



*These songs are very dear to my heart and soul. They came to me in various potent times of my life and I am grateful to be able to share them with you here. A big Mahalo goes out to Vishaka for helping me to record these songs. Half of these songs were recorded before we left on a long travel together all around the world and then we finished a few more recordings during our travels and after we returned to Hawaii.*

**Blessings on your Journey**- A song that came to me as I played my charango, thinking of my friend Kate Wild, who was about to embark on a journey, and I was feeling the Blessings she would be sharing with the world. We all have a gift to offer in this world.

*verse 1*

**Am**                    **C**                    **G**                    **F**  
Blessed be the truth...you're here to live your life and be true.  
**Am**                    **C**                    **G**                    **F**  
Blessed be the light... To guide the will...so keep it shining bright.  
**Am**                    **C**                    **G**                    **F**  
Blessed be the love inside that's limitless and can't be denied..  
**A**                    **C**                    **G**                    **F**  
Blessed be this life...breathing in and out til the day that we die...

*Bridge:*

**F**                    **F**                    **Am**                    **C**                    **G**  
And it's a beautiful life don't you know.....born into this world to love and to grow  
**Dm**                    **Am**                    **C**                    **G**                    **F**  
We each have our powerful role.....in this play of life, for your immortal soul...

*Chorus:*

**Am**                    **C**                    **G**                    **F**  
Blessings on your journey, on this path that you go, all these seeds that you sow  
**Am**                    **C**                    **G**                    **F**  
Blessings on your journey, it's a mystical show, such a pleasure to know we are  
**Am**                    **C**                    **G**  
All in this together, so let's all remember the good work to do,  
**F**                    **Am**  
for the elders and the children too  
**Am**                    **C**                    **G**                    **F**  
We're on a mission, standing strong in our vision making/watching our dreams come true...  
**F**                    **Am//C//G//F//**  
Bless you, show what you can do. (Repeat Line)

*verse 2 (repeat chord pattern)*

Blessed be this earth...this sacred ground and your place of birth  
Blessed be the sky so clear, fresh air to breath in the atmosphere.  
Blessed be the waters, the rains that pour down and the rivers and the oceans and  
Blessed be the mountains...the soil and the trees, where I fall to my knees and pray..  
Heya heya heya....and I pray....heya heya heya...

*repeat Chorus.*

*Alternative chorus: (same chord progression as verses as chorus)*

This is a journey...a journey of love.  
I love myself and I trust myself.  
There's nothing to lose...but fear itself  
I love myself and I trust myself! (repeat again if desired)

*bridge:*

And it's a beautiful life don't you know...Born into this world to Love and to Grow  
We each have our powerful role  
In this play of life.....for your immortal soul...

**Make Me Your Instrument**- This song came to me as Vishaka was playing his guitar strumming chords. I just told him, "keep playing that, something is coming through!" I don't know what chords he was playing for this!

You play the Chords Darlin, I'll be the Instrument  
Straight from the Heart and attuned to the harmonious  
Ever present, ever knowing, from the center free flowing  
Free like a River flowing  
I feel our Love is growing Strong...On and On...  
I will be Strong and Let Go.....  
Free up my mind, release my Control

All that I am is a reflection of You  
Great Mystery for all to See, The beauty of Truth inside of You  
It shines so Bright, Cosmic Eternal Light  
With the energy of a million Suns, I know Thy will be Don, thy will be Done

Listen to the Heart darlin It is an instrument  
of clear knowing ever flying Divine Love  
ITs time to Rise up, open up and Clear any energies of doubt and fear  
We know why we're here, we know why we're here

Oh....Do you remember, Why you are here?  
Oh....Do you remember where you came from?  
All that I am, Is all that I can be  
Cant be defined, its beyond words  
Free Flowing Shakti Energy  
Its rising up in You and Me  
Rising up in Humanity  
Setting our spirit Free  
We are Free....  
Make me your Instrument  
I am your Instrument  
Of Love

**Light In your Heart**- This song came after holding space for someone that was in a dark place inside, feeling like they were all alone. These were my words to console him.

The light in your heart outshines all illusions of the mind  
Hold firm in this light (repeat)  
You are never alone, even though you may roam  
so far from your home (repeat)

When you need strength or when you are afraid  
You can pray, you can sing the holy names (repeat)  
To invoke the hold Presence, invoke your hold Presence in your life  
You are divine , let your light shine! (Repeat)

Om Shiva Om Shiva Om Shiva Om Shiva (repeat)  
Om Shakti Om Shakti Om Shakti Om Shakti (repeat)  
Om Shiva Om Shakti Om Shiva Om Shakti (repeat)

**No Time Not to Love**- this song came to me while sitting by the Currumbin River, on the Gold Coast of Australia, as I pondered the universality of Human emotion and how we are these strong vessels that carry so much all the time, yet we don't have to do it all alone.

*verse 1*

There's no time.....not to love.....We're made of the same stuff.....the stars up above.  
There's no words.....to describe.....this great mystery.....that's discovered inside.

Oh my love you're such good company  
Speak to me in silent peaceful reverie  
Oh the waters they carry it all  
Flow with ease and grace to the source of it all  
May we flow with ease and grace to the source of it all

(~Solo Space~for guitar or piano)

*verse 2 (Repeat chord pattern, as above)*

And you...you're not so different from me.....Same tears that we cry.....same desire to be free.  
And I....Im not so different from you.....Same love that we feel.....same heart that is true.

O your ocean is such sweet company  
Riding on your waves, o purify me  
Oh the waters they carry it all...  
Flow with ease and grace to the source of it all,  
may we flow with ease and grace to the source of it all.....

*Bridge:*

Carry me.....carry me.....Hold me in your arms...  
Oh..Carry me...will you carry me? I've been holding on, holding strong for so long  
Will you be.....my..... sweet sanctuary.....And hold the space for me....for me to be free  
And I'll..... be your.....sweet sanctuary....I will hold the space for you...for You to be free.

*Repeat first verse:*

There's no time.....not to love.....We're made of the same stuff.....the stars up above.  
There's no words.....to describe.....this great mystery.....that's discovered inside.

**Ancient Reminders**- this song came to me as I sat by candlelight at my camp, under the clear starry sky, after a potent day of working with Visionary plants, feeling the blessing of our existence is indeed to just simply experience the Bliss we are capable of feeling.

*verse 1*

                  C  Em  Bm  D  
Ancient reminders.....carved into stone.....Truth through the ages, feel it deep in my bones  
                  C  Em  Bm  D  
Every cell in my body is working as one.....In perfect harmony.....shining as the sun.  
                  C  Em  
Taking in all the world through these portals of minds  
                  Bm  D  
Beholding the brilliance of this moment in time  
                  C  Em  
Breathing the moonlight..... high up in the sky  
                  Bm  D  
Connecting my heart to the farthest star shine

*Refrain:*

                  C  Em  
(I'm) So grateful for life and this bliss so divine,  
                  G  D  
For the perception of oneness, For the Guru inside  
                  Am  Em  
(I) Listen to the heart and the wisdom within  
                  G  D  
Bless my soul for remembering who I am yet again...

*(Instrumental break)*

*verse 2- (same chords pattern as above)*

Ancient reminders, carved into stone  
Truth through the ages, feel it deep in my bones  
Every cell in my body is working as one  
In perfect harmony, shining as the sun.  
  
Taking in all the world thought these portals of eyes  
Beholding the brilliance in this moment in time  
Breath in the Sol, Drink in pure light  
Connected in Bliss, it is our Birthright

*Refrain:*

So grateful for life and this bliss so divine  
For the perception of oneness,  
For the Guru inside  
I Listen to my heart and the wisdom within  
Bless my soul for remembering who I am yet again...

**Thank you, I Love You-** a song in celebration for the many aspects our Divine Life experience! It came to me as I played my harmonium, thinking to myself, of what the easiest prayer or affirmation we could make. "Thank you, I Love You." Its easy for others to catch on to and sing along!

*verse 1*

**F G C F**  
Thank you heart..for pumping my blood through my veins.  
**F G C F**  
Thank you for being open to feel the joy and the pain.  
**F G C F**  
Thank you for showing me, thank you for teaching me again and again.

**F G**  
The heart, the heart, the heart — the heart, the heart the heart  
**C F**  
Renewing my love from within (repeat)

*verse 2 (Repeat Chord Pattern)*

Thank you mind...for remembering who I am.  
All of my life you've been there, like a dear true friend.  
You carry within sweet memories and all of these songs that I sing.

The mind the mind the mind the mind the mind  
I am remembering who I am (repeat)

*verse 3*

Thank you my body, this vehicle oh so divine!  
And my mother and father who made me...bringing me into this time  
Oh my body may I serve you well and may I leave peacefully when it's time.

My body..this body...miraculous body of light (repeat)

*verse 4*

Thank you oh spirits of our ancestors...  
We thank you for your love and showing the way for all of us  
Carrying the light of your wisdom, yes we carry your spirit with us.

Your spirit spirit spirit spirit spirit spirit  
Carrying your love in our hearts (repeat)

*verse 5*

Thank you Great spirit! And the Queendom of heaven within!  
Spirit connecting everything...infinite love and energy.  
Thank you for inspiring me, thank you endlessly to just be me

I am spirit spirit spirit spirit spirit  
I'm a part of everything/everything is a part of me.

Thank you....I thank you....I love you...I love you...  
I am..I am...I am... I am...I am...I am... I am..I am That I am.  
So.....Ham.....So.....Ham.....  
(So'Ham-is a sanskrit mantra for I Am That)

(repeat as long as you'd like)



