

Don't be Afraid

- by John Bell

Don't be afraid, my love is stronger, my love is stronger than your fear.
Don't be afraid, my love is stronger;
And I have promised, promised to be always near.

Healing Mantras

for singing wholeheartedly

Ma - For long distance healing. Set an intention, send it out on the breath.
As we deepen and relax our breath in the prayer, Ma heals us, too.

Om Shanti, Om = Om, Peace, Om

Aham Prema = I am divine love. 108x

Put Your Foot Down by ?

Put your foot down, put your feet on the ground,
You can hear the earth sing if you listen. (repeat)
'Cause the sound of the river, as it moves across the stones,
Is the same sound as the blood in your body
As it moves across your bones.
Are you listenin'? (4x)

May Only Love Surround You (4x) by Patricia Hallam

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All Shall Be Well/Another World

Julian of Norwich/Arundhati Roy

Ana Hernández

♩ = 69

B \flat B \flat ma \flat 7 E \flat B \flat Cm F Gm F sus $^{4+3}$

The musical score consists of two systems. The first system has two staves. The top staff is the vocal line with lyrics: "All ___ shall be well. All man-ner of thing shall be well. ___". The bottom staff is the piano accompaniment with lyrics: "An-oth-er world is not on-ly pos-si-ble, she is on her_ way. On a". The second system also has two staves. The top staff is the vocal line with lyrics: "All_ shall be well. _____ All man-ner of thing shall be well.". The bottom staff is the piano accompaniment with lyrics: "qui-et day I____can hear her breath-ing. She is on her way.". Chords are indicated above the notes. Triplet markings (3) are present over the F notes in the vocal lines.

All ___ shall be well. All man-ner of thing shall be well. ___

An-oth-er world is not on-ly pos-si-ble, she is on her_ way. On a

5 B \flat B \flat ma \flat 7 E \flat B \flat Cm B \flat F Gm Cm F - - sus $^{4+3}$

S. All_ shall be well. _____ All man-ner of thing shall be well.

S. qui-et day I____can hear her breath-ing. She is on her way.

These tunes may be used together or separately. When used together, layer in one tune at a time. I usually start with Another world, then add All shall be well. You may split the room and have people sing together, or across the aisle to one another. You may also use them in a healing service, and surround the person/s in need of healing and sing to them.

Fear not the pain, let its weight fall back into the earth,
for heavy are the mountains, heavy are the seas. – Tune Rachel Kroh, Text RM Rilke
<https://soundcloud.com/musicthatmakescommunity/fear-not>

Lead with Love

by Melanie De More

Chorus

You gotta put one foot in front of the other
And lead with love
Put one foot in front of the other
And lead with love. (repeat all 4 lines)

Verses (call and response)

Don't give up hope
You're not alone
Don't you give up
Keep movin on

Lift up your eyes
Don't you despair
Look up ahead
The path is there

I know you're scared
And I'm scared too
But here I am
Right next to you

Bija Mantras

A simple, 5,000-year-old mantra
using seed syllables

Silence – focus above the head

- 7) **OM** – crown chakra
1x full breath (merged with God), then a silent OM
- 6) **AUM** – third eye/brow chakra
3x full breath* (harmony, a grounded spirit)
- 5) **HAM** – throat chakra (finding your voice, seeing beneath to the transcendent, listening) – Ether
12x
- 4) **YAM** – heart chakra (wholeness, maturity) – Air
12x
- 3) **RAM** – solar plexus chakra (sun, light, becoming) Fire
12x
- 2) **VAM** – belly/polarity chakra (atmosphere, womb) Water
12x
- 1) **LAM** – root chakra (ground) – Earth
12x

Bija means “seed” in Sanskrit. Bija sounds manifest the you in you.

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Please contact the composers for permission to reprint. If you need help, let me know.