Singing Our Way Home



Limited permission to distribute this song has been granted to Threshold Choir members for Threshold Choir purposes.

Any other use requires the songwriter's specific permission.

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?

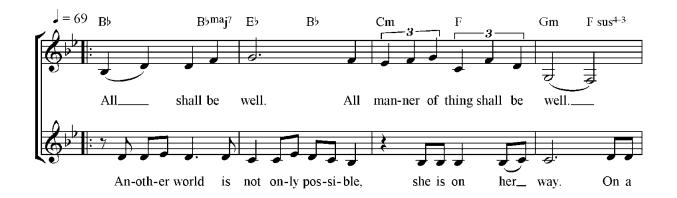
Put your foot down, put your feet on the ground, You can hear the earth sing if you listen. (repeat) 'Cause the sound of the river, as it moves across the stones, Is the same sound as the blood in your body As it moves across your bones. Are you listenin'? (4x)

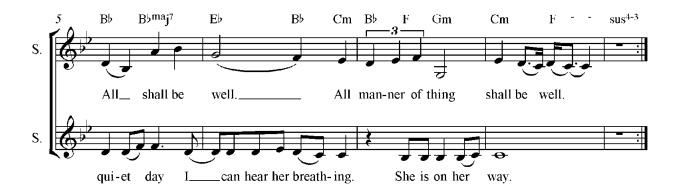
May Only Love Surround You (4x) by Patricia Hallam phallam@comcast.net

All Shall Be Well/Another World

Julian of Norwich/Arundhati Roy

Ana Hernández

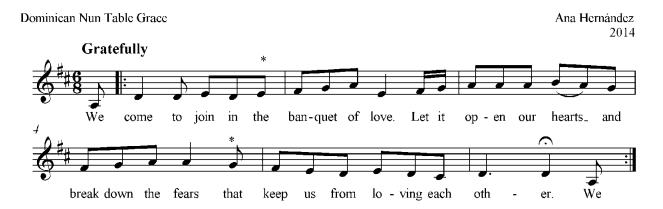


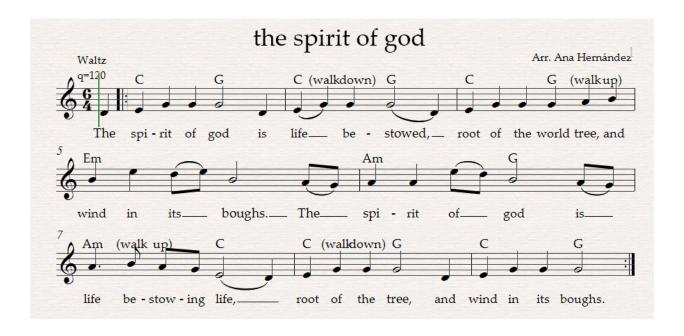


These tunes may be used together or separately. When used together, layer in one tune at a time. I usually start with Another world, then add All shall be well. You may split the room and have people sing together, or across the aisle to one another. You may also use them in a healing service, and surround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

Banquet of Love





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) <u>OM</u> crown chakra 1x full breath (merged with God), then a silent OM
- 6) <u>AUM</u> third eye/brow chakra 3x full breath* (harmony, a grounded spirit)
- 5) <u>HAM</u> throat chakra (finding your voice, seeing beneath to the transcendent, listening) Ether

 12x
- 4) YAM heart chakra (wholeness, maturity) Air 12x
- 3) <u>RAM</u> solar plexus chakra (sun, light, becoming) Fire 12x
- 2) <u>VAM</u> belly/polarity chakra (atmosphere, womb) Water 12x
 - 1) <u>LAM</u> root chakra (ground) Earth 12x

Bija means "seed" in Sanskrit. Bija sounds manifest the you in you.

Singing Our Way Home Retreat, for Holy Cross Monastery, 4/28-30/2020 Please contact the composers for permission to reprint. If you need help, let me know.