

FROM THE INSIDE -

although this song was created with electronic music you can play it acoustically if you like:

The chords are: A minor/ G / F

Let's go inside....
coming in from the cold world
its a beautiful calm
more precious than Gold

Let's go inside
Beyond Space and Time
What is there to find?
Consciousness Divine.

We all want to be Free! Be who we are Naturally
Tapping into the presence, the Bliss of your Being
Feel the Pulse of Divine Creativity.

Listen Listen Listen Listen Listen
to the sound inside your soul
This is your gift, this is your Truth
Bless it and now birth it to the world
(repeat)

Center, breathe in deep
let's keep it simple, keep it real
allow what is to be, receive, see how it makes you feel
Center, from the inside keep it simple, keep it true
just remember- mind your moment
make your present new.

All you need is inside of you.....Inside of you...
All you need is inside of you.....Inside of you...

Listen Listen Listen Listen Listen
to the sound inside your soul
This is your gift, this is your Truth
Bless it and now birth it to the world

I look at my Self from the Inside...

Almighty One

verse one

D minor.....G minor....D minor

Peeling back the Layers of Time

D minor.....G minor....D minor

Revealing all the Shadows of Humankind

D minor.....G minor.....D minor

The illusions of separation of Body, Soul and Mind.

D minor.....G minor.....D minor

The Struggle for the Power...Oh the Power that dwells inside.

Refrain:

C..... D min...F.....C

Inside of my heart...Inside of my soul

G min.....D min.....F.....C

There is a bridge to the Almighty One

G min... Dmin.....F.....C

When I fall apart...I become Whole

G min.....Dmin...F.....C

Surrendering to the Almighty One

Verse 2 (same chord pattern as verse 1)

The veils are thinning...no longer can be hidden or forbidden the truth of the soul

Eternal, Immortal and Free

Releasing all fears to the fires, to the Great Mystery

Healing...singing for the healing, heart wide open, releasing the tears of thousands of years of silent suffering

Feeling...the full range of being. Eyes wide open to seeing beyond You and Me, beyond this duality.

Inside of my heart...Inside of my soul

There is a bridge to the Almighty One

When I fell apart...I become Whole

Surrendering to the Almighty One

Gminor.....D minor

Tap into the Presence, the Power Inside

F.....C

Open your Channel, let Light flow inside

G minor.....Dminor

Tap into your Essence, Your Power Divine

F.....C

Open your Heart up, Let Love be your Guide

repeat pattern

Tap into the Presence, the Power Inside

Open your Channel, let Light flow inside

Tap into your Essence, Your Power Divine

Open your Heart up, There's no need to hide

Shine on with the stars, the moon and sun

Shine on with the Force of pure Life creation

Shine on in Remembrance of this reunion

Giving Praise to the Source, to the Almighty One.

(Go back to beginning chord pattern.....and do vocal improvisation melodies!)

DEEP IN MY SOUL (WILD AND FREE)- again this was an electronic track but here's the chords I adapted for it: (C , A minor and G) easy!!!

C.....A minor....G.....(repeat pattern for each line)

I release and I let go...I let Spirit take control

I release and I let go...I let Spirit take control

I release and I let go...I let Spirit take control

I release and I let go...I let Spirit take control

C.....

I feel it deep in my soul

A minor.....

I feel its time to let go

G.....

of what no longer serves me, yes I want to grow

G.....

these seeds that were planted so long ago

C.....

I feel it deep in my soul

A minor.....

These waters of life they just want to flow

G.....

flow like a river, wild and free

G..... C.....

The love is alive and flowing in me

A minor.....G.....

The love is alive and flowing in me

G.....C.....

Wild and Free.....Wild and Free

part 2 *(repeat pattern from beginning- C / A minor / G)*

Feeling Sweet, sweet surrender

Releasing my control.

Here I remember what I came here for

In the arms of the Mother, I can get some rest

In the arms of the Beloved, I am truly Blessed

I am Free and in the Flow

There's no need to control

I am Free to Love and Grow

I feel it Deep...deep in my soul.

LUMINOUS ONE - sung as a chant in whatever key you wish, with a frame drum or any other percussive instrument you have.

Vedic Moon Mantra: Om Shram Shreem Shraum Sah Chandraya Namaha

Here upon the Earth
We are Children of Light
In your Luminous Love
We are Purified

Seeking Balance in our Bodies
In our Heart and Mind
Finding Peace in the Stillness of your Holy Light

Full Moon we feel your pull like the Ocean Tide
and like you we have our phases in our cycle of life
Full Moon we feel your pull like the Ocean Tide
and like you we have our phases in our cycle of life

Oh Luminous One!
Shine on us, reflecting the light of the Sun- Source of Life
We bow down to your beauty and grace
so blessed to behold you in this infinite Space.

HO'OPONOPONO

Ho'oponopono means to "make things right"- to bring back to balance and harmony- through the acts of Love, Forgiveness and Gratitude. When you chant this over and over with pure intention, the energetic shifts can be powerful! Blessed be the Healing! These words are widely used and are in no way my "original lyrics." This particular version of Ho'oponopono was inspired by my friend Ali Maya. *The Kalimba I am playing in the recording is a A minor pentatonic. However my friend Lauren adapted chords to this song:

A minor.....F.....

Thank you, I Love you

A minor.....F.....

Please Forgive Me, I Forgive You (repeat)

A minor ..F.....A minor.....F....

Ho'oponopono, Mahalo Nui Loa (repeat)

