipped by sages, devas and asuras.

I bow before that Lingam, which is the eternal Shiva, 
Which is worshipped by great sages and devas, 
Which is worshipped by Brahma, Vishnu and other Devas, 
Which is served by gods and other beings, 
Which is the prime reason of all riches, 
Which destroyed the pride of Ravana.

I bow before that Lingam, 
which is the eternal Shiva, 
Which is the true self that's humanity 
Is the true self who's family 
And there is just one Earth.

I bow before that Lingam, which is the eternal Shiva, 
Which is ornamented by gold and great jewels, 
Which shines with the snake being with it, 
And which destroyed the Yagna of Daksha.

I bow before that Lingam, which is the eternal Shiva, 
Which is worshipped by great sages and devas, 
Which is served by gods and other beings, 
Which is the doorway for devotion and good thought, 
And which shines like billions of Suns.

I bow before that Lingam, which is the eternal Shiva, 
Which is served by gods and other beings, 
Which is the doorway for devotion and good thought, 
And which shines like billions of Suns.

I bow before that Lingam, which is the eternal Shiva, 
Which is the true self that's humanity 
Is the true self who's family 
And there is just one Earth.

I bow before that Lingam, which is the eternal Shiva, 
Which is ornamented by gold and great jewels, 
Which shines with the snake being with it, 
And which destroyed the Yagna of Daksha.

I bow before that Lingam, which is the eternal Shiva, 
Which is worshipped by great sages and devas, 
Which is served by gods and other beings, 
Which is the doorway for devotion and good thought, 
And which shines like billions of Suns.

I bow before that Lingam, which is the eternal Shiva, 
Which is served by gods and other beings, 
Which is the doorway for devotion and good thought, 
And which shines like billions of Suns.

The Lunar Eclipse

Is a tidal shift
The orbit is eccentric respective to the ecliptic
The orbs align with a shift in time
A sacred sign from the cosmic mind
The synergy of syzygy
The syzygy of synergy
The moon is in tune

I had to admit that I did not know one single eclipse song. I know lots of moon songs, but that was not good enough, as we enjoyed the eclipsing moon together as a family. So, I composed this song on the spot, at Makua Beach, under the red glow of my kids' first full lunar eclipse.

Original song by Mettaben

Ma Durga Yemaya Bhakti Ma

Ma Durga Ma Durga
Yemaya Bhakti Ma Mary Goon Yum
Kali Shakti Isis Pele Gaia
Allah Buddha Jehovah Yahweh

This is a modified version of chant sung by Nada Bindu at the U.S. National Rainbow Gathering in Montana

Goon Yum is the Cantonese pronunciation of Kuan Yin.

Original song by Mettaben

Mahadeva Maheswara

Raga Bhupali
Key: D Pentatonic Major

Live Your Love

Original song by: Shri Kirtan

Lokaha Samastaha

Look Beyond Your Righteousness

Love is the Higher Power

So give your love away!
The you give, the more you get
So give your love away.

A great magic hat song.

http://www.archive.org/download/MettabensRainbowChantCollection/love_is_the_higher_power.mp3
Mahāmr tyumjaya Mantra

महमतयजय मतर
taryamanka yajmaha sagandhi pashvarejnam
||

I bow to the True Wisdom
I bow to the great unseen Wisdom

Language: Gurmukhi
Tradition: Sikh

This song made popular in the west by Deva Premal and Snatnam Kaur

Record me!

May All Beings Be Well

May all beings be happy
May peace reign on Earth
May peace reign forever
We want peace on Earth
One small blue ball
Tear down all the walls
Peace!

Original song by Mettaben

May Our Journeys Be Safe

May our worries be few
May the Gods always watch over us
May we grow like a forest
Straight towards the light
Grounded in the Mother Earth

Record me!

May The Love We're Sharing Spread Its Wings

And fly across the earth
And bring new joy to every soul, who is alive
May the blessings of your grace my love,
Shine on everyone
May we all see the light
Within, within, within
Om Namah Shivaya

Record me!

Mangala Charn Mantra

Aad Guray Nameh
Jugaad Guray Nameh
Sat Guray Nameh
Siri Guru Devay Nameh

Translation:
I bow to the Primal Guru,
I bow to the True Guru, the true identity of the self.
I bow to the Great Guru whose great glory will always be.

Raquel's translation:
I bow to the Primal Wisdom
I bow to the Wisdom through the Ages

Mūl Maṃṭar

ਪ੍ਰਵਿਧ ਸੂ ਵਦੁ ਕਥ ਤਵਕਲਿਤ ਤਲਵਕਲਿਤ ਸਰਹ ਸਫਲ ਮਾਤਾ ਗੁਣ ਪ੍ਰਵਧਮਣ ||
||

Reference:

http://www.youtube.com/watch?v=Qn6TsQEQ9GY

Mic Check!

Show me what democracy looks like!
This is what democracy looks like!
The people united will never be defeated
No more blood for oil!
Peace in the Middle East!

Got another chant that would fit in this riddim?
Let me know...

mp3:
http://archive.org/download/MettabensRainbowChantCollection/mother_i_feel_you_under_my_feet.mp3

Mother I Feel You Under My Feet

Mother I feel your heart beat
Father I see you where the eagle flies
Light of the spirit's gonna take us higher
Sister I hear you in the river's song
Eternal water's flowing on and on
Brother I feel you in the darkened wood
Brother I feel you in the rites of manhood
Earth my body
Water my blood
Air my breath
And Fire my Spirit
I am the forest
I am the earth
I am the ocean
I am the seas
I have no voice you must speak for me

Classic rainbow song.

mp3:
http://www.archive.org/download/MettabensRainbowChantCollection/mother_i_feel_you_under_my_feet.mp3

For some harmony ideas for Earth My Body:
http://soundcloud.com/pnkgrrl85b/earth-my-body

Mūl Maṃṭar
Ikoāṅkār saṭ nām
kartā purāṅ nibhao nirvair
akāl mūrāṯ ajūnī saibhaṅ gur parsāḏ.

Extended version:
Ek Ong Kar
Sat Nam
Kartaa Purkh Nirbhao Nirvair
Akaal Moorat
Ajoonee, Saibhang, Gur Prasaad
Aad Sach, Jugaad Sach
Hai Bhee Sach, Nanak Hosee Bhee Sach
Nanak Hosee Bhee Sach

Key of E minor.

Chords:
(A-) Ek Ong Kar
(G) Sat Nam
Kartaa Purkh Nir(C)bhaṅ Nirvair
(A-)Ækaal Moorat
(G)Ajoonee, Saibhang,
Gur Prat(C)saad (A-)Jap
(A-)Æaad Sach, Jugaad Sach
(G)Æai Bhee Sach,
Nanak Hosee (C)Bhee (A-)Sach

(F)Æk Ong Kar
Sat (Æ)Nam
Kartaa Purkh Nir(C)bhaṅ Nirvair
(A-)Ækaal Moorat
(E-)Æjoonee, Saibhang,
Gur Prat(C)saad (Æ-)Jap
Æ(a-)Æaad Sach, Jugaad Sach
Æ(Æ)Æai Bhee Sach,
Nanak Hosee (F)Bhee (Æ-)Sach
Æ (ÆÆ)Nanak Hosee (C)Bhee (Æ-)Sach

Translation:
One universal creator God. The name is truth.
Creative being personified. No fear. No hatred.
Image of the undying, beyond birth,
self-existent. By Guru's grace ~ chant and
meditate.
True in the Primal Beginning. True throughout
the ages. True here and now. O Nanak, Forever
And Ever True.

Tradition: Sikh
Language: Gurmukhi

mp3:
http://www.archive.org/download/MettabensRainbowChantCollection/ek_ong_kaur_ver1.mp3

Rainbow Kirtan mp3:

Reference:
http://www.youtube.com/watch?v=I9mHHtdnwI4

Namo Arihantanam
Namo Siddhanam
Namo Ayarīyanam
Namo Uvaījhananam
Namo Loye Savva Sahunan
Eso Panch Namokaro
Savva Pavapanasano
Mangalanam Cha Savvesim
Padhamam Havai Mangalam

Translation:
I offer my obeisances to Lord Nrsimha-deva,
who is always giving bliss to His devotees like
Pralhad Maharanj and chiseling at the hearts of
demons like Hiranyakasipu. The devotee always
sees Lord Nrsimha everywhere. Lord Nrsimha
is within and without. Therefore let us all take
shelter of Lord Nrsimha.

Prayer to Lord Nrsimha :
O my Lord Nrsimha, Your hands are very
beautiful like the lotus flower, but with Your
long nails You have ripped apart the wasp
Hiranyakasipu. Unto You, Lord of the universe,
I offer my humble obeisances.

Record me!

Nataraja Nataraja
Nartana Sundara Nataraja
Shivaraja Shivaraja Shivakami
Priya Shivaraja
Chidambaresha Nataraja
Partipursha Shivaraja

Reference Version:
Record me!

New Powers Ancient Powers
Ancestors speaking to me
Like vines intertwining
Wisdom is leaking through me
We are wise and we are strong
No Self

Don't misidentify the five aggregates as the self. Form is an aggregate, Feelings are an aggregate, Perceptions are an aggregate, Impulses are an aggregate Consciousness is an aggregate and The five aggregates comprise the illusion of self.

The genesis story of this song is that it was composed entirely on an airplane. I composed even the ukulele arrangement in total silence. By the time I got to play this song aloud for the first time, it already sounded old and familiar. This is a great revelation for me: it means the only thing I need to compose original music is time. Perhaps I will try composing more music on my morning commute to work on the bus...

Lyrics based on Buddhist teaching of The Five Aggregates (the true nature of the self).

Original song by Mettaben
Tradition: Theravada Buddhist

mp3: http://www.archive.org/download/MettabensRainbowChantCollection/no_self_no_self.mp3

O Great Spirit

Earth, Sun, Sky and Sea You are inside and all around me. O Sacred Mystery Earth, Sun, Sky and Sea You are inside and all around me.

mp3: http://www.archive.org/download/MettabensRainbowChantCollection/o_great_spirit.mp3

O Magic Hat

O magic hat O magic magic magic hat O magic hat O magic magic magic hat

A magic hat song used at a rainbow gathering in India that I attended. Sung to the same major key melody as an “Om Namah Shivay” song.

Record me!

Om Asato Ma

Tamaso Ma Jyotir Gamaya Mrityorma Amritam Gamaya Lead us from the unreal to the real

From darkness to the light From death to immortality Om Shanti

I learned the Melody of the Sanskrit portion of this chant from the Bhakti Shakti podcast.

mp3: http://www.archive.org/download/MettabensRainbowChantCollection/om_asato_malead_us_from_the_unreal.mp3

Om Dum Durgaye Namaha

Om Gam x5 Ganapataye

GAM is the sacred single syllable mantra for Ganesha. G: the form of wisdom; A: that which is in the middle of creation; M: the anusvāra (M) is the form of perfection. Gam stands for jnana, eternal knowledge.

Those who worship Lord Sri Ganesha daily twenty seven times with garika grass while chanting the Ganesha Mantra, “Gam,” will receive wealth equivalent to that of Kubera, who is well-known as the Lord of riches. Lord Ganesha will end ashta kaṣatas, the eight types of hardships, and ashta daārīdṛyas, the eight types of poverties of all such ardent devotees. Sunlight will shine fully and brightly on the bodies of those that worship Lord Sri Ganesha, and Ganesha will destroy their ignorance or lack of knowledge.

Devotees of Sri Ganesha will acquire all knowledge and they will become sarvajñas, those who have acquired all knowledge.

mp3: https://archive.org/download/MettabensRainbowChantCollection/om_gam_gam_gam.mp3

Om Jay Shri Ganesh

Shri Ganesha Jaya Shri Ganesh Shri Ganesh Ganesha Ganesha Jaya Ganesha Ganesh Ganesha Ganesh Shri Ganesh Jaya

I learned this from Robinette Sherman during one of her kirtans on Big Island

mp3: http://www.archive.org/download/MettabensRainbowChantCollection/om_jay_shri_ganesh.mp3
Om Ka Guruji

Om Ka
Translation: Respected teacher, the personified, deified "Who"
Ka means "Who", in this song it is the personified, deified "Who" who is the teacher.

mp3: http://www.archive.org/download/MettabensRainbowChantCollection/om_ka_guruji.mp3

Om Mata Om Kali

Durga Devi Namo Namaha Shakiti Kundalini Jagadambe Mata
Lots of variations of this melody and even some variations with the lyrics. This is the version I originally learned, and I think I still like it the best.

mp3: http://www.archive.org/download/MettabensRainbowChantCollection/om_mata_om_kali.mp3

Om Mata Om Mata

Om Shri Mata Jagadambe Ma Samba Sada Shiva Samba Shambo Uma Parameshwari Shri Bhuvaneshwari Adi Parashakti Devi Maheshwari
This song brings me back to all places, Nelson British Columbia, where I re-learned it, after having originally heard it in India.

Record me!

Om Namah Shivaya Mahadeva

Om Namah Shivaya Mahadeva Samba Sada Shiva Chidananda
Lyrics and melody by Mettaben
Weird Chords

mp3: http://www.archive.org/download/MettabensRainbowChantCollection/om_namo_amitabhaya.m p3

Om Namah Shivaya (inspired by K.D.)

Shivaya Namaha Shivaya Namaha Om
Shambo Shankara Namah Shivaya Girija Shankara Namah Shivaya Arunachala Shiva Namah Shivaya Om Namah Shivaya Namah Shivaya

Reference version: http://www.youtube.com/watch?v=s0x04TlfOY&NR=1

Om Namah Shivaya Hari Om Mahadev

Om Namah Shivaya Om Namah Shivaya Hari Om Mahadev Hari Om Mahadev
Original melody by Mettaben
Note to self: I need to re-record this with the Hari Om lyrics.

mp3: http://www.archive.org/download/MettabensRainbowChantCollection/om_namah_shivaya_mahadev.mp3

Om Namah Shivaya (inspired by Jeff)

Om Bhūr Bhuvah Svāḥ Tāt Savitūr Vāreṇyaṁ Bhārgo Devāya Dīṁahi Dhiyō Yō Nāḥ Pracodāyāṁ
Hare Krishna Hare Krishna Krishna Hare Hare Hare Rama Hare Rama Rama Hare Hare
This version popularized by Krishna Das

Record me!

Om Namah Shivaya (inspired by Dave Stringer)

Om Namah Shivaya (-inspired by Dave Stringer)
Shiva Namah Om

mp3: http://www.archive.org/download/MettabensRainbowChantCollection/om_namah_shivaya_strin ger_v2.mp3

Om Namah Shivaya (Weird Chords)

Om namah shivaya Samba sada shiva Chidananda Mahadeva

mp3: Original melody by Mettaben

One Spirit in the Dark

Like a candle wavers Many spirits joined as one Burn with the power of the blazing sun. There is strength in community The circle empowers you and me The circle binds and sets us free

Mailing list for events, etc: http://groups.yahoo.com/group/oahurainbow
As we are so shall we be

mp3: http://www.archive.org/download/MettabensRainbowChantCollection/open_up_your_heart_to_the_universal_love.mp3

Open Your Heart to the Universal Love
And we shall lift you up x2
The Lord of the Universe has come to us this day
The Lord of the Universe has come to stay
He's come to show us the light
And he's come to show us the Way
Back to the Mother! x4

This song was taught to us by Avocado Adrian at the US National Rainbow Gathering. I love how it starts out sounding kind of masculine and preachy but it all comes back to the Mother in the end.

mp3: http://www.archive.org/download/MettabensRainbowChantCollection/open_up_your_heart_to_the_universal_love.mp3

Pacha Mama
I'm coming home
To the place
Where I belong

I want to be free
Be me, be the being that I see
Not to rise and not to fall
Being one and loving all
There's no high, there's no low
There's no where left to go except inside a little star
saying be just who you are

I want to be free
So free like the flower and the bee
Like a bird in the tree
Like a dolphin in the sea
I want to fly high, so high
Like an eagle in the sky
And when my time has come
I want to lay down and fly.

It's time I finally learned a song for Pacha Mama, Madre Tierra of South America. I was definitely struck by the version of this song by Patricko

mp3: https://archive.org/download/MettabensRainbowChantCollection/pacha_mama.mp3
Reference version: http://soundcloud.com/patricko-2/02-pacha-mama

Padmasambhava Mantra
Also known as the Vajra Guru Mantra

Om Āh Hūm Vajra Guru Padma Siddhi Hūm

These are the Sanskrit lyrics to this mantra. There is also a Tibetan version.

Translation: I invoke you, the Vajra Guru, by your blessing may grant us spiritual powers.

I learned the first melody from Friends of the Western Buddhist Order.

FWBO mp3: http://www.archive.org/download/MettabensRainbowChantCollection/open_up_your_heart_to_the_universal_love.mp3

The second melody is inspired by Craig Pruess

Record me!

This is a Tibetan version:

mp3: http://archive.org/download/MettabensRainbowChantCollection/panchakshari_mantra_5_beat.mp3

An original melody (“MLK Day”) by Mettaben: http://archive.org/download/MettabensRainbowChantCollection/panchakshari_mantra_mlk_day_version.mp3

Panchakshari Mantra
ॐ नम शवय

Om Namah Shivaya

Also known as the Shiva Mahamantra.

This melody inspired by k-yoga.se

Chords: C#-, E-, F#-, A, G

mp3: http://www.archive.org/download/MettabensRainbowChantCollection/panchakshari_mantra_mlk_day_version.mp3

Raga Bhupali
Key: C Major Pentatonic

mp3: http://archive.org/download/MettabensRainbowChantCollection/panchakshari_mantra_mlk_day_version.mp3
Reference version: http://soundcloud.com/patricko-2/02-pacha-mama

C, D, E, G, A

G C E A
A D
G C
E
C A D
D G E
C

Pachalakshari Mantra 5-beat mp3: http://www.archive.org/download/MettabensRainbowChantCollection/panchakshari_mantra_5_beat.mp3

Panj Shabad
Sa Ta Na Ma

Tradition: Sikh
Language: Gurmukhi

The five primal sounds of the Universe. One of the most common mantras in Kundalini Yoga.

"S" is Infinity,
"T" is life,
"N" is death
"M" is rebirth
“A”

Peace Be in My Body
And peace be in my soul
Peace be in my family
To truly help us grow

We are riding a wondrous rainbow
Into the source
We are guiding the true destination
Of the earth

Original songwriter: Imani

From the Firedance Chants page: http://www.firedance.org/chants/chantnow.htm

The word "Peace" changes as the song repeats - love, joy, trust, etc.
Record me!

People of the Earth Tribe Rise Up

People of the earth tribe rise up now
Some say “Namaste”
Some say “Aho Mitakuye Oyasin”
Some say “Om”
Some say “Shalom”
We all call mother Earth our home
Protect her, respect her
Please don’t neglect her.

Prounambadah Mantra

Also known as the Fullness Mantra from the Isha Upanishad

Prounambadah Prounamidam
Purnata Prounamudachya
Purnasya Prounamadaya
Purnaneva Vashishyate

mp3: http://www.archive.org/download/MettabensRainbowChantCollection/prounamidah_prounamidam.mp3

Quivering, Wavering

Hard to grasp, to hold, to control: the mind.
Flipping and flopping like a fish out of water,
Seeking the ocean: the mind.
The sage makes it straight
Like a fletcher the shaft of an arrow.

This song is based on the 33rd stanza of the Dhammapada, and even preserves some of the Pali word ordering.

Tradition: Theravada Buddhism

mp3: http://www.archive.org/download/MettabensRainbowChantCollection/quivering_wavering.mp3

Radhe Radhe Govinda

Radhe Radhe Radhe Bolo Radhe Govinda

A divine love song.

mp3: http://www.archive.org/download/MettabensRainbowChantCollection/gate_gate_original_melody.mp3

Raghupati Raghava Raja Ram

Patita Pavana Sita Ram
Sita Ram Jaya!
Sita Ram Patita Pavana Sita Ram

This is a work in progress. I'd really like to integrate the full lyrics that make this “Ram Dhun” so famous:

Raghupati Raghava Raja Ram
Patita Pavana Sita Ram
Sita Ram Jaya! Sita Ram
Bhaj Pyare Tu Sita Ram
Ishvara Allah Tero Nam
Sab Ko Samanti De Bhagavaan

mp3: http://www.archive.org/download/MettabensRainbowChantCollection/raghupati_raghava.mp3

Rainbows! We're Coming Home!

Back to the trees, the rocks and sky
Back to our family of living light!
Living light and living free!
 Gathering our liberty!
Rainbows! Welcome home!
Heal my heart and heal my soul!
Pray for the earth and let it go.
Living light and living free!
Gathering community!

A mostly original track by Mettaben, but inspired by: http://www.youtube.com/watch?v=XxKiqVQkA44

mp3: http://archive.org/download/MettabensRainbowChantCollection/rainbows_were_coming_home.mp3

Rama Bolo Rama Bolo

Bolo Bolo Rama
Sita Bolo Sita Bolo
Bolo Bolo Ram
Hanuman Bolo Hanuman Bolo
Bolo Bolo Rama

mp3: http://www.archive.org/download/MettabensRainbowChantCollection/rama_bolo.mp3

Rama Healing Mantra

Om Apadamapta Hataram
Dataram Sarva Sampadam
Loka Bhi Ramam Shri Rama
Bhuyo Bhuyo Namamyaham
Let us heal.

Translation: Om, Oh most compassionate Rama please send your healing energy right here to the...
earth, to the earth

Reference version:
http://soundcloud.com/wadeimremorissette/heal-mantra-by-wim

mp3:
http://www.archive.org/download/MettabensRainbowChantCollection/om_apadamapa.mp3

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**Shiva Shiva Shambo**
Shankara Hara Hara Hara Mahadevaya 
Ganga Jata Dhara Gauri Mano Hara 
Parthi Puri Parameshwara

Translation: Shiva, the auspicious, the beneficient, the one who brings prosperity and joy, the destroyer of evils, the great Lord, who holds the river Ganga in the locks of his hair, who conquers the heart of Gauri, the highest Lord of the Universe

mp3:
http://www.archive.org/download/MettabensRainbowChantCollection/shiva_shiva_shambo.mp3

---

**Shiva Shiva Shiva Shiva**

Om Namah Shivaya 
Shiva! Shiva! Shiva! Shiva!

Devā Premlā does a version of this song, but I learned it from k-yoga.se

Anybody know anything about Shima?
Information on the net is limited.

I learned this melody at a rainbow gathering in India.

mp3:
http://www.archive.org/download/MettabensRainbowChantCollection/shiva_shiva_shiva_shiva.mp3

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**Shiva Shiva Mahadeva**

Namah Shivaya

This is a formula for banishing negative concepts and feelings.

Mailing list for events, etc: http://groups.yahoo.com/group/oahurainbow

---

**Shivaya Namah Om**

Namah Shivaya Namah Shivaya

(1) Shivaya Namah Om Namah Shivaya
(2) Shivaya Namah Om Namah Shivaya
(3) Shivaya Namah Om Namah Shivaya
(4) Namah Shivaya (low) P
(5) Namah Shivaya (high-low)
(6) Namah Shivaya (high-high)
(7) Namah Shivaya (low-low)

---

**Shiva Shiva Shambo**
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**Shivaya Namah Om**

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(1) Shivaya Namah Om Namah Shivaya
(2) Shivaya Namah Om Namah Shivaya
(3) Shivaya Namah Om Namah Shivaya
(4) Namah Shivaya (low) P
(5) Namah Shivaya (high-low)
(6) Namah Shivaya (high-high)
(7) Namah Shivaya (low-low)
Shri Ramachandra
Rama He
He Nata Narayana

Key: D, Eb, F#, G, A, Bb, C

Inspired by Dave Stringer

Shri Ram Jaya Ram Jaya Jaya Ram

Original song by: Dave Stringer

Shri Ram Jay Ram Jay Jay Ram

Sita Ram (inspired by Dub Kirtan All Stars)

Shivaya Parameshwaraya
Shashi Shekaraya Namah Om
Bhavaya Bhavaya Guna Sambhavaya
Shiva Tandavaya Namah Om

Shivaya Parameshwaraya
Chandrashekaraya Namah Om
Bhavaya Bhavaya Guna Sambhavaya
Shiva Tandavaya Namah Om

Hara Shiva Shankar She-Shanka Shekara
Hara Bam Hara Bam Bam Bole
Bhava Bhayankara Girija Shankara
Dhimi Dhimi Dhimi Taka Nartana Kelo

I bow to the Great Lord, Shiva
Who holds the crescent moon on his forehead
Who creates by unity the tendencies of nature (gunas)
and who destroys them by his tandava dance.
Hail to Shiva, destroyer of evil, holding the moon in his hair, playing his damaru drum
the manifestation of fearlessness and the beloved of girija (mother of the Himalayas)
dance your cosmic dance
Hara: A name for Shiva, meaning destroyer.
Shiva: Destroyer of the transitory.
Shankara: A name for Shiva, meaning the Lord who bestows happiness and prosperity.
Shashankashekhara: A name for Shiva, meaning the Lord Who carries the waxing Moon on His head (symbol of reflection).
Bham: the sound of Shiva's drum.
Bolo: say, sing.
Bhava: the cycle of birth and death; worldly existence.
Bhayankara: destroyer of fear.
Girijashankara: A name for Shiva, meaning the Lord of Girija,
Who gives happiness and prosperity.
Girija: A name for Pârvati (companion of Shiva), meaning: born from the mountains.
Dhimi: the sound of Shiva's ankle bells.
Taka: the sound of Shiva's drum.
Nartana(m): dance.
Kelo: playing.

So Much Love

Spirits of Fire Come to Us

Standing like a Tree

The Earth is Our Mother

Mailing list for events, etc: http://groups.yahoo.com/group/oahurainbow
The Sky is our Father
We must take care of Him
It's sacred air we're breathing in
With every breath we take

A classic rainbow song.

Consider combining with Mother I Feel You
Under My Feet

Too fast! Re-record this: mp3:
http://www.archive.org/download/MettabensRainbo
wChantCollection/the_earth_is_our_mother.mp3

The Earth, the Air, the Fire, the Water

Return Return Return Return
I-o i-o i-o i-o
I-o i-o i-o i-o

Wicca-sounding four element song.

mp3: http://www.archive.org/download/MettabensRainbo
wChantCollection/the_earth_the_air_the_fire_the_water.mp3

The End of the Illusion that the “States” are “United”

Begins with the de-occupation of Hawaii
The end of the illusion that the “States” are “United”
Begins with the sovereign nation of Hawaii
No more endless war!
No more Walmart stores
No more Bill 54
No more stealing from the poor
No more cops stealing signs
No more park closure times
No more GMO crops
No more fake aloha cops
No more depleted uranium shells
No more contaminated wells
No more developing ag land
No more APEC traffic jams
No more military bases
No more closed public spaces
The end of the illusion that the “states” are “united”
Begins with the de-occupation of Hawaii
The end of the illusion that the “states” are “united”
Begins with the sovereign nation of Hawaii

US out of Somalia!
US out of Yemen!
US out of Afghanistan!
US out of Turkmenistan!
US out of Hawaii!

What happens when the people of Hawaii get political?
What happens when the people of Hawaii hold banners?
What happens when the people of Hawaii stand in unity?
What happens when the people of Hawaii demand sovereignty?

The dawning of whole new age!
The turning of a whole new page!
The beginning of living wage!
The evolving of a whole new stage!

In fact all over sovereign states are one!
In fact all states are free!
One under the sun!
One on planet earth!

De-occupy version: mp3:
http://archive.org/download/MettabensRainbowChantCollection/the_end_of_the_illusion_deoccupy_version.mp3

older version: mp3:
http://archive.org/download/TheEndOfTheIllusio
nOnTheStatesAreunitedBeginsWithTheSovereign/the_illusion_that_the_states_are_united_64kb.mp3

The Ocean Refuses No River

No river.
Ishq Ke La Mabud Le La
Ishq Ke La Mabud Le La
God is love, lover and beloved
God is love.

Record me!

The River She is Flowing

Flowing and growing
The river she is flowing down to the sea
Mother carry me
Your child I will always be
Mother carry me down to the sea.
Ganga devi para shakti
The moon she is waning
Waxing and waning
The moon she is waning for us to be free

A classic rainbow song.

The Spirit of the Plants has Come to Me

In the form of a beautiful dancing green woman
Her eyes fill me with peace
Her dance fills me with peace

mp3: http://www.archive.org/download/MettabensRainbo
wChantCollection/the_spirit_of_the_plants_has_come_to_me.mp3

There’s a Rainbow Around the Moon

There's a rainbow, There's a rainbow
There's a Rainbow Around the Moon

In the night, in the pale night light
You can see the magic rings
If you listen close to the heavenly host
You can hear the angels sing

Round the fire voices take us higher
To the flame within our souls
In our beating hearts where the fire starts
There's a story that the flames foretold

Om Namah Shivaya

Lyrics and melody by Jiva
Arranged for Ukulele by Mettaben
Back to a more traditional style for me.
Continuing to explore the synergy between rainbow chants and sanskrit mantras....

mp3: https://archive.org/download/MettabensRainbowChantCollection/rainbow_around_the_moon__om_namah_shivaya.mp3

Wake from the Dream of Media Amusement

Earth is the center of a spiritual movement
Deep ecology will take us to new heights
Biodiversity is reverence for all life.

Original song by Mettaben

mp3: http://www.archive.org/download/MettabensRainbo
wChantCollection/rainbow_around_the_moon.mp3

Mailing list for events, etc: http://groups.yahoo.com/group/oahurainbow
We are an Old Family, We are a New Family

We are the same family stronger than before
We honour you we empower you
To be who you are
You are a strong woman, you are loving woman
You are a healer and your soul will never die

(Also with man)

A classic rainbow song. Consider combining with I Am Your Family

mp3: http://www.archive.org/download/MettabensRainbowChantCollection/we_are_an_old_family.mp3

We are Children of the Divine

We are children of the One
We are children of the divine
And we work on the earth plane now.
Blessings to our mother the earth.
Blessings to our father the sky
Blessings to phase of the moon
And we work on the earth plane now

Original song by Imani

mp3: http://www.archive.org/download/MettabensRainbowChantCollection/we_are_children_of_the_divine.mp3

We are Circling, Circling Together

We are singing, singing our heartsong
This is family
This is unity.
This is celebration.
This is sacred.

A bit overused in my opinion. There are lots of other good circle songs. Variety is good!

mp3: http://www.archive.org/download/MettabensRainbowChantCollection/we_are_circling_circling_together.mp3

We are Delighted

We are delightful
We are excited, we are insightful
We are savouring all in our life
We are surrounded by the light

Original original lyrics were in first person

singluar. I generally prefer third person plural if it doesn't damage the song too much. “our life” sounds okay to me.

mp3: http://www.archive.org/download/MettabensRainbowChantCollection/we_are_delighted.mp3

We are Medicine People

We come from the stars
We cultivate the sacred sounds
We carry the fire.
We align our design
With the rhythm divine.
We go down to the coils of the serpent's mind
And rise from the depths
From our roots to our wings
We open up our heads and let the firebird sing.

Part of this song was inspired by a chant by Joshua.

mp3: http://www.archive.org/download/MettabensRainbowChantCollection/we_are_medicine_people.mp3

We are One with our Mother

We are one with the Earth
We are one with our Mother
By our lives by birth
Mother carry us home
Gaia we one

This is a combination of two separate chants written by different people, modified and combined by Mettaben.

mp3: http://www.archive.org/download/MettabensRainbowChantCollection/we_are_one_with_our_mother.mp3

We are One with the Heart of the Mother

We are one with the heart of love
We are one with the heart of the father
We are one with God.

Ave Maria, Kýrie, Éléison

Original song by Michael Stillwater fled. Original lyrics are first person.

The Angelic Salutation, Hail Mary, or Ave Maria (Latin) is a traditional biblical catholic prayer asking for the intercession of the Virgin Mary, the mother of Jesus.

original melody (Variations in E minor) by Mettaben:

mp3: http://archive.org/download/MettabensRainbowChantCollection/we_are_a_circle_within_a_circle.mp3

Mailing list for events, etc: http://groups.yahoo.com/group/oahurainbow
Kýrie, eléison (Greek, Κύριε, ἐλέησον, for "Lord, have mercy").

Record me!

**We are One with the Infinite Sun**

Forever and ever and ever.

Surya tantrik bija mantra:
Om hram hrim hraum sah suryaya namah
http://www.youtube.com/watch?v=BOVJG04mwT8

Record me!

**We are Opening Up in Sweet Surrender**

To the luminous love light of the one
We are opening, we are opening.

We are rising up like the phoenix from the fire.
Brothers and sisters
spread your wings and fly higher
We are rising up, we are rising up.

We are opening up like a lotus flower
Let your love light shine
in your heart's higher power
We are opening, we are opening.

We are rising up in an irie high vibration
Come together in a sweet meditation
We are rising up, we are rising up.

We are dancing around a circle of beauty
Come on everybody shake your sacred booty!
We are dancing around, we are dancing around.

There are many more verses involving Jedi Knights and so forth. These are the verses I know.

mp3: http://www.archive.org/download/MettabensRainbowChantCollection/we_are_opening_up_in_sweet_surrender.mp3

**We Are Opening, Opening / Om Gam Ganapataye**

We are Opening, Opening in Sweet Surrender
To the Luminous, Luminous
Love Light of the One
Om Gam Ganapataye Namo Namah

This track uses somewhat unusual chords: (0, 2, 2, 2) and (0, 0, 2, 2) in a notation system that I use, where the strings are (G, C, E, A), and 0 means open, and other numbers mean frets.

Continuing the exploration of the synergy between mantras and rainbow chants.

mp3: https://archive.org/download/MettabensRainbowChantCollection/we_are_opening_om_gam_ganapataye.mp3

**We are Part of the Earth**

And sacred spirals we are
Are connected.
Every part of the Earth
Is sacred to my people
Share the same ground!

This is a heavily modified version of another song.

mp3: http://www.archive.org/download/MettabensRainbowChantCollection/we_are_part_of_the_earth.mp3

**We are People of the Drum**

We are family of fire
We are people of the drum
Spirits burning brightly
Higher and higher

Original song by Kelly Varner from Firetribe

mp3: http://www.archive.org/download/MettabensRainbowChantCollection/we_are_people_of_drum.mp3

**We are Spiraling to the Center**

The center of the wheel
We are the weavers
We are the woven ones
We are the dreamers
We are the dream
Spin love!

mp3: http://www.archive.org/download/MettabensRainbowChantCollection/we_are_spiralling_into_the_center.mp3

**We are Your People, Join Us**

We are the young ones, join us
We are the old ones, join us
We are the wild ones, join us
We are your people, join us.

mp3: http://www.archive.org/download/MettabensRainbowChantCollection/we_are_your_people_joi

**We Can Rise with the Fire of Freedom**

Truth is the fire that will break our chains
And we can stop the fire of destruction
Healing is the fire running through our veins.

Sue Rainbow likes this song.

Record me!

**We Want Peace on Earth**

One small blue ball
Tear down the walls.

Original song by Mettaben

mp3: http://www.archive.org/download/MettabensRainbowChantCollection/we_want_peace_on_earth.mp3

**We Welcome You**

We welcome you to our small village
Welcome home!

Taught by Daina, improvisationally improved by rainbow gathering.

Record me!

**Welcome Home, Welcome Home**

Join the circle you're not alone
You're with your rainbow family
Of living light and synergy.
Give it up for the magic hat.
Welcome home you cool communal cats.
Give it up for the magic hat.
And we promise to make you phat.
It's been cold, it's been windy
When the magic hat goes round
So if you want to eat plenty
Be sure to kick some money down.
Rain, sleet, hail and snow
It takes everything to make a rainbow.
So give us your wishes, give us your dreams.
And we'll make this very cool scene
So reach deep into your mud-stained jeans
We can't just live on pinto beans.
Forget about the rent
Give us all your dead presidents
We've had rice, we've had beans
Give generously and we'll get some greens
And if you give just a little bit more, We'll get some tofu from the store


Under the Full Moon Light

We dance, spirits dance, Joining hands we dance Joining souls rejoice

Rhythm: 5-beat

mp3: http://www.archive.org/download/MettabensRainbowChantCollection/you_are_my_father2.mp3

This is a melty, love-fest in the form of a song. I love how Fantuzzi can re-create the feel of an intimate music circle within the context of concert sometimes when he plays this song.

Original song by Fantuzzi
mp3: http://www.archive.org/download/MettabensRainbowChantCollection/you_dont_have_to_push_it.mp3

You are the Light

The light in my eyes Shine on!

mp3: http://www.archive.org/download/MettabensRainbowChantCollection/you_are_the_light_the_light_in_my_eyes.mp3

You Don't Have to Push It

You don't have to pull it You don't have to train, restrain or control it It goes on by itself It flows on by itself This is the nature of mind Awakening to the nature of mind

I'm struggling with this song. It's factually true, you don't have to do anything to your mind, but there may, in fact, be some value in training it. From the Dhammapada: “Quivering, wavering, hard to control, the mind... like a fish out of water, the mind flips and flops about... the sage makes it straight, like an arrow.”

mp3: http://www.archive.org/download/MettabensRainbowChantCollection/you_dont_have_to_push_it.mp3

See my song “Quivering, Wavering” for a counterpoint to this song.

You Who Open the Vault of Heaven

Out of the blackness comes spinning of stars

Original song by: T Thorn Coyle
mp3: http://www.archive.org/download/MettabensRainbowChantCollection/you_dont_have_to_push_it.mp3
Rainbow Kirtan Bhajan Mantra Heartsong Chant Book (Version 2014-01-12)
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