

## 1. Living in the Heart

Debbie Nargi-Brown

Living in the Heart of this Moment  
Living in the Heart of this Moment  
All we have is Here and Now  
Living in the Heart of this Moment.

What's done is done  
Let tomorrow come  
All we have is today  
Seekers of truth  
Prophets of old  
Know this to be true

Living in the Heart  
Speaking the Truth  
Is all we can do

Living in the Heart  
Living in Truth  
Living in Love



*This song was inspired by the teachings of Hazrat Inyat Khan in the book The Mysticism of Sound and Music*

## 2. Divine Love

Debbie Nargi-Brown

Embracing this powerful love  
flowing through you  
Embodiment of divine love  
flowing through you  
It flows out through your toes  
and up through your heart  
and out your fingertips and  
out through the crown of your head,  
and out through the crown of your head

This beauty is inside of you,  
This beauty is inside of you  
No need to look outside,  
No need to look outside  
We are all mirrors reflecting  
each other's beauty  
We are all mirrors reflecting  
each other's beauty  
This beauty is inside of you

## 3. Free Yourself

Debbie Nargi-Brown

Home resides in me  
Wherever I might be  
I'm free to roam all the parts of me  
I'm free to roam—the Ultimate dwells in me

So let me feel my pain  
Dance my Joy  
Feel my Pain,  
Dance my Joy

Be yourself, it's the only  
one to be

Be or not to be me  
I choose to be me  
Be or not to be me—  
I choose to be free

Free Yourself— Be yourself  
There's no place like home

## 4. Divine Presence

Debbie Nargi-Brown

Hey Mama Hey Mama Hey Mama O  
Hey Mama Hey Mama Hey Mama O  
Yemaja, Oshun, Yemaja, Oshun

Fill me with Divine Presence,  
Pouring this Love to the World  
Fill me with Divine Presence,  
Pouring this Love to the World.

*In the Yoruba religion, Yemaja is the goddess of the ocean, the full moon, and motherhood. Oshun is goddess of fertility, healing, and the river.*

## 5. Mojubai

Traditional — Yoruba

Mojubai oo-oo, Mojubai (2x)

Eebai mama-aa

Eebai baba-aa

Mojubai

Mojubai

*The ancestors are very important to the Yoruba people. The ancestors assist and support the living in their daily lives.*

## 6. Mutambara Kede

Zimbabwe

Mutambara Kede Mutambara Kede

Tasvika

Tasvika wo

*Mutambara Kede, Good living and Tasvika, We have arrived*

## 7. Homeward Now

Appalachian Song

Homeward now

Shall I journey

Homeward upon the rainbow

Homeward now

Shall I journey

Homeward upon the rainbow

To Life unending and beyond it

Yeah homeward now

Shall I journey

To Joy unchanging and beyond it

Yeah homeward now

Shall I journey



## 8. River of Birds

Oregon Women's Land Community

There's a river of birds in migration

A nation of dancers with wings

There's a river of birds in migration

A nation of drummers with wings

*\* drummers and dancers were substituted for the word women*

## 9. Fly

Debbie Nargi-Brown

If you can't teach me to fly,

teach me to sing and dance

If you can't teach me to fly,

teach me to love and be loved

Gatay gatay, para sam gatay, bodhi swaha

Gatay gatay, para sam gatay, bodhi swaha

*This song was inspired by a quote by Sir James Barrie,  
"If you can't teach me to fly, teach me to sing."*

*The last two lines are in Sanskrit which is over 3,000 years old and is part of the Heart Sutra, words from the Buddha. In English these words mean gone, gone, gone, beyond the beyond. Hail to the one who awakens. The chant speaks of the journey to the Infinite, the journey to the Self.*



## 10. Dumbaie

Source Unknown

Eh Dum-bai-eh

Dum-bai-eh

Ye-la-de-dom, ye-la-de-dom

Eh-ya, eh-ya, ehhhh, ye-la-da-ti.



## 11. Canto Para Omolu

Traditional — Brazil

Omolu ta na Pedra de Sodan

Aia ia ia e o

*Omolu is also known as Obaluae, which in Yoruba means "King of the Earth". He is perceived as being an old man and is extremely important Orixa because he is connected with health. He generates the proper functioning of the body. His face is covered with straw so no one can see him.*

*Salutation for Omolu: Atoto*

## 12. Into the Rhythm

Debbie Nargi-Brown

Dance Dance Dance

Sing Sing Sing

Into the Rhythm

The Rhythm

of your Heart

Dance Dance Dance

Sing Sing Sing

Into the Rhythm of your Soul

Dance Sing Dance Sing Dance Sing

Dancing my way back Home



## 13. Songs to Oshun

Traditional — Yoruba

Gbogbo wani che O dide che Oshun

Gbogbo wani che O dide che Oshun

O ri ri ri — O sai sai O

Gbogbo wani cheo dide che Oshun

Oshun ba'ile o, Ye ye ba'ile o

Oshun ba'ile o, Alague akete ba'ile o

Oshun ba'ile o

Ye ye ba'ile o

Oshun ba'ile o

Alague akete ba'ile o

*Yoruba song to Oshun goddess of fertility, healing, and the river.*



#### 14. The Ocean Refuses No River

Source Unknown

The ocean refuses no river — no river  
The open heart refuses no part of you —  
no part of me  
Ah lay lu, Ah lay lu  
Ahhh laaay lu  
Ah lay lu, Ah lay lu  
Ahhhhh laaaaay lu

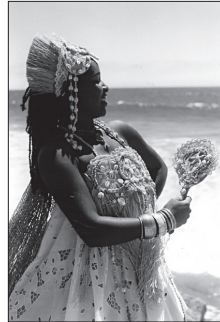
#### 15. Un Canto Pra Yemanja

Traditional — Brazil

Yemanja Sai do mar  
Vem Buscar A sua Yao  
A santa de azul, A santa do mar  
Vem ver seus filhos,  
Yemanya  
Odo odo odo odo  
Odo ya do ya do ya  
Odo odo odo odo  
Odo ya do ya do ya  
Yemanja

*Yemanja, get out of the sea  
Come and get your initiate  
The saint in blue, The saint of the sea  
Come see your children, Yemanja*

*Salutation for Yemanja is Odoya. Yemanja is the queen of the ocean, the nurturing mother of us all. She is the goddess of fertility and abundance. Often she is seen as a mermaid dressed in pearls and blue.*



#### 16. Yea Yea Le Kono

Traditional — West Africa (phonetic)

Yea yea le kono (2x)  
Mande kono saya  
Yea yea le kono (2x)  
Mande kono saya  
Wonlonday ma saya  
Mande kono saya  
Ayyye saya  
Mande kono saya

*I learned this song while studying dance in Senegal. I was told that it is the song that goes with the dance dununba which is also called the strong man's dance. Dununba is the name of a family of rhythms consisting of 20-30 traditional Malinke rhythms.*

#### 17. Truth

Debbie Nargi-Brown

Stand in the Truth of Who You Are  
Your Light, Your Greatness, You're a Shining Star

#### 18. Your Love is Enough

Debbie Nargi-Brown

Your Love is Enough — You are Everything  
Everyone's a part of you  
Everyone's a part of you  
Everyone's a part of you and me  
Your love will lighten up the candle  
Your love will lighten up the world (2x)

Only love, only love, only love,  
only, only, only (2x)

*For me, this song is about the realization that it is not about the giving of love or the receiving of love, it's about being love. Be love. If you can be love that's all you can really offer.*

#### 19. Simply Trust

music: Harmony Grisman

words: Haiku/Unknown author

Simply trust  
Don't the leaves flutter down  
Just like that

#### 20. Who You Are

Shanti Cliff

Won't you surrender, To who you are  
You are so beautiful, Who you are  
Feel the love within you, The Light you are  
Radiant God Presence, Who you are  
Radiant God Presence, That's who you are

*Shanti is the co-founder of One World Children's Fund.  
For more info go to [www.owcf.org](http://www.owcf.org)*

#### 21. We Are The Ones

music: Kate Munger

words: Hopi Elders

All that we do now must be done in  
A sacred manner — And in celebration  
We are the ones we have been waiting for

*Kate Munger is the founder and director of the Threshold Choir whose mission is to sing at the bedsides of people who are dying, in comas, and newborns.  
For more info: [www.thresholdchoir.org](http://www.thresholdchoir.org)*

## 22. Beauty

music: Debbie Nargi-Brown

words: Rumi

May the Beauty we Love

Be what we Do (2x)

Keep Dancing, Keep Dancing

Move Within, Move Within

There are Hundreds of Ways to

Kneel and Kiss the Ground.

*Thank you Coleman Barks for giving me permission to use your translations of Rumi. This poem was re-arranged and the word dancing was substituted for the word walking.*

## 23. Mozambique

Traditional — Cuba

Goza con mi Mozambique

*Come with me and dance Mozambique*

## 24. Dance

music: Ute Bonn

words: Rumi

Dance if you're broken open

Dance if you've torn the bandage off

Dance in the middle of the fighting.

Dance in your blood

Dance when you're perfectly free

Struck, the dancers hear a tambourine  
inside them,

As a wave turns to foam at its very top, begin

Maybe you don't hear the tambourine

Close the ears on your head

that listen mostly to lies and cynical jokes

There are other things to see and hear

dance music and a brilliant city,

inside the soul

## 25. Bakumani

Source Unknown (phonetic)

Baku Mani Bata Fu Ma Nye

Mini Fa Lay La, Ah Ah

Aka Doy Eka Leka Jugu Kay Nye

Mini Fa Lay La, Ah Ah

*Translation: I don't want to carry water to the village but I will carry it anyway.*

## 26. Calabash Song

Traditional — Ghana (phonetic)

**Call:** Everybody

**Response:** Everybody

**Call:** Bring your Calabash

**Response:** Bring your Calabash

**Together:** Mo fay Mo ko

Chinay a ba

Y-e -Y- Nu- Ko-Ko

**Call:** Y-e -Y-Nu-Ko- Ko

**Response:** Y-e -Y-Nu-Ko- Ko

## 27. Everything

music: Debbie Nargi-Brown

words: Chinese poet unknown

Movement Creates Life

Stillness Creates Love

To be still and still moving

That is Everything

## 28. Spirit of Life Dance Me

Traditional — Burkina Faso

Um bo bo my lay

Um bo bo my lay

Shu shu my ya

Um bo bo my lay

*This song comes from the Dagara people.*

## 29. Neesa

Traditional — Seneca

Neesa Neesa Neesa

Neesa Neesa Neesa

Neesa Neesa Neesa

Gai-we-o, Gai-we-o

*Neesa means the winter moon in January, Gaiweo means honoring the creator who is the creation.*

## 30. Heartbeat

Ute Bonn

Heartbeat, follow your heartbeat,

Follow the rhythm of your heartbeat steadily.

*For info about Ute and her music go to [voicedancer.com](http://voicedancer.com)*

### 31. Born

*Debbie Nargi-Brown*

Your Body knows the Way  
Your Body knows the Way  
Your Mother, and her Mother  
And her Mother before you  
Bringing new life to be born  
Bringing new life to be born

### 32. Gentle with Myself

*Source Unknown*

I will be gentle with myself  
I will love myself  
I am a child of the universe  
Being born each moment

### 33. May You Find Peace

*Debbie Nargi-Brown*

May you find peace, may you be at peace.  
May you find joy, joy in your life  
And may you love completely, love completely  
Love completely, love complete me

### 34. Life Dances with Life

*Ute Bonn*

Life dances with life - Creation  
Life dances with life - Creation  
Life embraces life - With open arms  
Life embraces life - With open arms  
Life touches life - Open hearted  
Life touches life - Open hearted  
Life is life - Beware  
Life is life - Beware  
Celebrate life,  
Live it every moment — Celebrate life,  
You are part of it — Celebrate life,  
A gift of the Gods to you  
Celebrate life with all your heart

### 35. Koumbele

*Traditional — Congo*

**Call:** Kou mbele Kou mbele  
**Response:** Mbelele mbelele  
**Call:** Mbela nzimi Mbela nzimi  
**Response:** Nzimimi Nzimimi  
**Call:** A nzimi sai ya A nzimi sai ya  
**Response:** Sai ya ya Sai ya ya  
**Call:** Sai ya boutou Sai ya boutou  
**Response:** Boutoutou Boutotou  
**Call:** A boutou ngounda a boutou  
Ngounda  
**Response:** Ngoundanda Ngoundanda  
**Call:** Ngounda leli Ngounda leli  
**Response:** Lelila Lelila  
**Call:** Alemanga Alemanga  
**Response:** Ma nga nga Ma nga nga

**Together:** Ala mali kalay  
Ala mali kalay  
Ala mali kalay Oh  
Oh lay le O-oh Oh lay le Oh  
Oh lay le O-oh Oh lay le Oh  
Oh lay le O-oh Oh lay le Oh

*I have been told that there are many meanings to this song. It is sung for healing and it is a celebration of dance and song.*

### 36. Kwaheri

*Traditonal — Kenya (phonetic)*

Kwaheri Kwaheri  
M-pen-zi kwaheri (2x)  
Tu -ta- o- na -na-te- na  
Tu- ki -ja ri-wa (2x)

*Translation: Goodbye, dear friend.*

*We will meet again if God wills.*

*Traditional song sung at the end of parties and gatherings*



### 37. Drummers Now Our Meeting Is Over

Source Unknown — revised by Katherine Bell

Drummers now our meeting is over  
Dancers we must part  
And if I never see you any more  
I will love you in my heart  
Yes we'll dance on the shore  
Yes we'll dance on the shore  
Yes we'll dance on the shore  
And be safe forever more  
We couldn't help ourselves. We changed the  
word land to dance!

Originally: *Sisters Now Our Meeting Is Over*

### 38. Calling in the Spirits

Traditional — Cree (phonetic)

On Knee Ku Nee Sha Oo Ah Nee  
On Knee Ku Nee Sha Oo Ah Nee  
Ah Wa Wa Eka Na Ka E Na  
Ah Wa Wa Eka Na Ka E Na  
A E Ah Ou Nee B C Nee  
A E Ah Ou Nee B C Nee

### 39. Navajo Prayer

music: Jody Healy

words: Navajo Prayer

When you were born,  
You cried  
And the world rejoiced  
Live your life so  
That when you die  
The world cries and you rejoice

