

THE
SILENT SPIRIT
SONGBOOK

WITH CHORDS



RASHID SUNNY WINTER

Great Spirit, thank you for these songs of healing. May they continue to reach out and help heal and open the hearts of all who seek a deeper understanding of the mystery.

With tender love for my children- Poppy, Hanni & Cara.

With immense gratitude to my dear friends for all the love we share.

With love and respect for all our tribes.

Aho Mitakuye Oyasin

Rashid
8th July 2015

A few songs are arrangements inspired by the lyrics of others, grateful acknowledgments may be found with the song.

Many of these songs have been recorded and may be found on:

WWW.RASHIDSUNNYWINTER.COM

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Silent Spirit Songbook
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Key Em Adagio Amoroso

Em

Inspirer of my mind

Am

Consoler of my heart

Am B7 Em C

Healer of my spirit

Am

D7

G

Your presence lifts me from earth to heaven

B7

Em

Your words flow as the sacred river

Am

D

G

Your thoughts rise as a divine spring

B7

Your tender feelings waken

Em

C

sympathy in my heart

Am

D7

G

Beloved Teacher, your very being is forgiveness

Em

The clouds of doubt and fear are scattered

C

by your piercing glance

A

All ignorance, vanishes

D

D7

in your illuminating presence

G

A new hope is born in my heart

Em

by breathing your peaceful atmosphere

C

O inspiring Guide

F

through life's puzzling ways

A

D

in you I feel abundance of blessing

G

C

Em

Amin, Amin, Amin

BEAUTY IS EVERYWHERE

2

Key C - chords for guitar capo V Andante con anima Drum

Chorus each verse:

G
Beauty is everywhere
C
beauty all around me
G **Em**
beautiful is the universe
Am7 D7 G - C - G
because all is made of love.

G **C**
I close my eyes in order to see
Am D7 G D
the truth about this world...
Em C
I open my eyes and I see
Am D7 G - C - G
the wonderful, amazing beauty.

chorus

G **C**
There are no words to describe
Am D7 G - D
beauty only heart can grasp
C G Em
beauty, so much beauty,
Am D7
In my eyes I cry
C D7
... tears of freedom
Am D7
In my eyes I cry
C D7 - D7^{sus4} - D7 - D7^{sus4} - D7 (slap)
... tears of freedom. (half speed)

chorus

C D7 G - Em
because all is made of love
Am D7 G - C - G - C - G
because all is made of love (half speed)

SO MUCH LIGHT

3

Key G. Adagio dolce.

Repeats have alternate melody

G D C D7 G Em Am D7
So much light is shining out of me.

G D C D7 G Em Am D7
Fears dissolve as shadows fade, I'm free.

G Em Am D7
I am made of moon light,
I am made of star light,
I am made of sun light,

G C G G7
and I shine for all to see

C G
So much light is shining out of me.

C G
Fears dissolve as shadows fade and set me free.

D G
I am made of moon light
I am made of star light
I am made of sun light

D7 G
and I shine for all to see.

So much light is pouring from my heart,
can't contain this endless flowing love.
Beauty surrounds me,
beauty inside me,
beauty becomes me,
and I shine for all to see.

Take this love and share it in the world.
Fill your cup until it overflows.
We all are angels,
become your angel,
spread your wings, Oh angels,
come fly high with me.

Bologna. September 2009

HUMMINGBIRD

4

Key B - chords for guitar capo III. Andante semplice

G **D** **C** **G**
Hummingbird, flying high in the world
C **G** **D - D^{sus4} - D**
flying high, in the hearts of those who seek you.

G **D** **C** **G**
Hummingbird, flying high in the world
C **G** **D - D^{sus4} - D**
flying high, in the hearts of those who greet you.

Chorus each verse:

Am7 **D7**
Bring your blessings to me
G **Em**
so I can be free
C
and shine the light
D7 **G** **C - G**
of this healing with compassion.

Hummingbird, shine your light on the world
colours arc across the sky, rainbow healing.
Hummingbird, shine your love on the world
help us open our hearts to your teaching.

chorus

Hummingbird, bringing peace to the world
bringing joy into my heart, I am so grateful.
Hummingbird, set me free in the world
let me go where my heart find it's yearning.

Chorus

Scorriton. Oct. 2009

DEEPEST WATERS

5

Key F#m - chords for guitar capo II. Drum
Adagio con fuoco, yet held...

From the deepest waters
from the darkest quarters.
Comes Light
comes Life
comes Love.

guitar solo

From-the-creative void
where mind is no-mind.
Springs a well of Joy
of Peace
and Love.

In the infinite ocean
riding-the-tides of motion
singing songs of devotion
with the deepest emotion.
From the Heart
from the Heart
of Love.

slower

Light of Light...
Light of Peace...
Light of Joy...
Light of Love... (repeat to fade)

Trevacoon. Oct. 2009

STAR CHILDREN

6

Key C#. chords for guitar capo I con anima amoroso drum

C **Am** **Dm**
Star children hear my call,
G7 **G** **C**
I am mother, father of you all.

Chorus each verse:

Em **Am**
So let go my love, come close,
Dm **G** **C**
give all your fears to me.
Em **F^{bar}** **G^{bar}** **Am^{bar} - Am9**
my holy promise, my di - vine will,
3 | **Dm** **G** **C - Am** **[Dm - G - C 3rd]**
... ... to set you free...

C **Em** **Dm** **G** **C**
In heavenly light and eter - nal love,
Dm **G** **C**
... ... I wait for you.

C **Em** **Am**
The path is made, the journey certain,
Dm **G** **C**
there is nothing else to do.

chorus

C **Em** **Dm** **G** **C**
To dance in sacred rain - bow light,
Dm **G** **C**
in the truth of all you are.
C **Em** **Dm** **G** **Am**
The truth that heaven is in - com - plete
Dm **G** **C**
without you, my precious star.

chorus

to set you free... (repeat to fade)

Lyrics Jinny Small
Music & Arr. RSW
Sandwell Manor
5th November 2009

LOVE IS

7

Key C. Adagio amoroso

C **Dm**
Love is real, real is love

G7 **C**
Love is feeling, feeling love

Em **Dm**
Love is wanting, to be loved

G7 **E7 (C 2nd time)**
Love is real, real is love

Love is touch, touch is love

Love is reaching, reaching, love

Love is asking to be loved

Love is touch, touch is, love

Love is you, you and me

Love is knowing, we can be

Love is free, free is love

Love is living, living love. (melody goes down last time)

*Lyrics Kala 'de Sol
Music & Arr. RSW
Brock. 4th Dec. 2009*

SMILE

8

Key Em. Andante cantabile drum

Intro: Em Am Bm Am..

Our smile comes with us when we arrive.

A gift from heaven

well there's no surprise.

Smiles go very deep

far beyond your lips.

Deep into your soul

and all the way

... back to God.

Take time to be with your smile

let nothing take it away.

The hardest lesson to learn

let nothing take it away.

Be the innocent child

and Smile Smile, Smile Smile, Smile,

Be the innocent child

and Smile, Smile, Smile,

Smile, Smile, Smile,

Smile.

DEEP INTO THE HEART OF THE MOTHER

9

Key Bm - a cappella round drum

**Deep into the Heart of the Mother
Rock my soul, come on light my fire
Free my spirit, take me ever higher...**

Glastonbury. 7th Feb. 2010

DANCING SPIRIT

10

A cappella Key Bm - chords for guitar capo II.
Repeats have alternate melody

Am

Dancing spirit

G (C^{2nd})
dancing in the moon light

G (C^{2nd})
dance into the dawn light

C E7
all is one.

Am

We are spirit

G (C^{2nd})
dancing in the sunlight

G (C^{2nd})
dance away our heart's delight

C E7 Am
Oh what fun.

**Moving freely
dancing in sublime light
dance into divine light
to become.**

**Freely moving
starlight is falling
rainbow light is calling
our way home.**

Trago Mills, Devon. 15th Feb. 2010

ESSENE PRAYER

12

Key C#m – chords for guitar capo IV
Adagio religioso drum

Am G
Peace with my Body

Em Am
Peace with my Mind

Am Dm
Peace with my Family

F6/A Am
Peace with my Community

Am Em
Peace with my Culture

G Am
Peace with-the-living Ecology

C G
Peace with the Radiant One

Em⁷ Em⁶ Am
Peace with the Radiant One

Lyrics: Rebbe Gabriel Cousens MD
'Creating Peace by being Peace'
Music & Arr. Glastonbury. 1st Mar 2010

FREE AS A BIRD

13

Key Cm. chords for guitar capo III
Brazillia – not too fast. Drum

guitar solo: x4 Am Dm E7
E7

When you drink the Ayahusca

it really helps if you can trust her

She will take you on a journey

show you what it is that makes you worry

chorus each verse:

You can be free, free as a bird, flying high

Nothing can take you down from the sky

guitar solo

**Still have to do all your own work you know
helps you grow, just let go
No point in living in denial
don't think of wearing that false smile**

**Our stuff can move up to the surface
and when it does we gain awareness
Don't be scared and push it down again
you'll drown again, wear that old frown again**

**It doesn't matter what is going on
just be strong, sing the songs
Don't get lost in your confusion
it really is just an illusion**

chorus (first time only)

We all are free, a flock of birds, flying high

Nothing can take us down from the sky

Guitar solo

Key Cm - chords for guitar capo III. Use shaker
Shima is Hopi for Love

Sung as a round in two parts
Part A: get this round going:

Shima Shima Shima

D **Am**
Shima

Part B: Bring in when round settled

Love		Knows
	Love	Shows
Love		Grows
	Love	Flows

Luscombe Cottage. 23rd Mar. 2010

I AM LOVE

15

Key D. Chords for guitar capo II
start Adagio Amoroso, grow to Moderato Con Brio drum
repeat as required.

C G
I am Love
Am
Find me

Dm Am
I am in you,
Dm Am
always in your Heart

3 | G Em Am
Showing you the way to Paradise
G Em Am
Showing you the way... to Paradise

Soy el Amor
Encuéntrame

Estoy en ti,
siempre en tu Corazón

Mostrándote el camino al Paraíso

Lyrics Kala 'de Sol
Music & Arr. RSW
Brock. Lancaster. 19th April 2010

JAI SITA RAM

16

Key B^b Capo II

Moderato roulade (not too fast) drum

^G
The sun is shining brightly in a clear blue sky
The birds are singing sweetly as they fly so ^{Am}high
The river flows so freely as she wanders by ^D
And the ^{D7}earth she ^Gshimmers with love.

chorus each verse:

^G
Jai Sita Ram Jai Sita Ram Om Sita Radhe
Jai Sita Ram Jai Sita Ram Om Sita ^{Am}Radhe
Jai Sita Ram Jai Sita Ram Om Sita ^DRadhe
Jai Sita ^{D7}Ram ^{D7}Ram ^{D7}Ram Hari ^GOm.

guitar solo each chorus except last time: **G Abm Am D7**

The wind is rustling through the trees in her excitement
There's a growing sense of something in the air tonight
I can feel the divine spirit dance around us
We are blessed, we are blessed with all your love

My heart is open to the beauty of the universe
My heart is beating in the rhythm of the cosmic dance
My heart is reaching up to heaven for all it's worth
I am overflowing with love.

Thank you for the healing of the Daime
Thank you for the teaching she inspires in me
Thank you for the wisdom so I can see
How to find my way back to God.

I AM FREE

17

key Cm Chords for guitar capo III Adigio Amoroso

I am here, in your arms

Love is all around

Free of my earthly illusions

I wonder in the stars

Here I sit beside you my Lady

Queen of the uni-verse

**I am here, in your love
In your arms I am safe and sound**

**Opening my heart to the healing you bring
to purify my soul
Here I sit beside you my Lord
King of the Cosmic All**

**I am here, I am here, I am here
There is nowhere else to be**

Here in the flowing crystalline light

Here where the rainbow shines so bright

Here where the hummingbird takes flight

I am free, I am free, I am free

I am free, I am free, I am free

I am free, I am free, I am free

GOD IS LOVE

18

key C# Chords for guitar capo I Con Brio

C G C
Let go and fly away
F G
to a place that's far away
C G C
Let's go and travel far
F G
to a brightly shining star
F C
Deep inside you lies the truth
F C
The Holy Spirit understood

chorus each verse:

C G
Keep your spirit strong
Dm G C
and love will follow on
C Em
Keep your spirit strong
F G C
and love will follow on

Deep inside your heart
you have the grace of God to hold
Time to make a start
with an open heart mind and soul
We are spirit, we are light
shining spirit, burning bright

Deep inside your heart
are the keys to the universe
You can make a start
share your love right here on Earth
When you're shining like the sun
you're shining out the truth that God is Love

Deep inside your heart
there's a beautiful hummingbird
Time to make a start
you have your own bright wings to unfurl
Flying freely in the sky
this beautiful bird is flying high

PRAYER FOR FREEDOM

19

Key Em Andante Con Brio Drum

Guitar intro: Em – Am – B7

When the ^{Em}Kingdom of God is in your ^Cheart
we will ^DDance and we will ^{Em}Sing

chorus each verse:

^GAlleluia, ^CAlleluia

^DPraise the Earth the Sky and the ^GSun

^{Em}Alleluia, ^CAlleluia

^DPraise the Waters, the Moon and the ^{Em}One (Am 2nd)

^{B7}Praise the One, the ^{Em}One

^{Em – Am}Praise the One, ^{B7 – Em}the One

^{Em}Pray to Juramidam for the ^{Am}Daime in this ^{B7}land ^{Em}
Pray to Yemanja, bring the Daime from afar

When the Light, shines from your very soul
reaching out, help making people whole
When the Light, shines out on everything
we will Dance and we will Sing

Yemanja, Oh Yemanja
We are your children from afar
Your sacred waters, our Medicine
is taken from us and yet we Sing

We are humble and we pray
Most Holy Mother protect our ways
We are patient, we are strong
We pray for freedom and light for everyone

STAR SONG

20

Key Bb chords for guitar capo II
Adagio Amoroso

Brother of mine, you taught me to shine
You gave me the light, shining so bright
In my soul, making me whole
Light from above, touched me with love

chorus each verse:

This is my song, saying thank you
From the silence, in my heart
For all the times I shared sitting next to you
Playing sweet music on our guitars oh...

A gift from the stars, we've travelled so far
Through space and time, to the astral divine
My guiding hand, who understands
The road we take, through the pearly gates

Wirral. 7th September 2010

THE REALM OF LOVE

21

Key F#m chords for guitar capo II
Waltz – repeat as required using acapella

Em
As the warm sun
B7 Em
that breaks through the clouds
D G
and calms the troubled ocean
Am C
Those who find peace
B7 Em
with themselves and others
B7 G B7 Em
enter the realm of love

Lyrics: Kala 'de Sol
Arr: 28 October 2010

TULA

22

key D# Chords for guitar capo III
Adagio Amoroso drum
repeats from quiet to celebratory as required

C Am
Tula Tula
Dm G
Tula Tula Tula lay
E7 Am
Tula Tula Tula lai
G C
Tula Tula Tula lay
Dm G
Tula Tula Tula Tula lai
C F C G
Tula lay

Eternal Heart Family Camp 2010

Key C

chorus each verse:

C **G** **C**
Shine, shine, shine

Dm **G**
Shine your light

Dm **G**
Shine, shine, shine

G7 **C**
Shine so bright

Shine your love, through your heart
From your soul, make this start

Send your love, to the world
Drawn from above, love light of gold

Shine shine shine...

Feel the love, all around
In open hearts, truth is found

Love yourself, love everyone
Love from God comes raining down

Shine shine shine...

On this earth, through your heart
Fill your soul, with this sweet love

Love for you, love for me
Love each other, gently be

Shine shine shine...

Love, love, love, is everywhere
for everyone, to freely share

LOVE MANIFEST AS LIGHT

24

key C# chords for guitar capo I

Con Brio

Oh all around me shimmers brightly

love manifest as light

In my heart love flows like water

streaming outward rainbows bright

Oh my Lord your teachings guide me

stillness in my ocean heart

Storms have raged and tears did blind me

reaching deep into my soul

carving space to make me whole

clearing shadows deep below

now light shines in to help me grow

13 November 2010

HERE I AM AGAIN BELOVED

25

Key Bm chords for guitar capo II

Tar

Am
Here I am again Beloved

F **Am**
Teacher of my heart

Am
Here I am again Beloved

F **G** **Am**
The illusion of distance has passed

Am
I am awake now

G **C**
Fears are gone

Am
I can relate now

G **C** **G** **Am**
This new song in my heart is enticing

C **G** **Am**
This new song in my heart is arriving

C **G** **F**
This new song in my heart brings silence...

Am
With the infinite one

instrumental

1st July 2011

Chorus each verse:

3 | ^G ^D ^{Am - C}
Love is a beautiful thing

^C ^G
Don't you know it's understood

^C ^G
Don't you know it's looking good

^C ^G ^{Em}
Don't you worry 'bout a thing

^{A - D7}
'cos you can sing

**In our hearts we hold the truth
the sacred mysteries understood
a truth so tender it's sublime
a truth so simple makes us blind**

**And we can share the simplest things
when we are kind it makes hearts sing
when we are free from our ego
then we will grow**

**A simple journey to understand
and you can make it – take my hand
you'll be shining like the sun
'cos we are one**

9 August 2011

SHINING IN MY HEART

28

waltz

Am E
Oh the Moon, and the Stars

C E Am
are shining in the sky

Dm G C Am
At night they come and sing for us

E C E Am
a gentle lul-la-by

Oh the Sun, Oh the Sun
is shining in the sky
This light of love that shines upon us
heals and purifies

Jemanja Jemanja
how beautiful you are
the water of light you bring for us
to soothe and heal our scars

Oh your love, all your love
Is shining in my heart
In joy and happiness I know
we can never be apart

18 August 2011

SANTA MARIA

29

Capo II

G Am D G
Santa Maria, by my side

G Am D G
Divine Sister, in you, I abide

Em D Em C
Holy Mother, grows your spirit deep inside

G D Em C
Help me rise above and see with open eyes

G D Em C
In your arms, I'm wrapped in holy paradise

G D C (G 2nd)
and my heart soars with wings taking flight

Beloved Teacher, I trust in you

Guide me forever, in all I say and do

Though your temple lies out far beyond the stars

Through your teachings learn to be just who we are

To be strong, though the journey may be far

and my heart soars with wings taking flight

26 August 2011

ALLAH HU

30

Key Bm chords for guitar capo II

Con Fuoco drum

Am C Dm E
Allah Hu, Hu, Hu, Hu

F C E
Bismillah er Rahman er Rahim

F C E Am
Ya Allah Salam, Ya Allah Salam

F C E
Bismillah er Rahman er Rahim

18th September 2011

I BREATH AND I DANCE

31

Prefer steel string guitar & drum

^C I ^G breath and I ^{Am} dance and I ^{Em} move with your spirit
^{Dm} and you ^G breath and you dance
^C and you ^G move in my soul
^C I ^G breath and I ^{Am} dance and I ^{Em} move with your spirit
^{Dm} and we ^G heal and we ^C shine as you make us whole

^G ^{Am}
Allelula
^{Dm} ^G ^C
Praise the One

^G ^{Am}
Allelula
^F
And there's a light that's brightly shining love
^D in the world – this ^G guiding star is inside you...

29 Sept. 2011

SHINE LIKE THE SUN

32

key D chords for guitar capo II
Andate con Brio drum

C **Am**
Shine like the sun

Dm **G**
everything is one

Em **A**
always having fun

Chorus each verse:

Dm **G** **C** **A**
Open your heart and be happy

Dm **G** **C** **A**
Yea yea yea yea be happy

Dm **G**
Oh oh oh

**Let your troubles go
smile and let it show
know that you can grow**

**Join with everyone
unity has come
together in the sun**

**Let the love shine in
so healing can begin
everything to win**

**Here comes the light
here comes the love
here comes the Mother shining above**

3 | **Open your heart**

1 August 2011

key Bm chords for guitar capo II Drum
melody A and B alternate.

A

Am
Praise to the Moon

E
Praise to the Sun

Am Dm
Praise to the Stars in heaven

E Am
shining with Love

B

C
Praise to the Sky

G
Praise to the Earth

C DmG
Praise for each other

G C (E 2nd time)
in joy we praise our birth

**Praise to the trees, Praise all that breaths
Praise to the rain that falls
the rivers and the seas**

**Praise all the flowers, Praise for the food
Praise Praise the lord our God
Sing praise with gratitude**

**Praise for the children, Praise for the old
Praise for this gift of life
and praise for our rebirth**

**Praise for our families, Praise for our homes
Praise for the love we share
together here on earth**

**Praise for our sisters, Praise for our brothers too
Praise for all our relations
and so much praise for you**

**Praise for the laughter, Praise for the fun
Praise for the joy we share
in happiness amen**

KRISHNA KRISHNA

34

A Bb
| Krishna Krishna Krishna Krishna Hare
E A
| Krishna Krishna Krishna Krishna Hare

A Bb
| Hari Rama Hari Rama Hare
E A
| Hari Rama Hari Rama Hare

23rd February 2012

BISMILLAH IN A

35

Key b chords for guitar capo II Adagio Religioso

A D
Bismillah

A D
Bismillah

F#m Em
Er racman er raheem

F#m Em
Li il laha el Alla Hu

F#m B
Er racman er raheem

F#m E
Li il laha el Alla Hu

25th July 2012

ALLAH HUMA

36

Key G
Adagio Religioso

G
Allah Huma
Sali Allah

F
Rasulilah

G
Allah

14th June 2005

WASH ME IN YOUR LOVE

37

Key B chords for guitar capo II

A Bm
Wash me in your love

E7 A
Hold your arms around

A Bm
Feel the lightest touch

E7 A
See the beauty found

D Cm
Opening our hearts

Bm E A - A7
To all we find within

D Cm F#m
Safely make our start

Bm E A
This journey to begin

14th August 2012

Use shaker

C **Am** **Dm** **G**
Relish this moment with all your compassion

C **Am** **Dm** **G**
Open your heart for the truth is here now

E7 **Am** **G** **C**
Polish your soul with the fruits of this passion

Dm **G** **C** **A Dm G**
and rise again laughing 'I'm whole'

**Here in the forest, my beautiful forest
home to the creatures and plants
here I find peace, in my heart I have peace
and I'm lost to the forest of love**

**Here by the silent pool, clear water's flowing
rippling patterns the wind
deep in my soul, I find what makes me whole
and with love in my heart I sing**

**Twisting and turning the wind sets me yearning
my spirit to soar in the sky
I dance like a leaf and I trust my belief
that I'll know how to live 'til I die**

**Shining and beaming the whole world is streaming
with light, and love from on high
This jewel, my heart is reflecting this art
and the fire that is burning is I**

**Relish this moment with all your compassion
Open your heart for the truth is here now
Polish your soul with the fruits of this passion
and rise again laughing 'I'm whole'**

LEARNING HOW TO LOVE

39

key Ab chords for guitar capo I Drum
melody A and B alternate

A

Though we may be ^Gapart
far away in space and ^{Am}time
I feel this ^{Am7}strength, ^{D7}rise up, ^Cwithin,
and know all will be ^{B7}fine ^{A7} ^G (^{G7} 2nd)

B

Shadows only ^Cfall
where there is light enough to ^Gsee ^{E7}
and given time enough we'll ^{Am}know, ^{D7}
we're already ^Gfree (^{G7} 1st) (melody goes up 2nd time)

**This burns deep in my soul
opens me up and makes me whole
teach me to grow, to see, and know,
to put my trust in thee**

**Be strong and shine your light
Sing your song
be entirely who you are
and know it can't be wrong**

**Follow the sun and moon
watch the seasons change
and know our time, is soon, but first,
we're learning how to love**

**But when the love shines high
our open hearts will bring
the beauty of this love
for everyone to sing**

YOUR SHINING LOVE

40

with pace. Drum
Starting on Em

(And) the shining ^C Sun, ^{B7} knows
^{Em} the rhythm of your soul

chorus each verse:

And in this ^C light
we dance and ^D sing,
such ^G happiness
the joy ^{Em} this brings us on,
our ^C journey through
^{B7} the ^{Em} sacred universe

(And) the shining moon
reflecting in my heart

(And) the shining Stars
guide me on my way

Your shining Love
your shining Love

Brock
12 March 2013

capo I

These songs of love

these songs of pea-ce

They fill my heart with

divine relea-se

**These songs of joy
these songs of hea-ling
in my heart this
divine feel-ing**

**They lift me up
in times of sha-dow
they heal my wounds with
the light of lo-ve**

**Each sings their song
from deep with-in
each song is love
the love you're bring-ing**

Trevecca
19 March 2013

LIGHT IN THE SHADOWS

42

Capo III

Breath! Con fuoco Drum

Am E Am Dm
In our hearts we hold the truth

C E Am
and love will be the key

Am E Am Dm
In our hearts the truth is found

C E Am
and love will set us free

Dm Am
In the darkness, light in the shadows

Dm Am
Brightly shining, light in the shadows

Dm Am
In our hearts, there's light in the shadows

Am E Am Dm
Shining in our hearts this love

C E Am
comes from divinity

When we love from deep within
we tune into the source

When love comes from deep within
we follow nature's course

Light is everywhere, in the shadows
love is everywhere, in the shadows

All our healing, comes from the shadows

When we find the truth inside our hearts
it sets us free

Trust that you can find this truth
it's buried deep within

When you trust you loose your self
your journey can begin

Free your heart, there's light in the shadows

Trust your heart, there's light in the shadows

From your heart, there's light in the shadows

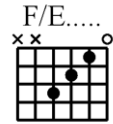
Breath in to your heart and you
will find tranquillity

BEAUTIFUL MUSIC

43

Capo I
Slowly (118)

For F use:



Am F Am F
My spirit flies through the sky

Am F Am F
Healing my heart as I die

Am F Am F
Born again, renewed I fly

Am F Am F
Into the soul of the night

G C
Beautiful music

G C
Radiant beauty

G C
Love streaming through me

Am G Am F
The Queen she is dancing with me

Instrumental: Am F Am F x2

Healing, this healing sublime
Light fills this tired soul of mine
Softens my heart, sets me free
Wounds of the past leaving me

Beautiful music...

Higher and higher go I
Clearer and clearer the sky
Surrendering, free, I let go
of what no longer feeds me below

Beautiful music...

Brock
8th April 2013

WHEN THERE IS LOVE

44

Key D chords for guitar capo II

When there is ^Glove, in my ^Gheart

I feel it ^Gshining from earth to ^Cheaven

And the ^Cworld reflects the ^Gbeauty around me

This ^Dlight filled with ^{D7}loving ^Gcompassion

When there is pain, in my heart

I reach upward to find redemption

And I know if I trust the truth of this love

My shadows will fade to oblivion

When there is love, in our hearts

we can shine brightly together

Illuminating shadows for all

This healing spreads widely forever

Trevecca
1st May 2013

Key Bm chords for guitar capo II

Drum

Am C G Am
Grow grow, my spirit grow

Am E
This flying soaring bird

Am C G Am
Grow grow, my spirit grow

F E7 Am
Through nature prayers are heard

chorus each verse:

Dm E C E7 Am
Sky above and earth below

Dm E C E7 Am
Fire within, my life blood flows

Dm E C E7 Am
Air my breath and water knows

F E7 Am
I'm connected to the source by nature

**Grow grow, my spirit grow
This shining radiant flower
Grow grow, my spirit grow
Through nature's radiant power**

**Grow grow, my spirit grow
This sacred water's flowing
Grow grow, my spirit grow
Through nature's deepest knowing**

**Grow grow, my spirit grow
On solid rock I'm grounded
Grow grow, my Spirit grow
Through nature our love is founded**

Am7 Bm7
Everything's alright

Am7 Bm7
Everything is fine

Am7 Bm7
Everything is peaceful

Am7 Bm7 G
And the sun is shining in my heart

Let the tension go
Let it melt away
Simply relax
into the sun shine in my heart

When I'm feeling blue
When I'm feeling sad
Simply have to let
The sun shine brightly in my heart

Stuff will always come
Stuff can always go
Never give it energy
And I'll stay shining in my heart

Everything's alright
Everything is fine
Everything is peaceful
And the sun is shining in my heart

Key Bm chords for guitar capo II

Am
For all your love now, for all your love now

G **E7**
Thank you

Am
For our understanding

F **G** **E7**
Of what we need to heal

Chorus each verse:

Am
This love is not of us

C
This love comes from above

G **E7**
Be grateful

Am
Trust in this love that heals

C
Trust in this love

G **E7**
And be grateful

Open your heart yes, open your heart
Completely
Open your heart to
All you can receive

The more that you give now, the more you receive now
Thank you
The more you receive now
The more you can give
So it goes

Trust what you feel now, trust what you feel now
Tenderly
Trust what you feel now
Deep inside your heart

slowly (108). Drum

^{Em}
From far beyond awareness
it manifests in many ways
^{Am} ^C
revealing what is here for us to heal
^G ^{B7} ^{Em}
through the shadow cast on our understanding

chorus each verse:

^{Am}
trust in spirit
^{Em}
the light within
^{Am}
this beautiful universe
^{Em}
calls us to sing
^{B7} ^{Em}
calls for us to come home

^{Em}
Our stuff is not who we are
it's what we have been given

^{Am}
So we can grow...

^{Am} ^C ^G
This work is our healing journey back to spirit
^{B7} ^{Em}
a journey we already know

^{Em}
What we can't see for ourselves
our tribe can help us to see

^{Am}
if we can trust their love

^{Am} ^C ^G
to see with our hearts through another's eyes
^{B7} ^{Em}
is golden opportunity

BEAT THE DRUM

52

Guitar capo II (or lower) Drum & Rattle

Am C G
Beat the drum to the seven directions

Am C G
Beat the drum inside your heart

Beat the drum, the drum of Air and
Beat the drum inside your heart

Beat the drum, the drum of Fire and
Beat the drum inside your heart

Beat the drum, the drum of Water and
Beat the drum inside your heart

Beat the drum, the drum of Earth and
Beat the drum inside your heart

Beat the drum, the drum Above and
Beat the drum, the drum Below

Beat the drum, the drum of Spirit and
Beat the drum inside your heart

chorus to fade

Am C E Am
Hey Ya Na Na, Hey Ya Na Na, Hey Ya Na Na, Hey Ya Na

Am C E Am
Hey Ya Na Na, Hey Ya Na Na, Hey Ya Na Na Ho!

Trevecca
6th December 2013
rev. 170715

Gently 120. Tar

D
Oh Great Spirit thank you for
Am/F
another song to sing
D
To praise this life you've given me
Am/F
you give me everything

chorus each verse:

Em - E7 **Am**
I fly **into** the heart of love
Em - E7 **Am**
I fly **love** flowing from above
G - E7 **Am**
I dive **into** the arms of love
G - E7 **Am** **E** **Am**
I die **at** **one** with God

In my heart this shining love
to nourish me on earth
To heal ancestral pain that's been here
long before my birth

Surrendering I offer all
I'm holding tightly to
I free myself from everything
I give myself to you

Thank you for this healing
as I journey through the night
I take your sacred medicine
with thanks and love and light

With pace but gently, let it build

Am F C G
Her Love, will carry us through
her Love, is always renewed
Em Dm G C
Her Love is falling like rain
her Love, absorbing all pain

Em Am
Feel, her Love
Feel, her Love
G F Em Dm
Feel her, breath her
G G7 C
Healing Love

Em/Dm Am/G
Love is her state of being
Em/C Am/F
Through our hearts she flows
Em/Dm Am/G
Showing us her wisdom
Em/C Am/F
Teaching all she knows
Dm G
Love is her sacred river
C F
Flowing to the sea
Dm G
In her ocean we surrender
C Am (E7 2nd)
To her Love so deep and free

**Shine on sister moon
your light, the sun's reflection
shine into our hearts
this light, the ones connection**

**Hold me, bath me in your love
teach me, to love myself enough
with this light of love
I shine...
your healing rays divine**

**Sun & Moon, together in my heart
radiant reflections, healing every part
moon & Sun, together we are one
shining the light of love**

Hold me...

**Thank you for this gift of love
I offer in the world
my healing hands
my healing heart
help others become whole**

Hold me...

Brock
10th September 2014

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MUSICAL TERMS

A Cappella	Unaccompanied
Adagio	Slow, leisurely
Amoroso	Tender and affectionate
Andante	Moving with a moderate tempo
Cantabile	In a singing style
Con Anima	With life and animation
Con Brio	With vigour and spirit
Con Fuoco	With energy or passion
Dolce	Sweetly
Moderato	Moderate
Religioso	Religious, solemn
Round	Two or more voices starting on different lines
Roulade	Rolling
Semplice	Simple

GUITAR CHORDS

A	B	C	D	E	F	G
A7	B7	C7	D7	E7	F7	G7
Am	Bm	Cm	Dm	Em	Fm	Gm
A ^b	B ^b		D ^b	E ^b	F [#]	
	B ^b m	C [#] m		E ^b m	F [#] m	

Back cover – replace with a4 backing pdf