...::HEART CIRCLE KIRTAN SONGBOOK::...

What is Kirtan? Kirtan is a form of devotional group chanting, like praying together, that brings us the same stillness of mind as meditation and has the power to open the heart. It nurtures a sense of connection. By simply repeating mantras, you can release your mind from its daily chatter and bring a powerful heart-opening effect.

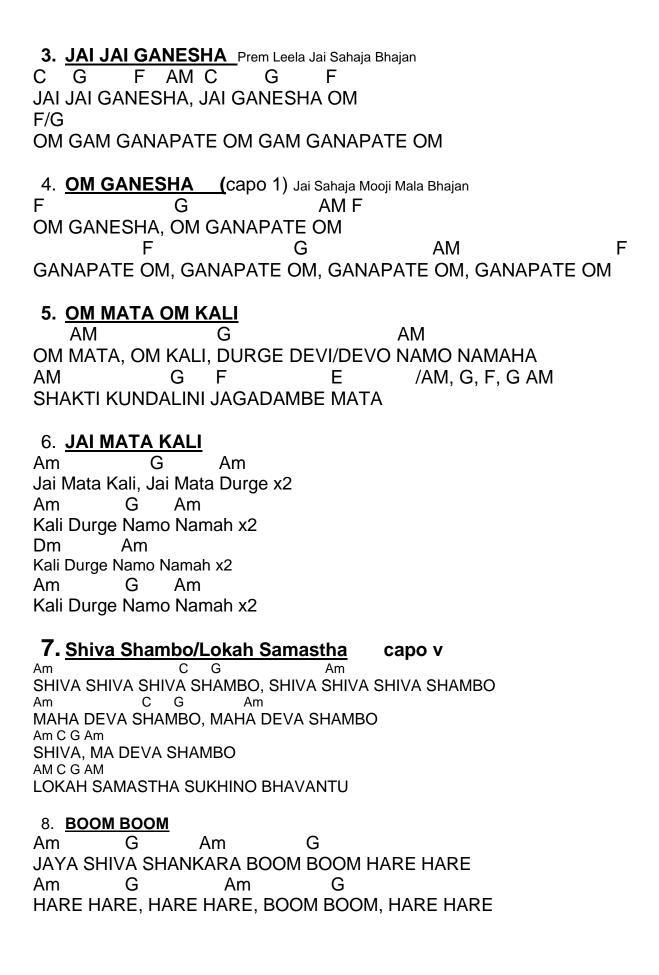
Singing Kirtan allows us to become peaceful, to have a direct experience of the stillness inside. In Kirtan, no knowledge of Sanskrit is needed to receive and experience the yogic benefits of chanting. It is not a question of how much you know, if your heart is even a bit open, the sacred names will bring joy. And when the music stops, your mind is quiet. Kirtan is a very simple & powerful way to meditate. It's effortless & joyful; the music does the work for you as you flow with the melody & rhythm. All the participants are creating the experience together. Singing is the heart of kirtan, and no one cares what you sound like. At a kirtan all voices merge together to become One Voice, and at Heart Circle Kirtan we encourage you to explore the landscape of each mantra and melody, creating harmonies and sounds as you feel

1. <u>JAYA GANESHA</u> Brian pisac kirtan

G
JAYA GANESHA, JAYA GANESHA, JAYA GANESHA, PAHIMA
AM
EM
G
SRI GANESHA, SRI GANESHA, SRI GANESHA, RAKSHAMAN X2
G
JAYA GANESHA, JAYA GANESHA, JAYA GANESHA, PAHIMA
G
D
C
G
SRI GANESHA, SRI GANESHA, SRI GANESHA, RAKSHAMAN X

2. GANESHA SHARANAM

GANESHA SHARANAM
G Am
SHARANAM GANESHA
G
JAI JAI GANESHA
Am
NAMO NAMAH x2
Am G Am
KALI DURGE NAMO NAMAH
G Am
DURGE DURGE MA KALI MA



9. HARI OM NAMA SHIVAYA AM F C G HARE OM HARE OM HARE OM NAMAH SHIVAYA AM F C SHIVAYA, SHIVAYA, SHIVAYA

10. OM NAMO AMITABHAYA Capo III AM DM OM NAMO AMITABHAYA C EM AM BUDDHAYA, DHARMAYA, SANGHAYA AM G F E OM NAMO, NAMO, NAMO AMITABHAYA

11. MEDICINE BUDDHA/ AVOLOKITASHVARA/ GREEN TARA

AM C G D

TAYATHA OM BEKANDZE BEKANDZE MAHA BEKANDZE RANTZA SARVA-GATE SOHA X2

OM MANI PADME HUM, OM MANI PADME HUM X2 OM TARE TUTARE TURE SOHA

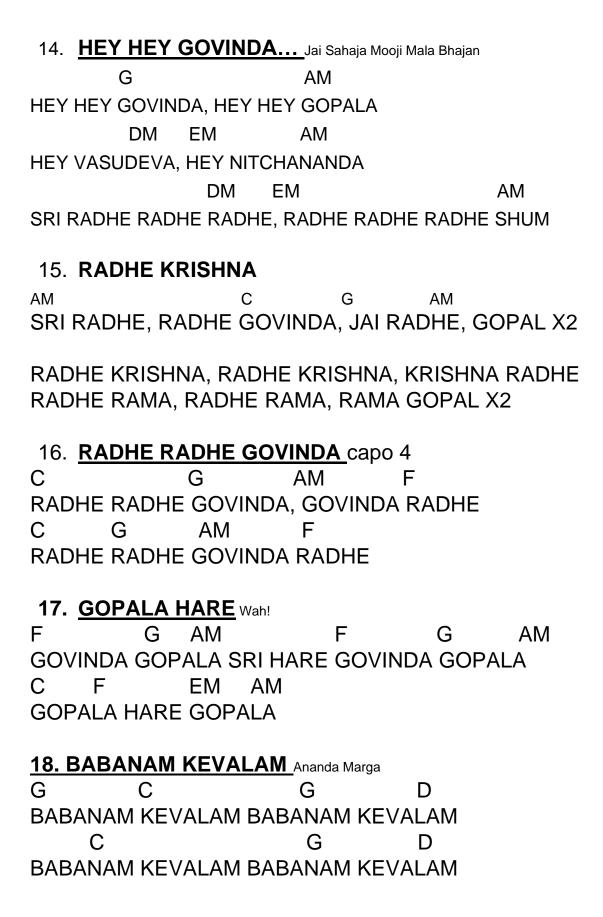
12. <u>HEART SUTRA</u> Sacred Valley Tribe medicine music

Capo v, am g em am x 2 c g em am x 2 ©

GATE GATE PARAGATE PARASAMGATE BODHI SOHA

13. **GREEN TARA MANTRA** Georgia Aden Melody

DM AM E AM
OM TARE TUTARE TURE SOHA



19. AUM VAKRATUNDAYA HUM Daya pisac

Am g, f g am. AUM VAKRATUNDAYA HUM x 2 VAKRATUNDAYA DEEMAHI x 2 GANESHA, AVATARA, NAMAHA x 2

20. **SITA RAM** CAPO 3 Jai Sahaja Mooji Mala Bhajan

AM C G F
SITA RAM, JAY JAY RAM, SITA RAM, JAY JAY RAM
F AM C G

SITA RAM, JAY JAY RAM, SITA RAM, JAY JAY RAM

21. BHAGAWAN KRISHNA! (AM, G, F, E) Deigo Palma, Sacred Valley Tribe

HE BHAGAVAN KRISHNA, HE MADHAVA KRISHNA, HE ACHYUTA KRISHNA, KRISHNA KRISHNA (BIS)

RADHA MANO THADA, HE RADHA JIVANA, HE GOPI MADHAVA, KRISHNA KRISHNA

22. OM NAMO BHAGAVATE VASUDEVAYA x2 AM, G, F, G, AM David Lurey
VASUDEVAYA, VASUDEVAYA, VASUDEVAYA HUM x2

23. SHANKARA AM G F AM, AM C G AM Jai Sahaja Mooji Mala Bhajan

SHANKARA KARUNA-KARA, JAGADESHWARA PARAMESH-WARA

SHANKARA KARUNA-KARA, JAGADESHWARA PARAMESH-WARA

24. OM ARUNACHALA OM AM C F Jai Sahaja Mooji Mala Bhajan

OM ARUNA CHALA OM

ARUNA CHALA, ARUNA CHALA, ARUNA CHALA

SHIVA SHIVA SHIVA !!!

25. SATNARAYAN WAHE GURU Capo 3

Satnarayan wahe guru- invocation for inner peace (equally outer peace ©)

Am G DM Am

SAT NARAYAN WAHE GURU, HARI NARAYAN SAT NAM X2

C G Dm Am

SAT NARAYAN WAHE GURU, HARI NARAYAN SAT NAM X2

26. GAITRI MANTRA

Am em F

OM BHUR BHUVAHA SVAHA

G Am em

TAT SAVITUR VARENYAM

C

BHARGO DEVASYA DHIMAHI

Em F G Am

DHIYO YONAH PRACHODAYAT

27. SATCHITANDANDA

AM G AM

SATCHITANANDA GURU SATCHITANANDA

F G AM

ANANDA GURU OM SHIVANANDA GURU OM

28. NAMAH PARVATI (G,C)

NAMAH PARVATI PATAYE HARI HARI

SHIVA SHIVA SHANKARA MAHA DEVA

HARI HARI HARI MAHA DEVA

29. MAHA MANTRA

 $(C, AM, G, F, C \sim G, F, C)$

HARE KRISHNA, HARA KRISHNA

KRISHNA KRISHNA, HARE HARE

HARE RAMA, HARE RAMA

RAMA RAMA, HARE HARE

30. HARE MAHADEVA CAPO 4 (EM, C, G, D ~ EM, C, G-EM, C, D)

HARA MAHADEVA HARI OM MAHADEVA HARI OM MAHADEVA HARI OM

BOLENATH, BOLE BOLE BOLENATH

METTA SUTTA

This is what should be done

By one who is skilled in goodness,

And who knows the path of peace:

Let them be able and upright,

Straightforward and gentle in speech.

Humble and not conceited,

Contented and easily satisfied.

Unburdened with duties and frugal in their ways.

Peaceful and calm, and wise and skillful,

Not proud and demanding in nature.

Let them not do the slightest thing

That the wise would later reprove.

Wishing: in gladness and in safety,

May all beings be at ease.

Whatever living beings there may be;

Whether they are weak or strong, omitting none,

The great or the mighty, medium, short or small,

The seen and the unseen,

Those living near and far away,

Those born and to-be-born,

May all beings be at ease!

Let none deceive another,

Or despise any being in any state.

Let none through anger or ill-will

Wish harm upon another.

Even as a mother protects with her life

Her child, her only child,

So with a boundless heart

Should one cherish all living beings:

Radiating kindness over the entire world

Spreading upwards to the skies,

And downwards to the depths;

Outwards and unbounded,

Freed from hatred and ill-will.

Whether standing or walking, seated or lying down

Free from drowsiness.

One should sustain this recollection.

This is said to be the sublime abiding.

By not holding to fixed views,

The pure-hearted one, having clarity of vision,

Being freed from all sense desires,

Is not born again into this world.

Saint Francis of Asisi prayer

Lord, make me an instrument of Your peace. Where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy.

O, Divine Master, grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love; For it is in giving that we receive; it is in pardoning that we are pardoned; it is in dying that we are born again to eternal life.