Metta/Rainbowgem Chants, Kirtans, Bhajans, Heartsongs (Version 2011-08-13)

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Metta/Rainbowgem Chants, Kirtans, Bhajans, Heartsongs

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Please help!
What songs do you know? Got a different version? Do you have information about the original song writers? Let me know! Leave comments on http://www.archive.org/details/MettabensRainbowChantCollection

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
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!
mp3: http://www.archive.org/download/MettabensRainbowChantCollection/air_we_are.mp3

Alakh Alakh Bam!
Alakh Alakh Bam! Bam!
Alakh Shiva Shambo
Kailash Ke Raja Shiva Bhole
Bam Bam Bam Bholenath
Shiva Namah Om
Om Namah Shivaya
Hari Om Namah Shivaya

Alak: beyond description

Original song by Abigail Spinner McBride

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

Here is how the blessings come out
They come out from within
They come out in melodies
With unexpected harmonies
Out in voices that sing

Original song by Abigail Spinner McBride

Record me!

Altissimo Corazón
Que Florezca
Que Florezca La Luz
Que Florezca

Language: Spanish

Record me!

Amma 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.

Old Chords:
(D) Ancestors, (A) sky people
(G) All here to (D)day,
(D) Hear (A) my heart (G) song
(G) hear my (D) respect,
(A) hear my (D) love...
(D) 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...

Record me!

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

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

(Repeat with Papa?)

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

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 Murtaye
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=udANZjM1w6A
http://www.youtube.com/watch?v=7pSswc6YXM
Krishna Das: http://www.youtube.com/watch?v=SNntMe5W9No
Michael Ward: http://www.youtube.com/watch?v=ZfSG6_glwLQ

Record me!

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 eagle 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 “as”. It's the grammarian in, me sorry.

mp3:  http://www.archive.org/download/MettabensRainbowChantCollection/as_the_phoenix_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?v=1_pna6GCxsE

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

Tradition: Ananda Marga

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

Behold there is Magic all Around Us

Awaken rejoice and sing!

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

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

Bhajeloji Hanuman

Bhajeloji Hanuman Bhajeloji Hanuman
Mahavir Bhaje Ram
Shri Rama Rama
Bhajeloji Hanuman
Sita Rama Sita Rama
Jay Jay Sita Rama

Either popularized by or original melody by Krishna Das

Record me!

Bhajama Ma Ma Ma Ma

Ananda Mayi Ma Ma
Ananda Rupa Ma Ma

Bhajama: praying through heart, deep devotion
Ananda Mayi: consisting of bliss
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/MettabensRainbowChantCollection/bolo_bolo_sada_shiva_bolo.mp3

Blessed am I, Freedom am I

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/MettabensRainbowChantCollection/burn_fire_burn_bright.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
Lā ’Ilāhā ’Illālāh
Shālôm ’Alēģem
Ave Maria, Kyrie, Eleison
Gate Gate Pāragate Pārasamgate Bodhi Svāhā
Nam Myōhō Renge Kyō
Hare Krishna Hare Krishna
Krishna Krishna Hare Hare
Hare Rama Hare Rama
Rama Rama Hare Hare
Om Namah Shivaya
Lokaha Samastāta Sukhino Bhavantu

This song is a heavily modified concoction drawing from many different sources. The theme is that all these different chants from all these different sources sound great together, especially when blended together in multiple parts. A golden moment in a Firetribe gathering was when we were singing these three Abramaic religion parts of this song together simultaneously. Peace in the Middle East in the form of a song.

Record me!

Chidananda Rupah

Chidananda Rupah
Shivoh Ham
Om Namah Shivaya
Om Namah Shivaya

Chidananda Rupah
Shivoh Ham
Om Namah Shivaya
Om Namah Shivaya

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Mailing list for events, etc: http://groups.yahoo.com/group/oahurainbow
Dark Moon, We Hear You Call Us
Bright Moon, We Call Your Name
Crescent Moon, We Sing With You
Crescent Moon, We Sing With You

Original song by Ivo Dominguez and friends

Record me!

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!

Devika Deva Shivananda
Dina Bandhu Pahimam
Chandravadana Mandahasa
Prema Rupa Rakshamam
Madhura Gita Ganalola
Jnana Rupa Pahimam
Samasta Loka Pujitanga
Mohananga Rakshamam

Chords:
(D-)Deva De(G-)e(D-)va
(G-)Shi(D-)i(F)i(F)va(C)manda
(F)Di(D-)na (C)Ban(D-)dh
(C)Pa(C7)hi(Dm)ham
(D-)Chandravada Man(A-)daha(D-)saa
(C)Prema Rupa (F)Rak(C)shamam
(C)Madhura Gita Ga(D-)analola
Jna(C)na (F)Rupa (B)Pa(F)himam
(D-)Samasta Lo(G-)oka
(Gm)Pu(D-)ji(C)tanga
(F)Mo(D-)ha(C)n(Dm)ga
(C)Prema (F)Rup(C)h

Tradition: Shivananda

Record me!

Enter the Center
Where all is one
All are welcome
All is One

Original song by Abigail Spinner McBride

Record me!

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

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

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 Souls Are We

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

Record me!

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

Record me!

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 Jatadhara

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_jatadhara.mp3

Gāyatrī Mantra

ॐ भूर् भुवः सवः
तत् सिवतुव ररेणयं ।
भगोदेवसयधीमिह।
िधयोयोनःपचोदयात् ॥
Translation: May we attain that excellent glory of Savitar the god: So may he stimulate our prayers.

Ganapati Om Jaya Ganapati

Ganapati Ganapati
Melody from the Boulder Kirtan podcast.

Record me!

Ganesha Sharanam

Sharanam Ganesha
Gam Gam Ganapati Sharanam Ganesha
Jay Ganesha Jaya Jaya Gananatha

Record me!

Ganapati Om Jaya Ganapati

Ganapati Ganapati

Mailing list for events, etc: http://groups.yahoo.com/group/oahurainbow
Our favorite melody of this mantra is inspired by a recording on the album Jaya Bhagavan by Tina Malia and ShimShai.

Record me!

**Gopala Gopala**  
**Devakinandana Gopala**

Note: Rhythm off, re-record.  

**Govinda Narayana**

Govinda Narayana  
Govinda Gopala Narayana

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

**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/great_spirit_carry_us.mp3](http://www.archive.org/download/MettabensRainbowChantCollection/great_spirit_carry_us.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**

Oṃ Tāre Tuttāre Ture Svāhā  
Translation: OM! O Tara! I entreat you, O Tara! O swift one! Hail!

This is a medley from several different sources.

Record me!

**Hara Hara Ganga**

Mahadeva Shri Shankara  
Parvati Pati Mahadeva Shri Shankara  
Jay Shiva Om

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

Reference version:  

**Hara Hara Shiva**

Bam Bam Bole  
Jay Mahadeva Jay Bolenatha

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

**Hare Krishna Mahamantra**

हरे कृष्ण हरे कृष्ण कृष्ण हरे हरे  
हरे राम हरे राम राम हरे हरे  
हरे कृष्ण हरे कृष्ण कृष्ण हरे हरे  
हरे राम हरे राम राम हरे हरे

Hare Krishna Hare Krishna  
Krishna Krishna Hare Hare  
Hare Rama Hare Rama  
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!

**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 Jagadambe  
Aklandeswari Jaya Jagadambbe  
Jagadambe 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](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/here_we_are_once_again.mp3

Heya Heya Heya Hey

Heya Heya Heya Hey

Sister there we honor you
Brother there we honor you
We honor you in beauty
We walk with you
We walk with you in beauty
We walk with you

Keeper of the Woods and Streams
Share with us your sacred dream
We walk with you
We walk with you in beauty
We walk with you

Bear Father we honor you
Bear Mother 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!

Hine Mah Tov Umah Na‘iym

נהה מא תוע עמה נאה ים
Sheveth Ah-iyim Gam Ya-ḥad

Translation: Behold, how good and how

pleasant it is for brethren to dwell together in
unity! Psalm 133

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!

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

(Also Father)

I learned this melody from rainbow gatherings.
You'll find the other (original?) more upbeat
melody more common on the internet.

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

Record me!

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

Record me!

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

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

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!

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!

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

Inside My Heart Beats a Soft Drum

Beating the sound of Gaia
Inside my heart blows a soft wind
Blowing the sound Gaia
Gaia! Gaia! Gaia! Gaia!

Substituted Gaia for Allah relative to the original lyrics.

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

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.

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

Jay Ambe Jagadambe

Mata Bhavani Jay Ambe
Dukkha Vinashini Durga Jaya Jaya
Kala Vinashini Kali Jaya Jaya
Uma Rama Brahmani Jaya Jaya
Radha Rukmini Sita Jaya Jaya

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

Jay Ganesha Jay Ganesha

Jay Ganesha Maha Deva
Mata Devi Parvati Pita Maha Deva Maha Deva Maha Deva
Maha Deva Maha Deva Maha Deva Maha Deva
Maha Deva Maha Deva

Record me!

Jaya Jaya Devi Mata

Namaha

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

Jaya x11 Hanuman

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

Jaya Mata Kali

Jaya Mata Durga
Kali Durga Namah Namah

Translation: Victory and salutations to the Mother Kali and Durga

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

Jayati Jayati Jaya Bharati

Sarasvati Jag Devi
Sarasvati Ma

Record me!

Jay Shiva Shankara

Bam Bam Har Har Har
Har Har Har Har Har Ham Bam Har Har Har

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

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!

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

Krishna Govinda Govinda Gopala

Krishna Murali Gauri Mano Har Har Nanda Lala

Chords:
(Dm) Krishna (F) Govinda (Em) Govinda (C) Gopala
Krishna (F) Murali Gauri (G) Mano Har Har (F) Nanda Lati
Krishna (Am) Murali Gauri (G) Mano Har Har (F) Nanda Lati

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

La Ilaha Illallah

La ilaha illallah is part of the Muslim proclamation of faith or shahadah. The Arabic phrase translates as: There is no deity except God.
La Yaw means “no”
’Ilah means “deity”
’Illah means “except”
الله means “god”.

It is the first part of the Islamic creed known as the kalimah or šahādah. It is the first part of the Islamic creed known as Allah ʾIlāh ʾLā ʾIllā Ilāh which means “god”. "Except god there is no god".

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.

Translation: May all beings everywhere be happy and free.

I have also heard this referred to as the Planetary Healing Mantra

Record me!

Lokaha Samastahā

Su khino Bhavantu
Om Shanti Om Shanti Om Shanti Om

Translation: Look inside your consciousness

The true self that's unity
Is the true self the community
The self that's humanity
Is the true self that's family
And there is just one Earth
There is just one People
We stand hand in hand
We all share the land

Original song by Mettaben

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

Look Beyond Your Righteousness

Look inside your consciousness
The true self that's unity
Is the true self the community
The self that's humanity
Is the true self that's family
And there is just one Earth
There is just one People
We stand hand in hand
We all share the land

Original song by Mettaben

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

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.

Record me!

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
All hearts are beating as one
Love upon love upon love
Shining as bright as the sun

Record me!

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

Goonyum is the Cantonese pronunciation of Kuan Yin.

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

Mahāmṛtyumjaya Mantra

महामृत्युमया मं

Tryambakaṃ Yajīmahe
Sugandhim Puṣṭi-Cardhanam
Urvārukam Iva Bandhanān
Mṛtyor Mukṣīya Māṁr̥tāt

Translation: “Great Death-Conquering Mantra”

We meditate on the Three-eyed reality which nourishes and increases the sweet fullness of life. Like a cucumber from its stem may we be separated (“liberated”), not from immortality but from death.

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 Guru woven through time
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
I bow to the True Wisdom
I bow to the Guru woven through time

Language: Gurmukhi
Tradition: Sikh

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

Record me!

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
and may we all see the light
Within, within, within
Om Namah Shivaya

Record me!

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 trees
I have no voice you must speak for me
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

Mūł Maṃṭar

ਪ੍ਰਵੱਚਣ ਬੁਧ ਬਣਉਂਦਾ ਪ੍ਰਵੱਚਣ ਹੁੰਦਾ ਹੁੰਦਾ ਹੁੰਦਾ
ਗ਼ਜ਼ਦਾ ਬਣਤੀ ਮਲਤੀ ਮਲਤੀ ਮਲਤੀ ਮੁਟਣਾਂ ਦੁਆਂ

॥ ਸਮਾਨੂ ॥

ਅਕਾਲ ਸਤ ਹੋਸੀ ਭੀ ਸਚੁ ਨਾਨਕ
ਪਰ ਸਾਿਦ ਸਾਿਦ ਸਾਿਦ ਸਾਿਦ ਸਾਿਦ

॥ ॥ ॥

Ikoânkār saẖ nam
kartā purakẖ nirdẖao nirvair
akāl mūraṯ ajūnī saibẖaṅ 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 Hoosee Bhee Sach
Nanak Hoosee Bhee Sach

Chords:
(A-) Ek Ong Kar
(G) Sat Nam
Kartaa Purkh Nīr(C)bhao Nirvair
(A-)Akaal Moorat
(G)Ajoonee, Saibhang,
Gur Pr(C)saad (A-)Jap
(A-)Aad Sach, Jugaad Sach
(G)Hai Bhee Sach,
Nanak Hoosee (C)Bhee (A-)Sach

(F)Ek Ong Kar
Sat (A-)Nam
Kartaa Purkh Nir(C)bhao Nirvair
(A-)Akaal Moorat
(E-)Ajoonee, Saibhang,
Gur Pr(C)saad (A-)Jap
(F)Aad Sach, Ju(A-)gaad Sach
(E)Hai Bhee Sach,
Nanak Hoosee (F)Bhee (A-)Sach
(E-)Nanak Hoosee (C)Bhee (A-)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

Reference: http://www.youtube.com/watch?v=f2zUYK4YU8M

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

Mula Mantra

Om Sat Chit Ananda Parabrahma
Purushothama Paramatma
Shri Bhagavathi Sametha
Shri Bhagavathe Namaha

Tradition: Hindu
Language: Sanskrit

Record me!

Namaste Narashimhaya

Prahladahlada Dayine
Hiranyakashipor Vakshaha
Shila Tanka Nakhalaye

Ito Nrisimh Parato Nrisimh
Yato Yato Yami Tato Nrisimh
Bahir Nrisimho Hridaye Nrisimho
Narashimhah Adim Sharanam Prapadye

Tava Kara Kamala Vare
Nakham Adhbuta Shringam
Dalita Hiranyakashipu Tanu Bhringam

Mailing list for events, etc: http://groups.yahoo.com/group/oahurainbow
Keshava Dhrita Narahari Rupa
Jaya Jagadisha Hare

Reference version:
http://www.youtube.com/watch?v=19mHHtdnw14

I offer my obeisances to Lord Nrsimha-deva, who is always giving bliss to His devotees like Prahlada Maharaj 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 shelter of Lord Nrsimha. Lord Nrsimha is within 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.

Namokar Mahamantra
Also known as the Navkar Mantra, and the Namokar Mantra)

Nataraja Nataraja
Nartana Sundara Nataraja
Shivaraja Shivaraja Shivaraki
Priya Shivaraja
Chidambaresha Nataraja
Partipurisha 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
We are humble and we come from
The Sun. Round and round we go
The Sun. Radiant we glow

And we're rising to the occasion
To lift your very soul

The air is a singer
The fire is a song
Sure as this Earth I'm standing on

Record me!

No One's Slave
I am no one's master.
On my grave they will write this after I am gone.
I will be gone!
And then my flesh will go to the earth it lived on, breath will go to the air it lived from. I am through with the pain of my lying I've had my fill of the cruelty and crying, earned my keep in the land where the dying deserts grow and now I know!
And I am looking up with a new perspective, listening up for a new directive.
Going home to the land of our mothers, I will walk with my sisters and brothers. We will share what is good with each other in our love.
It is a love!
it is a love that brings you the invitation Join me now in my invocation:
Mother Earth, I was nearly the end of you

Please accept my desire to be friends with you
Now I know just how much I depend on you for life
You are my light!
You are the Light that flows in the flesh I'm weaveng. Light that flows in the air I'm breathing. I am strong as a tree on a mountain, full and fresh as a free flowing fountain, light and lithe as the stars we are counting in the night.
I am theat light!
I am the light that shines in a thousand people In my sight every life is equal!

Original song by Theo Simon

Reference version:
http://www.youtube.com/watch?v=w01M3aPTarw

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).

Songwriter: 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 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_asatoma_lead_us_from_the_unreal.mp3

Om Dum Durgaye Namaha


Om Jay Shri Ganesh

Shri Ganesha Jaya
Shri Ganesh Shri Ganesha
Ganesha Ganesha Ganesa
Ganesh Ganesha Ganesa
Ganesh Ganesha 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 Namah Namaha
Shakti 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 Parameswari Shri Bhuvaneshwari
Adi Parashakti Devi Maheshwari

This song brings me back to of all places, Nelson British Columbia, where I re-learned it, after having originally heard it in India.

Record me!

Om Namah Shivaya (inspired by K.D.)

Shivaya Namaha
Shivaya Namah Om

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

Reference version: http://www.youtube.com/watch?v=s0x04TIfOY&NR=1

Record me!

Om Namah Shivaya (inspired by Jeff)

Shiva Namah Om

Om Bhūr Bhuvah Svāh
Tāt Savitr Vāreyāṃ
Bhārgo Devasya Dhīmahi
Dhiyo Yō Nah Pracodāyāt

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

Record me!

Mailing list for events, etc: http://groups.yahoo.com/group/oahurainbow
Girija Shankara Namah Shivaya
Om Namah Shivaya
Om Namah Shivaya
Namah Shivaya Namah Shivaya
Namah Shivaya Namah Shivaya

This version popularized by Krishna Das

Record me!

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
As we are so shall we be

Open Up your Heart to the Universal Love

And we shall lift you up x2
The Lord of the Universe has come to us this day
He's come to show us the love
And 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.

Open Up your Heart to the Universal Love mp3:
http://www.archive.org/download/MettabensRainbowChantCollection/open_up_your_heart_to_the_universal_love.mp3

Panchakshari Mantra

ॐ नमः शिवाय

Om Namah Shivaya

Also known as the Shiva Mahamantra.

This melody inspired by k-yoga.se

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

Panchakshari Mantra mp3:
http://www.archive.org/download/MettabensRainbowChantCollection/panchakshari_mantra_in_raga_bhupali.mp3

Reference version:
http://www.youtube.com/watch?v=ZrbGCsZ3LFo

C, D, E, G, A

Padmasambhava Mantra

Also known as the Vajra Guru Mantra

Om Āḥ Hūṃ Vajra Guru Padma Siddhi Hūṃ

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.

Mailing list for events, etc: http://groups.yahoo.com/group/oahurainbow
Melody inspired by Didginus

Record me!

This rhythm of this melody is a 10-beat, I think it's Jhaptal, instead of Sultal. 

Original melody by Mettaben.

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

Pure Earth Warm Fire

Strong Wind Pure Water
I can feel it in my body
And I feel it in my soul
I learned this at a rainbow gathering in India.

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

Purnamadah Mantra

Also known as the Fullness Mantra from the Isha Upanishad

Purnamadah Purnamidam
Purnata Purnamudachyate
Purnasya Purnamadaya
Purnameva Vashishyate

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

Quivering, Wawering

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 Buddhist

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

Radhe Radhe Radhe Govinda

A divine love song.

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

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

Translation:

Chief of the house of Raghu, Lord Rama,
Uplifters of those who have fallen, Sita and Rama,
Sita and Rama, Sita and Rama,
O beloved, praise Sita and Rama,
God and Allah are your names,
Bless everyone with this wisdom, Lord.

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

Rama Bolo Rama Bolo

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

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

Sarva Mangala Mangalyei

Shive Sarvartha Sadikei
Sharanyei Tryambakei Gauri
Narayani Namostute
Om Namah Shivaya

This is the melody I learned from Shimshai's album, Jaya Bhagavan. I've heard a few other melodies, but I like this one the best.

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

Shante Prashante

Sarve Bhaya Upasha Mani Swaha

Shanti Shiva Shiva Shanti Om

Shiva Om Shiva Om Shiva om Shanti om

This recording found itself intermingling with the Hari Om chant.

mp3:
Shema Yisra'el

Shima Shima Shima Shima

Shiva Shiva Shiva Shiva

Shiva Shiva Shiva Shambo Mahadeva Shambo

Shiva Shiva Shiva Shiva

Shivaya Parameshwaraya

Shiva Shiva Mahadeva Namah Shivaya

Shiva Shiva Mahadeva Shambo

Shri Ramachandra

Shri Ram Jaya Ram
Shri Ram Jay Ram Jay Jay Ram

Record me!

Spirits of Fire Come To Us

We will kindle the fire
We will kindle the fire
Dance the magic circle round
We will kindle the fire
We will kindle the fire

Record me!

Standing like a Tree

With my roots down deep
And my heart wide open.
Down comes the sun.
Down comes the rain
Down comes the fruit to the heart that is open.

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

The Earth is Our Mother

We must take care of Her
It's sacred ground we walk upon
With every step we take
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.

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

The Earth, the Air, the Fire, the Water

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

Wicca-sounding four element song.

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

The Ocean Refuses No River

No river.
Ishq Ke La Mabud Le La

Record me!

The River is Flowing

Flowing and growing
The river is flowing back to the sea
Mother carry me
Your child I will always be
Mother carry me back to the sea.

A classic rainbow song.

Record me!

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/MettabensRainbowChantCollection/the_spirit_of_the_plants_has_come_to_me.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/MettabensRainbowChantCollection/wake_from_the_dream.mp3

White Tara Mantra

Om Tare Tuttare Ture Mama Ayuḥ Punya
Jñānā Puṣṭiṃ Kuru Svāhā

Record me!

We All Come from the Goddess

And to her we shall return like a drop of rain
Flowing to the ocean
We are come from the Sun God
And to him we shall return
Like a spark of flame rising to the open sky
We all come from the One
And to One we shall return
Like a ray of light flying through eternity
Record me!

**We are a Circle Within a Circle**
With no beginning and never ending

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

**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.

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 singular. 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, Eléison

Original song by Michael Stillwater field. 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.

Kýrie, éléison (Greek, Κύριε, έλέησον, for "Lord, have mercy").

Record me!

**We are One with the Infinite Sun**
Forever and ever and ever.

Surya tantrik bija mantra:
Om hram hram 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 dancing around.

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

Record me!

We Want Peace on Earth

One small blue ball
Tear down the walls.

Original song by Mettaben

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

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

Welcome Home you cool
Communal cats
Give it up for the magic hat.

Universal Lover

You are my Mother, You are my Father
You are my lover, you are my friend
You are beginning, you are the center,
And you are beyond the end
I want to touch you
I want to feel you
I want to be right by your side
I want to know you
I want to love you
I want to serve you all the time

The branches of a tree
They are many
But the tree is one
The petals of a lotus
They are many
But the lotus is one
Teachers and teachings
They are many
But the truth is one
Prophets and religions
They are many
But God is one

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.

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.
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