



THIS ALBUM WAS CREATED IN THE EXPANSIVE, SONIC HEART-SPACES AND LUSH NATIVE FORESTS AND LAVA FIELDS OF THE BIG ISLAND, AND DEEPLY INSPIRED BY THE MIRACLES OF LIFE ON EARTH AND OUR PLACE IN THE COSMOS, TRANSFORMATIONAL LIFE EXPERIENCES, MYSTICAL MEDICINES OF NATURE, THE SPLENDOR OF THE LIVING GAIA, AND THE DIVINE REFLECTIONS OF LOVE'S MANIFESTATIONS. THE RECORDING OF THIS ALBUM WAS MADE POSSIBLE BY THE GRACE OF VISHAKA, MAHALO! I PRAY THAT THESE SONGS BRING HEALING, INSPIRATION, AWAKENING AND JOY TO ALL THAT HEAR AND SING WITH ME. NECTARIAN IS A PRAYER THAT WE TAP INTO YOUR OWN NECTAR OF TRUTH, PRESENCE AND DIVINITY.

Mahalo -

Mahalo is Hawaiian for Giving Thanks.

Mahalo Ke Akua- Thanks to the Great Spirit.

Mahalo Ka Honua- Thanks to the Earth.

Me ke Kai-with the Ocean. Me ka Makani- and the wind.

a me ka ua- and the rain.

To share Aloha is to Share life, to honor and respect each other and all creation.

A minor

I give thanks for Life, from my Roots up to my Crown.

D minor

I give thanks for Love, that's within and all around.

A minor

I give thanks for the Rains, sacred waters of rebirth.

D minor

I give thanks for the Sun always shining on the Earth.

E 7

I give thanks for I am a conscious co-creator.

G

I give thanks for I am my own liberator.

A minor

I give thanks for You, you who shine so True.

D minor

Aloha, I honor the divinity in You.

A minor

D minor

Mahalo ke Akua....Mahalo Nui Loa.

A minor

D minor

Mahalo ka Honua....me ke Kai, me ka makani, a me ka ua.

E 7

I give thanks for I am a conscious co-creator.

G

I give thanks for I am my own liberator.

A minor

I give thanks for You, you who shines so True.

D minor

A minor / E7 / A minor

Aloha, I honor the divinity in You. (repeat *Mahalo...*til end)

Calling it In-

all is relevant in this school of life~ from the hardest lessons comes the biggest growth! There comes a time of clarity for the highest purpose of the soul, and sometimes it comes on the darkest night..just like this song...

F D minor
Calling it in.....Calling.....Calling.....
F D minor
Feeling the Wind.....Changing.....Changing.....
Bb C
Reaching deep within my soul, to mend the fragments, Gonna make me whole,
 F C Bb
Gonna Breathe, Breathe and Go Within.
Bb C
Feeling' the Power of my Spirit, Gonna fully embrace it and not fear it,
 F C Bb F
I've got So much Love to Give.....So Much Life to Live.....

Calling it in.....Calling.....Calling.....
Straight from the Heart.....a prayer beating.....repeating.....
Feeling the Purpose of my Life, to Spread the Joy and Spread the Light.
I am anchored in my Truth.

Watching my thoughts and watching my mouth, being grateful for the moment that is here and now.
I am surrendered in the Flow.....
And now I know.....This is how I grow.....

Breathing it in.....Glowing and knowing.....
That peace is within....I'm finding.....reminding.....

To take the time to go inside, to Open my heart, gonna open it wide, Be Willing to Feel it All.
Letting it go and Letting it Flow, I am Open to all that there is know.
No Need for wings to Fly.....got the angels by my side.....

Calling it in.....Healing.....revealing....
the beauty within, Im sharing and caring For.

To honor myself, so I can honor you.
To Love myself so I can truly Love you and live by my own rules.
Taking full responsibility, in my life I want to live with clarity, I've got all this Power to Use.....Not gonna sing the Blues.....

Earth's Child

Verse 1

D minor

Sitting on the ground watching the clouds drift by,

A minor

C (repeat pattern thru the verse)

Body rooted in the Earth with my Spirit in the Sky.

Breathing in the Air, rhythmically in time,

with the pulse of my Heart, I am so naturally high.

I've arrived at a point that I can trust

To carry on this Journey of Love I must incorporate the Lessons Learned in this Life

To make the best of this Blessing of Being Alive.

refrain 1

D minor

F

C (repeat pattern for refrain(s))

I'm reaching down.... Nourishing my Roots with my Love, Giving Thanks to the Ground.

I'm reaching high.... Radiating Love as I give my thanks to the Sky.

I'm reaching wide.... Don't know how far I can go, I'm just here for the ride.

I'm reaching in....Purging the pain and the shame and I know I will win.

Verse 2 (same chord pattern as first verse)

I'm Earth's Child, born to sing of her Splendor.

Everyday I remember, there's more to discover in the
teachings of the Trees and the

lessons of the Leaves.

I shape shift the Sounds as I am Listening.

Crystalline Healing from leaf and vine.

On the smoke of the flowering Herbs I climb.

Up this mountain its a steep incline and no matter how many times that I fall I will keep on....

refrain 2 (same chord pattern as refrain 1)

Trying.... I hear her Voice on the breeze, she says Never Give Up, keep on....

Flying.... I see the Sign of the Times, she says its serious, but keep on....

Smiling....Don't let nobody get you down, stand tall, wear your crown and stop.....crying.

Verse 3

I'm making Love with Life, just the way I should. I lay my body on Gaia, 'cause She feels so good. Feel her powerful fire pulsing through my veins. Feeling her waters cool me down in her purifying rains. I'm floating on the surface of the sea. I'm a part of everything. I feel it in every cell of my radiant being. I shine in the Sun and I glow in the night. I'm enlightened in this earthly orgasmic delight.

Refrain

I'm reaching high. Radiating Love as I give my thanks to the sky.

I'm reaching wide. Don't know how far I can go, I'm just here for the ride.

I'm reaching in. Purging the pain and the shame and I know I will win.

I'm Earth's child, Born to sing of her Splendor. (Repeat if you wish)

She Is Boundless

Capo on 2nd fret, or wherever fits your own range

A minor D 7 G C G
She is Boundless....no limit to her loving, compassionate kindness &

A minor D 7 G
She...She is courageous. Taking the leap into the unknown,

C G
Never Ceasing to Amaze us.

A minor D 7 G
Feeling the moon phases, filling all the spaces with her Light and

C G Am
her Graces, her nurturing embraces. Sweet honey from her chalice,

D 7 G
She'll heal all your wounds inside her palace of Love

G C G
She'll sit you down and show you what your made of.

A minor D 7
God Goddess divine, you are the Glorious star shine from the

G C G
beginning of time and beyond, I hear your song,

Am D 7 G
so strong in my heart, With the will to carry on and the Clarity to see

C G A minor D 7
that I am that Powerful Goddess within me.

G A minor
She is Boundless.

A minor D 7 G Am
Sheis Boundless and Free.

(Repeat)

**an alternative way of singing it is using "We" instead of "She"*

Share my Love- *the relationships we have with others are reflections of the relationship we have with ourselves.*

Feel free to play with the rhythm of this song, play how you like!

Am / C / G / F Am / C / G / F
Give me that Love..... I've been Created For.
 Am / C / G / F Am / C / G / F
Give me that Love..... I've been Created For.

I just wanna share my Love....wanna show you what I'm made of.
Just wanna be good to you and to my own self be True.
I just wanna share my Love....wanna show you what I'm made of.
Just wanna be good to you and to my own self be True.

The Love that you find in me....it is the Love that's inside of You.
The beauty that you Behold....it is in you and ever new.
My cup is overflowing, don't know what else to do. All I wanna do is get close to You. I
feel at One in your presence, so high in the heavens, no words can describe it, can't
explain it or contain it.
I'm radiating and my Soul is blazing, Shining out to the Oceans, shining back on me. You
spirit is Reflected, My God you are so Gifted, I'm so thankful that you're inside of me.

Oh Lord.....Please....
Give me that Love, I've been Created For.
My cup is overflowing', don't know what else to do. All I wanna do is get close to you.
I feel at one in your presence, so high in the heavens. No words can describe it,
can't explain it or contain it....

We have that Love....we've been created for.
As the Sun shine's above....there is someone for me to Love.
I give you my All, by your side walk tall and all the glories, we'll have them all.
Just wanna be good to you and to my own self be True.
I just wanna share my Love....wanna show you what I'm made of.
Just wanna be good to you and to my own self be True.
Be True.....
The Love that you find in me....It is the Love that's inside of You.
The Love that you find in me...It is the Love that's inside of You.
The Love that you find in me...It is the Love that's inside of You.

Path of Transformation

Capo first fret, or wherever fits your range

D minor

I don't want to hold no grudge, gonna

A minor

breathe real deep and burn a little sage smudge.

C

Letting go of my Story from the past, got my

G

lessons and blessings to guide me on my higher path.

D minor

Giving thanks for the new Day, for the

A minor

chance to live my life in a positive way.

C

G

We are all here to Heal, here to help each other. Listen real close to the

D minor

A minor

Divine Mother...Hear her call to Transform.

C

G

Transform, Transmute the anger and the pain, 'cause living your

D minor

life like this is a cryin' shame.

A minor

don't you dare and try to run away, what you

C

G

resist will persist in you anyway.

D minor

A minor

So reveal it, feel it and Heal it. There's no time to pretend or conceal it.

C

Ask for the Truth and you shall receive it.

G

D minor

C

G

Your Prayers Possess Power, you better believe it. Your Prayers Possess Power.

F

C

E minor

I surrender and I Thank You, I'm staying humble on this Path of Transformation.

...E minor

G

I feel the Power and I thank You. (Repeat)

Truth is...

Capo 3rd fret or wherever fits your range

A minor E minor F

My brothers and sisters.....don't believe all the

C E A minor

lies that are told to us.

A minor E minor / F C E

Change begins within.....each and every one of us.

A minor E minor F C E

I believe, I believe in the power of human kind!

A minor E minor F C E

To tap into the heart...to tap into the Heart of the Cosmic mind.

A minor E minor F

and wake from the world of broken dreams,

C E Am

recognize each other as sisters and brothers,

Am E minor F

to stop all the fighting, lets start the uniting, For the truth is that

C / E

we're all connected.

Am Em F

The truth is that we're all connected.

F E

The Truth is that we're all Connected

Am Em F

The truth is that we're all connected.

F E Am / Em / F / C / E / Am

The Truth is that we're all Connected.....

To the Galaxies Beyond

Capo the 3rd fret- this chord pattern repeats throughout the whole song:

E minor A minor C Eb diminished or D
Chanting out to the galaxies beyond, knowing I am not alone. I & I being on
E minor A minor C Eb dim or D
this planet Earth, feeling the blessings and the power of this rebirth, watching
as the days pass...

Suns rise and fall into the sea...

I dissolve into it all, reveling in the mystery.

Sun, Moon and Stars have this gift for me,
in the light through this insight, I receive.

Always wanting to know for myself and not believe.

Holding on to my individuality. Yeah whatever it's an illusion, we're all one, but tell me-
why do we feel so all alone?

We're not the only ones, separated by time and space,
feeling the ages immensity, being part of this climactic intensity,
witnessing so much calamity, all this insanity, I hold Firm.....

Finding stillness, in a drop of water, sitting upon a leaf.
Glittering in the sunlight, seeking clarity.
Purifying through the wall of a waterfall...Humility under a sky of stars.
We're here wondering who we really are....How we've come so far.

We're seeds planted upon the planet, a marvelous experiment,
Oh how we've grown. ...
But this dis-ease called fear be killing us,
while the light from the source could be filling us.
Filling this vessel I am open to receive, this transmission if it means
I can be of service to Humanity.....

Source knows I'm a survivor, not afraid of dying, but I want to enjoy this while it lasts,
As it all floats by so fast. All we really have is this moment, don't want to dwell
on the past... Always moving forward, spiraling outward, it's an infinite expansion and
contraction like a breath, in and out,
Dreamt into Creation, manifested through Vibration,
I and I be chanting out. I and I be chanting out to the galaxies beyond....
knowing I am not alone....We are not Alone.

Mother of Creation

A song for the Earth Mother, and a prayer for the return of balance on this planet.

“E Ala E” is the Hawaiian invocation: Arise and Awake and is chanted to the dawn.

Chords are simple: A minor and E minor throughout the entire song, You can do it!

A minor

E minor

Mother of creation do you hear me? Im singing from my heart for some Healing....

Praying to be humble and forgiving.

I thank you for this Spirit, this Body and this Feeling, so divine.

In my Soul I hear You calling me, giving me the strength to break these chains of this so-called reality.

Teaching me of your Peace, Love and Harmony.

With nature we are One, so let's keep on giving Her our Love. Giving our Love.

Heya Mama.....Heya Mama.....

O Pachamama I am listening.

Rooted down into the Earth, I hear you whispering in my soul.

You say “Let Go and you will Grow- your seeds of hope and love, yes its time to feel the love, its time to shine...It is why you've come into this time.”

Heya Mama.....Heya Mama.....

Grandmother Tutu Pele I am feeling you...

under my feet. I feel you healing me too.

Watching you grow, mesmerized by your flow.

Glowing in the night with your fiery light of your volcano.....

Eala ea.....Eala ea.....Eala ea...a ie ie ie....

Mother of Creation do you hear me? Im singing from my heart for some healing.

holding faith in the potential of Humanity to Awaken to the Consciousness of Unity.

E Ala Ea.....E Ala Ea.....E Ala Ea.....E Ala Ea...ie ie ie...

E Ala E.....E Ala E....E Ala E.....

O Cosmic Mind

(a song that sings of the cosmic forces that work to inspire, illuminate and awaken us as human beings, light beings, spiritual beings having a physical experience. In this song, I use the ancient Gayatri Mantra and was inspired to use Swami Vivekenanda's translation of this mantra as well.*

Chord progression is simple and repeating throughout song: C / G / A minor

C G A minor
O Cosmic mind of which we shine....

 C G A minor
may we never not remember and cherish for forever this cosmic love divine.
(repeat)

Om bhur bhuvah suvaha (*another version of Swaha*)
tat savitur varenyam
bhargo devasya dhimayi
dhiyo yo nah pracodayat. (*Repeat as many times as you wish*)

*We meditate on the glory of the radiant Sun.
And the being that created this universe.
May our minds be enlightened, by the One, we meditate on...
We meditate on the glory of the radiant sun.*

O cosmic weaver thank you for these signs..
and these harmonious alignments of our sun the stars and planets,
we are rejoicing in your Light. (repeat)

Stars shine the ancient wisdom...telling the stories that we find ourselves in.
Star seeds awaken! We live to sing awake our dreams!
Everything it shines, when we perceive the Divine! We are growing out of time,
spiraling out of our minds!
Everything it shines! When we perceive the Divine,
we are growing out of time into the Cosmic mind.....

(Repeat Gayatri Mantra as many times as you wish)

GREAT SILENT WINGS- *This song was inspired by a Rumi poem that was translated by Michael Green, from his beautiful book: One Song- A New Illuminated Rumi, copyright 2005. One day I was reading through the book and the music came for this (as well as a few others.) Michael granted me permission to use it on my album. This song has become an anthem for all our dearly ones who have departed from this earthly realm.

F C D minor Bflat
"O Friend, Leave aside all the others.... and Speak of yourself.

F C D minor
Say what you possess and what you have found and what pearls you
Bflat
have drawn from the deep.

F C
When your senses fall into darkness,
D minor Bflat
will your heart be a trustworthy flame?

F C
When dust fills your eyes, will your grave still be bright?
D minor Bflat / C F
When hands and feet fail, will you rise then on Great silent wings?"

C D minor Bflat
On Great Silent Wings....Rise....
F C Dm Bflat
When your Hands and feet Fail will you Rise on Great Silent wings

F C D minor B flat
Ooooh la la la la, Ooooh la la la la, Ooooh la la la la, Ohwoahhh
(Repeat song how you like)

Praise the Water- *a prayer and blessing for the precious water on this planet and within you, that makes all life possible.*

C(ukulele- with finger on second fret) G (Repeat this pattern for rest of this verse)

Behold.....the life giving water.

As we drink so deeply and bathe in the rain.

Behold the blessed, sacred water.

With high honor do we praise the water that we drink everyday.

 D C G E minor (repeat pattern through verse)
Got a river flowing deeply in my soul and in my dreams...

 D C G
Always changing form, always rolling like the sea.

D C G E minor
Hope springs eternal in my Heart and through my veins....

..Em C
Bless these Rains....

C G (Repeat through the verse)

Behold... The life Giving Water

As we drink so deeply and bathe in the rain.

Behold, Behold! The Blessed Sacred Water-

with high honor do we praise the water that we soak up everyday.

 D C G E minor (repeat pattern)
The waterfalls and the Rivers give me peace, cleanse my mind and spirit.

Salty ocean waves rock my body and soul.

Huiwai, Huiwai, I purify my entire Being.

..Em C D
Make clear this vessel...to be open to receiving...

C G (Repeat through the verse)

Behold....the Pure Clean Water.

As we Swim so deeply, in an Ocean of Love.

Behold the Blessed healing waters that we are immersed in, and that we can be cleansed in, and that we can forgive in, in that we are Forgiven.

Behold....(Instrumental Break)

(Praise the Water, Continued)

C

And now I go inside and what do I find?
My own body of water is right here all the time.

G

We're all Blood Red Underneath, feeling the tides of time and the sweet release,

C

of Tears Flowing salt streams right down our faces,
in this Body we explore to amazing places,

G

with eyes closed we journey to vast inner spaces,
Giving thanks for the abundance of all life's graces.

C

May we leave no traces, may we leave no traces behind,

G

but protect the beauty for others to find, this is a prayer, an offering to remind:

C

G

to give praise and be kind. To give praise and be kind. To be Praised and be Kind.

D

C

G

E minor

Every drop is precious to the earth and to this body.

D

C

G

And when I drink I will remember this I know.

D

C

G

E minor

C

To quench our thirst, soak the roots, create the nectar in the flowers...Help us to Grow!

C

G

C

G

Behold the Pure Clean water...As we swim so deeply In an Ocean of Love.....

C

G

Behold..Behold! The Precious healing water.

G

C

G

With high honor do we Praise the Water and Give Thanks everyday.