

ELEMENTAL BEING

all songs written by Mary Isis



May these songs inspire a reconnection with and reverence for this living earth and the sacred elements of Life. We are Elemental Beings, in a time of great healing and remembering who we are and what is of true value in this precious life that we have been given. Every one of us plays a part in this magnificent web of life. Every one of us has gifts to offer to the whole. The power that we wield as human beings , through our creative minds and compassionate hearts requires our conscious, clear vision and responsibility. We are the guardians and protectors of this planet Earth for the future generations. May we fulfill the wishes and prayers of our ancestors and may we become the ancestors that will make our children and future generations grateful.

Now is the Time

ELEMENTAL BEING

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Web Of Life

(Chords: Am/G for intro, vocal/instrumental interludes and outro,
Am/G/F on the verses & refrains

Verse 1

From the highest mountains...Down to the Sea
These sacred winds carry a mystery
Flying on the Wings of the Almighty
to the Wisdom of the Ancestors...I am Listening....

verse 2

Teach me Grandmother...Show me the Way
Bless us, your Children that have gone Astray
We seek to reconnect to the Sacred Land
This is our Kuleana....We understand....

<vocal interlude>

verse 3

Oh Sacred Mother you gave us this Life
And it is so amazing to be Alive
She says "take a deep breathe, There is nothing to hide
go on and realize your worth, I'll be standing by your
side.
"You've got my mountains all the way to the sea
You've got the power in your hands
To protect my trees, the air you breathe-
You got your feet to walk and feel the earth and know
you're Home
You got the sense to know you're not in this all alone..."

refrain:

**"You can't help it you are
caught in the web of life.....
You can't help it you are
caught in the web of life....."
May we accept it as a blessing and do whats right
As conscious beings we are arising...
Waking up to the Light...
Waking up to the Light...**

<instrumental interlude>

bridge: (Am/G)

We must do what we can as Children of the Sacred
Land
We must do what we can, lets use our hearts and
minds and hands...
We must do what we can as Children of the Sacred
Land
We must do what we can, lets use our hearts and
minds and hands (repeat 4x, then on the last time,
leave off before "hands")

Verse 4

Dig your Hands in the Dirt...Its more precious than
Gold
There's so many chasing paper but we know - we can't
be sold!
Our ideas are dangerous to their House of Cards,
But the truth shall be Known and I will sing it Loud and
Far....

refrain 2:

**I can't stop it Ive got to spread these Seeds.....
I won't stop it Ive got to spread these Seeds.....
I'll do my best to not take any more than I need....
I will stay open and allow my Being to Receive....**

—instrumental/vocal space—

verse 5 (extended)

Open to receive this sacred medicine
We all have within the seeds of peace and
awakening
Align our Hearts and minds ... to the Truth inside,
Remember our birthright to tap into the Divine.
to tap into the Presence, your sacred unique
essence, There is no separation ...
Everything in creation is connected and reflected,
every facet makes up the beauty of the One
all shining in the light of the sun, like raindrops on
the web of the One.
One Vibration- listen to the sound of creation
listen real close to the elements of nature
Every flower has a song to be heard, Every rock
every tree every bird
Every beautiful expression of Life, has its purpose
more than meets the eye, lets dive under the
surface
to the depths of your being... to the most ancient
mystery
To exist and to be, humanity is awakening to truly
see
weaving the threads of the tapestry, we are co-
creating this reality,
with our bodies on the Earth and our spirits so
free.
and while we are here on this earth.
may we honor all our relations, we are intricately
all connected
Great Spirit.... i can feel it.....This is our
Healing.....in this Great Remembering.....

GAIA MA (chant)

Gaia Ma...Gaia Ma... Gaia Ma Sophia
Gaia Ma...Gaia Ma... Gaia Ma Sophia
Gaia Ma...Gaia Ma... Gaia Ma Sophia

Om Gaia.....O Pachamama
Om Gaia.....O Pachamama

We are reconnecting to the Truth
Reconnecting to our Roots
Reconnecting to the Wisdom
Living inside of You.

Are you Listening (chant)

Are you listening? Are you Listening.....
Are you listening.....to mama Gaia.
Are you listening? Are you Listening.....
Are you listening.....to Pachamama

People of the Earth, Come one come All
The time is now, to come together, stand tall.
We're standing for the earth, standing for the trees,
Standing for the waters and the air we breathe

We are listening...We are listening...We are listening to
Mama Gaia

We are listening...We are listening...We are listening to
Pachamama

We're listening to the Earth, We're listening to the trees
We're listening to the birds & We're listening to the
bees, We're listening to the waters, We're listening to
the streams, We're listening to the rivers
flowing in you and me.

Are you listening? Are you Listening.....

Are you listening.....to mama Gaia.

Are you listening? Are you Listening.....

Are you listening.....to Pachamama

I am listening....I am listening...I am listening

to mama Gaia. I am listening....I am listening...

I am listening to Pachamama.

We are listening to the flowers, to the moon and stars,
We're listening to the rains and we're listening to the
fires. We are listening to the plants, to the mountains
and the stones, we are listening to our bodies deep
inside our bones...

(Riconekt's verse)

All creation is a song of many frequencies, and I'm here
to sing along in perfect harmony

All creation is one song- a university. And in this school
of life, I'm learning purposefully, to live my life with
integrity, to sing the song of life in me, I hear the song
of life in me...I am listening....I am listening

I am listening to Mama Gaia

I am listening...I am listening... I am listening to
Pachamama

CHUA CHUE-A (song/chant of the waterfall)

Chua Chue-a
Mama e Chua!
Chua Chue-a
Mama e Chua!
Chua Chue-a
Mama e Chua!
Chua Chue-a
Mama e Chua!
Chua Chue... Mama E Chua!
Chua Chue... Mama E Chua!
Chua Chue... Mama E Chua!
Chua Chue... Mama E Chua! (Repeat)

Verse:

Blessed Sacred Waters...E Chue chua!
You cleans and purify my body, soul and
mind!

You soothe me with your beauty of your
waterfall

Bringing Love and Peace

Set my Soul at ease

Sweet serenity

You set my spirit free

Sister mother waterfall

Flowing freely, cleansing all

Bless our lives and bless our dreams

flowing clear, sweet river streams....

E chue chua chue chua chue chua!

washing my heart clean....

E chue chua chue chua chue chua

Thank you sacred waters, e chue chua!

we thank you for your love and give thanks to
be alive!

Thank you sacred waters, E chue chua!

We pray for the healing, the healing of us all

A chua chua chue....

E chue chua chue chua chue chua!

A chua chua chue.....

E chue chua chue chua chue chua!

Chua Chue-a
Mama e Chua!
Chua Chue-a
Mama e Chua!
Chua Chue-a
Mama e Chua!
Chua Chue-a
Mama e Chua!
Chua Chue... Mama E Chua!
Chua Chue... Mama E Chua!
Chua Chue... Mama E Chua!
Chua Chue... Mama E Chua!

I Remember

Em / G / D

I remember....I remember who I am
I remember...I remember why I
came here
to join forces and unite with my soul
family
To sing songs of love and freedom
til we all are free
To be of service and uplift all those
who are suffering
To embody all the power that true
love can bring

I remember....I remember who I am
I remember...I remember why I
came here

To learn and Grow with all the
seasons of my precious life
To share my gifts and share my
love and to Anchor the light
To be kind and to forgive and to
stand up for whats right
To be one with all creation bringing
the Shadows to Light

I remember....I remember who I am
I remember...I remember why I
came here

Ohhhhh...(Em / C / D / Em)

I remember....I remember who I am
I remember...I remember why I came
here... I remember...
I remember who I am
I remember...I remember why I came
here

Lady of Liberty (Fm/Eb/Db/Bb)

Oh Lady Of Liberty
Hold your torch for all to see
Just how we can be free
How can we be Free
When we hold on to the chains
of illusion and suffering

Its time to stand firm
to reject all deception
the fires of truth we will burn

Ahhhhh

Oh Lady of Liberty
Arise and Hear the Call
We stand for Love, we Stand for Truth
Unity and Justice for All
In a world of so much wonder and
endless beauty
How could we betray?
Forgetting we are all One, Children of
the Sun,
Interconnected in Every Way.

Its time to remember and receive
A wisdom so ancient and a power so
free
Make room-make way- for the light
to expand your horizons and purpose
for living this life

— — — —
We are the Ones
We hold the Key
We Have the Love
To set ourselves Free (2x) 2nd time
with Echo

Oh Lady Of Liberty, Hold your Ground
Know where you Stand

This Earth on which all creatures live and
die
no walls that we build can divide
How will you manifest your destiny? How
will you be freed from mental slavery?
Are you just a product of your societ?
Burdened by your history. How will you
manifest your destiny(with our thoughts
words and deeds)
How will you be freed from mental
slavery? (be awakening to see)
Are you just a product of your society?
(we have our divine creativity)
Burdened by your history (we are
creating a new legacy)

With our thoughts, words & deeds we are
co-creating, re-patterning our circuitry of
our minds. Meditating on Nature
Honoring HerStory and all creation
throughout the Cycles of Time.The Wheel
is Turning This is a Coming of Age, It is
time to step into the New. The Fire is
Burning We are holding the Flames,
Beacons of Love and Truth..

We are the Ones (We are the Ones)
We hold the Key (We hold the Key)
We Have the Love (We have the
Love)
To set ourselves Free (To set
ourselves free) 2x
Free to forgive, Free to receive, Free
to transform, Free to Believe
Free to be kind, Free to be True, Free
to feel it all, Free to Bless you
Free cosmic Energy
Living Liberty
For all Eternity, We are Honoring....

Now is the Time (Cm/Dm/Eb/F)

So many people fighting for their lives
But nobody here is going to make it out alive
We've only got so much time
to live our lives now - yes
Now is the Time
to Awaken from the Dream- with clear vision
to see this reality
too long people be living in Slavery
Its time to remember our sovereignty

(Bb/Cm/Eb/Bb/Fm/Cm/Eb/Bb)

If you don't know then you're not paying
attention
Its time to sit around the fire and learn these
lessons
Listen to nature and the heart's true wisdom
sing the song of your soul's higher intuition
Nothing of the earth truly belongs to us
We're the guardians , protectors, dear
children wake up
let's not waste our precious lives for material
gain
'cause you can't take it with you when you
go...my friend....

It takes work and the will of the people
To arise and stand up, to the forces of evil-
there's no bliss in ignorance
the injustice of the government, the
corruption of the politics
These would they will only heal
when we see reparation from those who
continue to steal
that which could never be theirs
for this grand delusion I offer these
prayers....

Deep prayers for awakening, for the healing of all
Deep prayers for the leaders who have heard the
call
Deep prayers for the children born into slavery,
Deep prayers for the oppressors, may we All be
set free
Deep Prayers for the protectors of this planet
earth
Deep prayers for the dying and for those giving
birth
Deep prayers for the healers and lovers of Life
Giving thanks for this opportunity to be alive....

This is a revealing of what no longer can be
hidden
All intentions are aligned with integrity
This is a revealing of all that needs healing
our thoughts words and deeds forming realities
The truth is uncovered discovered and seen
the purpose of life is not merely to dream but to
awaken to being in full consciousness
In the power of Love , in the Light of Oneness

Oneness, One people, One Family
Beautiful expressions of divine creativity
One Love , One Heart , One Humanity
United at the very core essence of our being
Oneness, One people, One Family
Beautiful expressions of divine creativity
One Love , One Heart , One Humanity
United at the very core essence of our being

So many people fighting for their lives
But nobody here is going to make it out alive
We've only got so much time to live our lives now
yes Now is the Time

CHOSEN ONES (Fm / Cm / Eb / Bb)

(*Chords change around order a lot)

We are all the Chosen Ones

Chosen to Live, to be just who we are
Possessing the Power to move and sing
to play out all these stories of this cosmic
dream

we are the chosen ones
created by love, to remember where we
came from.

Let us live our lives with wonder and
celebration

for this opportunity to experience creation
and allow ourselves the honor of receiving
the love, light and truth,
yes its all here for you and me, Being
inherently free!

We have all chosen to be here and now in
this dream
to awaken to the truth of our heart and souls
Finding joy in Service and the purpose to
grow

we are all connected, the truth of love's
reflected in all eyes-
Blessed are we who realize
We are the chosen ones.....(repeat 3x)

We are the chosen ones and we have chosen this
miraculous life that we're living,
we make it golden- every day unfolding like the petals
of a rose
we are reverent to the ways of wisdom and we shall
grow
more connected to life with every waking day
conscious loving awareness is the game I choose to
play- to inspire, take me higher from my sorrows and
pain- to help me see the reality that only Love Remains
We are intentionally living for the gifts that we've been
given, sourcing our power from within, dancing to
creation's rhythm
the more I expand to perceive the nature of reality, the
more I see my life unfolding in perfect harmony...
Through the cycles of Life we're all on this wild ride- to
be human is courageous, to be Loving is Divine
Through the cycles of Life we're all on this wild ride- We
are Love and We are Light
and Our Souls will never Die.....
We are the ones and this life is for the living
we are our ancestors highest wish fulfilling
In Gratitude we Live, Present in this Journey
Breath of Life to inspire this Sacred Ceremony

Stream of Life F#/B/Bminor/F#

Steady in this stream of life
moments keep on floating by
here comes the sun
the colors paint the sky

wake to rise for the twilight
venus shining oh so bright
there with the moon
tomorrow she'll be new

Early morning revelations
birds sing out to all creation
Rise and shine my brothers and sisters lets take flight

refrain: Ebminor / F# / B / C#

Oh what a journey
on the river to the sea
I feel a calling
and a deep remembering
Oh what a journey
this river to the sea
I feel a belonging to this life and what could be.....

—break—

Behold the miracle of life
ITs a wonder as it passes by
All shall return- its a play of divine light.

Life my teacher, Love my guide
connected to this Earth I am a Child
Naturally wild, whole and Free....

Oh what a journey
on this river to the sea
I feel a calling
and a deep remembering
Oh what a journey (high)
this river to the sea
I feel a belonging to this life and what could be.....
eeeeee.....

Steady in this stream of life
with moments that keep passing by
here comes the sun and a new day has begun...

Here Now

Am / D / G / C

Where do I begin?
how will it all end?
The seed of the dream was planted inside of
my heart
again and again and again
How long shall I live?
just to die just to live just to die just to live yet
again
How long can I give?
All of my love to you til there is no trace of me
left
Who am I?
Who am I looking through these portals of
eyes to you, Who...
Who am I? to be down on my knees ,
yearning to be free
Who am I? Who am I?
To be here in your vision,
a mirror reflection, I am....
Here now....Here now....Here now.....
(background:Here now, Here now)
<break> Oh.....harmonies
Where do I begin?
how will it all end?
The seed of the dream was planted inside of
my heart
again and again and again
How long shall I live?
just to die just to live just to die just to live yet
again
How long can I give?
All of my love to you til there is no trace of me
left
Who am I?
Who am I looking through these portals of
eyes to you, Who...
Who am I? to be down on my knees ,
yearning to be free
Who am I? Who am I?
To be here in your vision,
a mirror reflection, I am....
Here now....Here now....Here now.....
Here now....Here now....Here now.....
(background: Here now...Here now.....)

Elemental Being

(Bbm / Ab / Gb)

Here and now connect down deep to your elemental being
Lets tune in to everything that we're feeling
The Earth beneath our feet is a firm foundation
let your roots grow deep , you are one with creation
Soak it up- be fully saturated,
may all bodies of water be blessed and celebrated
take a breath, of this life giving air
let us all breathe together, it is all ours to share
We are One all under the same sun
fire burning within, feel the transformation
We are evolving, can you hear your higher self calling
Invisible power that is guiding us all and

Here we are, this is our Life
all elemental beings it is this simple
I am , you are and this is life
All elemental beings may we be humble and
Give so we can Live
We're all in this together and the wheel is turning,
lets live while we can live
We're all in this together and we'l all be returning
to
Earth Water Air Fire
Let your Spirit be Free and take you higher
Earth Water Air Fire
Let your Spirit be Free and take you higher
Earth Water Air Fire
Let your Spirit be Free and take you higher
Earth water air fire, let your spirit be free.....

Sacred earth below, teach me what you know
Show me how to grow in Harmony
Blooming like your flowers, embodying your powers
a firm foundation for the spirit in me
Sacred Water flow, Show me what you know
Teach me how to flow in Harmony
Cleanse and Purify my body soul and mind
Help me to forgive so I can live
Sacred air I breathe, gives me what I need
Life force energy inside of me
breathing through my tears, releasing all my fears
You're giving me the force so I can sing
Sacred Fire burn, in my heart I yearn
to be free and live in harmony
transforming with the times, burning through the lies. Illuminate my vision so I can see

Here we are, this is our Life
all elemental beings it is this simple
I am , you are and this is life
All elemental beings may we be humble and
Give so we can Live
We're all in this together and the wheel is turning,
lets live while we can live
We're all in this together and we'l all be returning
to
Lets Give so we can live!
We're all in this together and the wheel is turning,
lets live while we can live
We're all in this together and we'l all be
returning.....to
Earth Water Air Fire
Let your Spirit be Free and take you higher
(repeat 6x)

SPIRIT OF PEACE (F / Bb / C)

Rest in the spirit of peace and receive
Rest in the spirit of peace and receive
Rest in the spirit of peace and receive
Rest in the spirit of peace and receive
Allow your self to Receive...the Spirit of Peace
Allow your self to Receive...the Spirit of Peace
Trust in the Presence of Love and Receive
Trust in the Presence of Love and Receive
Trust in the Presence of Love and Receive
Trust in the Presence of Love and Receive
Allow your self to receive...the presence of Love
Allow your self to receive...the presence of Love
Allow yourself to Receive the Spirit of Peace

Courage to Live (G/C/G/D)

May you remember how loved you are
May you remember you are Love
May you have the courage to Shine your Light
Have the Courage to Live your Life

I I Love you
Words can't describe what you mean to me
I....I Love you
Don't forget this- that you are Loved
Don't forget it- that you are Love.

May we remember we are Loved...
May we remember we are Love
May we have the courage to shine our light
Have the Courage to Live our life
Have the Courage to live our life.
Have the courage to live our Life.....

