

MANTRAS & CHANTS

WITH MALIKA SELLAMI ~ MALIKASELLAMI@YAHOO.CA
VOICE + SOUL GUIDE
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1. GANESHA: OM GAM GANAPATAYE NAMAH

Opening Chant. Ganesha is the elephant-headed god of auspicious beginnings and the Remover of Obstacles who opens doors, both material and spiritual.

2. OM NAMO GURU DEV NAMO

OM NAME GURU DEV NAMO.
OH OH OH OH OH.
OM NAMO GURU DEV NAMO.

I AM MINDFUL
I SPEAK MY TRUTH
I AM HONEST
I ALLOW MYSELF TO BE SEEN
I AM AWARE
I AM PURE CONSCIOUSNESS
I AM LOVE, I AM ME AND I DESERVE TO BE.

Opening Chant for Kundalini Yoga. I bow to the divine teacher within. Great mantra to open throat Chakra and to send ourselves love, trust and worth.

3. A. OM MANI PEME HUNG (PALI) B. OM MANI PADME HUM (SANSKRIT)

Buddha of Infinite Compassion, embodiment of love, compassion, wisdom. The essence of these teachings is to bring more peace, calm, and joy to all living beings.

4. MEDICINE BUDDHA

TEYATA OM BEKHANZE BEKHANZE
MAHA BEKHANZE RAMDZA SAMUNGATE SOHA

Mantra for empowerment, dynamic healing energies and blessings. A balancing force to heal ourselves & others.

5. AMITABHA: OM AMI DEWA HRI

Buddha of limitless light & infinite life is luminous & shines like a mountain of rubies in the light of 1000 suns. We invoke Amitabha for support in grief or in transition from darkness to light.

6. TARA

OM TARE TUTTARE TURE SWAHA (SANSKRIT)

OM TARE TUTARE TURE SOHA (PALI)

**THERE'S ALWAYS BE THOSE ROADS NOT TAKEN
SO LEAVE YOUR REGRETS HOME AND KEEP WALKING**

**THERE'S MAGIC IN THE NOW CAN YOU FEEL IT
SO LEAVE THOSE FEARS ALONE AND JUST BRAVE IT**

Mother of all Buddhas; relieves mental, physical, spiritual suffering. Brings abundance. Known to protect from fear, danger, illness. Reciting this mantra increases longevity and prosperity and supports in challenging situations.

7. PALDEN LHAMO

**JO RAMO JO RAMO JO JO - RAMO THUN JO - KALA RA CHEN MO -
RAMO ACHA DACHA THUN JO - RULU RULU - HUNG JO HUNG -
JO RAMO JO RAMO JO - JO RAMO JO RAMO JO**

Protectoress Bodhisatva, Saraswati in wrathful form. She has been described as the "deity of Tibet", protectress of the Dalai Lama.

8. SARASWATI: OM AIM SARASWATI NAMAHA OM

we recognize Saraswati in mantras, flowing speech, inspired writing, creative projects. We invoke her for study, musical skill, communication problems, intuition.

9. SITA / RAMA

A. SRI RAM JAI RAM, JAI JAI RAM JAI JAI RAM

**B. SITA RAM, JAI JAI RAM, SITA RAM JAI JAI RAM
SITA RAM, JAI JAI RAM, SITA RAM, JAI JAI RAM**

Sita: feminine aspect of Universal Source as Light, Virtue, Fertility. Ram: masculine aspect of Universal Source as Light, Strength, Loyalty. We invoke this cosmic couple for balance of our Divine sacred feminine & masculine.

10. ASATOMA SAT GAMAYA TAMASOMA JYOTIR GAMAYA MRITYARMA AMRITA GAMAYA LEAD ME, LEAD ME, FROM DARKNESS TO THE LIGHT

Lead me from Ignorance to Truth, from Darkness to light, from Death to Immortality.

11. SING, DANCE, LAUGH, LOVE (CHANGE SING FOR DANCE, LAUGH, LOVE)

**SING, SING FOR THE PEOPLE FOR YOURSELF, SING
SING FOR HEALING FROM YOUR HEART SING
SING UNTIL YOU FORGIVE, SING AS A GIFT SING
SING FOR PEACE ON THE EARTH SING**

12. LAKSHMI

OM SHREEM MAHA LAKSHMYAI NAMAHA

OM HREEM SHREEM KLEEM MAHA LAKSHMI NAMAHA

OM SHRI LAKSHMI MAHA DEVI NAMAHA

Goddess Lakshmi is abundance, fertility, good fortune, creativity & manifestation. She is Goddess of Wealth & associated to Solar Plexus Chakra.

13. KALI

A. JAI MATA KALI JAI MATA DURGE KALI DURGE NAMO NAMAH

**B. O AMBE MA O AMBE MA O AMBE MA, JAI MA
OM KALI MA, OM KALI MA, OM KALI MA, JAI MA
O MA KALI, O MATA DEVI, O MA KALI, AMRITIANANDAMAYI**

We invoke Kali (Durga) for strength and help in challenging situations. She is the Goddess of Destruction and Creation.

14. GAYATRI MANTRA

**OM BHUR BBUVAHA SVAHA TAT SAVITUR VARENYAM
BHARGO DEVASY DHIMAHI DHIYO YONAH PRACHODAYAT**

Life enhancing mantra that helps remove blockages of this life & past lives.

15. SHAKTI

**A. ADI SHAKTI, ADI SHAKTI, ADI SHAKTI, NAMO NAMO
SARAB SHAKTI SARAB SHAKTI, SARAB SHAKTI, NAMO NAMO
PRITHUM BAGAVATI, PRITHUM BAGAVATI, PRITHUM BAGAVATI, NAMO NAMO
KUNDALINI, MATA SHAKTI, MATA SHAKTI, NAMO NAMO**

"I bow to the divine mother, I bow to the all encompassing power & energy. I bow to that through which God creates. I bow to the creative power of the kundalini, the divine mother power." Invoking Shakti eliminates fears & fulfils desires."

B. SHAKTI OM SHAKTI

WELCOME HOME TO MY POWER SHAKTI OM SHAKTI

SHAKTI OM SHAKTI

FUELLED BY CENTERED ENERGY SHAKTI OM SHAKTI

16. KRISHNA

**A. HARE KRISHNA, HARE KRISHNA, KRISHNA KRISHNA, HARE HARE
HARE RAMA, HARE RAMA, RAMA RAMA, HARE HARE**

Energy of the male form and the entire Universe. Rama/Krishna: Vishnu, Principle of Growth and Preservation of Life. Krishna reminds us to trust the journey and know that we are guided & protected.

B. GOPALA, GOPALA, DEVAKI NANDANA GOPALA

Youthful Krishna calls upon his birth mother Devaki for nurturing & love. Blissful Chant for Holding Space.

**C. GOVINDA JAYA JAYA, GOPALA JAYA JAYA,
RADHA RAMANA HARI, GOVINDA JAYA JAYA**

Radha is the beloved queen of the youthful Krishna, and by invoking this cosmic couple, we begin to see the divine in the world and in other people.

17. VISHNU:

OM NAMO NARAYANAYA

OM NAMO BHAGAVATE VASUDEVAYA

The preserver of the universe- 'resting place for all living beings'. Naraya is Lakshmi, one of his consort. To Lord Vishnu. Known as a liberating mantra for attaining spiritual freedom. "Om is the name of that inside me, which is aware of the Oneness of all"

18. BUVANESHWARI

AUM SHRIM HRIM SHRIM BHUVANESHWARAYAI NAMAHA

"I offer salutations to the auspicious Lady of Space, manifestor of worlds". We invoke her to create the power of Love & Space. She offers Freedom & keeps us free from attachment & suffering. She is called upon for strength & achievements. She is Shiva's consort.

**19. WE ALL COME FROM THE GODDESS AND TO HER WE SHALL RETURN
LIKE A DROP OF RAIN FLOWING THROUGH THE OCEAN**

20. SAT NAM

(From the Kundalini tradition) Sat: truth Nam: Identity : Truth is my identity.
A powerful throat mantra. It reaffirms and encourages to follow your truth.

21. LOKAH SAMASTAH SUKINOH BAVANTUH

**THERE'S A PLACE IN MY HEART FOR YOU
LITTLE GIRL YOU'VE BEEN HURT
NOW WASH AWAY YOUR BLUES
TAKE A BREATH, USE YOUR VOICE AND LET YOURSELF BLOOM**

**THERE'S A PLACE IN MY HEART FOR YOU
LITTLE GIRL YOU'VE BEEN HURT
NOW LIGHTEN UP YOUR HEART
RAISE YOUR HEAD, DON'T BE SCARED
BE YOUR OWN SPARK IN THE DARK**

May all beings everywhere be happy & free, & may the thoughts, words, & actions of my own life contribute in some way to that happiness & to that freedom for all. Chant for deep love and compassion & opening the heart space.

22. SHIVA

**A. SHIVA SHIVA SHIVA SHAMBHO, SHIVA SHIVA SHIVA SHAMBHO
MAHA DEVI SHAMBHO, MAHA DEVI SHAMBHO**

"Great God, auspicious one". God of Consciousness.

B. OM NAMO SHIVAYA OM NAMO SHIVAYA

"Hey Lord Shiva, I bow to you, to the peaceful one who is embodiment of the entire universe".

**C. SACHARA CHARA PARA PURNA SHIVOHAM SHIVOHAM
NITYANANDA SWARUPA SHIVOHAM SHIVOHAM
ANANDOHAM ANANDOHAM ANANDOHAM ANANDOHAM**

"I am that which prevails everywhere...complete in itself. I am Shiva; the deity of eternal bliss. I am Joy itself...I am Bliss itself". Supreme Lord who creates, protects and transforms the universe. Goddess Shakti is his consort. Chanting Shiva keeps our mind calm and balanced & keeps sorrows away.

23. LAKINI: OM LAKINI NAMAH "I activate my power"

Lakini is benefactress of All. . God Rudra is her consort. We invoke Lakini to protect against negative energies & to promote positive change. She is Goddess of the Solar Plexus Chakra.

24. EK ONG KAR SAT GURU PRASAT SAT GURU PRASAT EK ONG KAR

Mantra to reverse negative energy to positive energy. "The Creator and the Creation are One". All is a blessing of the one creator. This mantra can balance all of the chakras and open the solar plexus chakra and liberate you from the cycle of time and karma and unite you with the Divine.

25. A. RA MA DA SA SA SAY SO HAM (IN SANSKRIT) -

B. RA MA DA SA SA SAY SO HUNG (IN PALI)

Kundalini Yoga Mantra: "Sun, Moon, Earth, Infinity, All that is in Infinity, I am Thee". Recent mantra extremely powerful & use of earthly elements helps the healing energy travel to others.

26. HOLD YOURSELF - JAI CHANG & GRAYSON

HOLD YOURSELF HERE, HOLD YOURSELF HERE.

IN THIS SPACE, IN THIS CENTER.

IN THIS TIME AND NO OTHER.

AND ONE HAND ON TOP OF THE OTHER.

HOLD YOURSELF HERE, HOLD YOURSELF HERE.

CLOSE YOUR EYES, AND SURRENDER.

RELEASE YOUR MIND AND REMEMBER.

IN THIS SPACE IN YOUR CENTER.

HOLD YOURSELF HERE. HOLD YOURSELF HERE.

WITH ALL THE PAIN AND ALL OF THE ANGER.

AND ALL OF THE JOY, FEELING ALL TOGETHER.

IN THIS SPACE, IN YOUR CENTER.

HOLD YOURSELF HERE. HOLD YOURSELF HERE.

HOLD YOURSELF HERE. HOLD YOURSELF HERE.

27. REASSURANCE (MALIKA SELLAMI)

CALLING MY ANGELS, CALLING MY GUIDES

THEY WHISPER THROUGH THE WIND THAT I'LL BE JUST FINE.

28. SURRENDER (MALIKA SELLAMI)

I AM LOST IN THE FOREST AND ALL I SEE ARE TREES AND THE RIVER.

I FOLLOW HER CURVES, COUNTER COURANT FIRST.

THEN I LET GO, AND LET HER LEAD THE WAY.

29. CHANGE (MALIKA SELLAMI)

THE WIND IS CALLING ME
MY SPIRIT WILD AND FREE
I HEAL WITH LOVE FOR ME
I RECEIVE THE WISDOM WITHIN

30. PROTECTION (MALIKA SELLAMI)

I SLEEP WELL AT NIGHT (x2)
MY GUIDES ARE HERE I'M PROTECTED (x2)
MY DREAMS SPEAK TO ME (x2)
MY ANCESTORS ARE WATCHING OVER ME (x2)

31. FOCUS (MALIKA SELLAMI)

I'VE BEEN MEANING TO SIT DOWN AND USE MY VOICE TO GROUND
CONNECT TO MOTHER EARTH AND LET MYSELF REBIRTH

TO CLOSE MY EYES TO SEE THE LIGHT INSIDE OF ME
SURRENDER TO LOVE AND RECEIVE FROM ABOVE

THERE'S A WAY TO OUR INNER POWER
THERE'S A WAY TO FIND OURSELVES

THERE'S A WAY TO OUR INNER POWER
THERE'S A WAY TO FIND OURSELVES

32. LET ME BE LIKE WATER (LO WOLF)

LET ME BE LIKE WATER MOVING AND FORGIVING
LET ME BE LIKE WATER (x4)

33. PRAYER FOR THE WATERS (KATARINA RAIN)

WE PRAY TO THE WATERS (x4)

I'M SORRY, PLEASE FORGIVE ME THANK YOU, I LOVE YOU (X2)

TEACH ME YOUR WAYS SHOW ME YOUR GLORY
HELP ME TO REMEMBER ALL THAT I AM (X2)

RAIN TRUTH, RAIN LIGHT, RAIN PURITY AND MIGHT (x2)

WE PRAY TO THE WATERS (x4)

34. I STAY LUCKY (BEAUTIFUL CHORUS)

I STAY LUCKY, EVERYTHING IS ALWAYS WORKING OUT FOR ME
I STAY LUCKY, EVERYTHING IS ALWAYS WORKING OUT

35. IN MY WOMB (SCARLET CROW)

I'M HOLDING THESE KEYS
IN MY WOMB, IN MY WOMB, IN MY WOMB (x3)
AND I LET THEM GO (x2)

I'M HOLDING THESE SEEDS
IN MY WOMB, IN MY WOMB, IN MY WOMB (x3)
AND I LET THEM GO (x2)

I'M HOLDING THESE DREAMS
IN MY WOMB, IN MY WOMB, IN MY WOMB (x3)
AND I LET THEM GO (x2)

I'M HOLDING THESE KEYS
IN MY WOMB, IN MY WOMB, IN MY WOMB (x3)
AND I LET THEM GO (x4)

36. GRANDMOTHER (I AM THE EARTH) (AYLA SCHAFFER)

GRANDMOTHER SPEAK TO ME
I AM THE EARTH AND THE EARTH IS SINGING
THE WATER FLOWS AROUND THIS ROCK,
THE ANCIENT WAYS I CARRY FORTH, THE RIVER CARRIES ME

I AM THE EARTH AND THE EARTH IS SINGING THROUGH ME
I AM THE EARTH AND THE EARTH ITS FEELING THROUGH ME
I AM THE EARTH AND THE EARTH ITS BREATHING THROUGH ME
I AM THE EARTH AND THE EARTH IS HEALING THROUGH ME
THE EARTH IS HEALING WITH ME

I WELCOME IT ALL I WELCOME ALL THESE FEELINGS
I WELCOME IT ALL I WELCOME ALL THESE TEACHINGS
I WELCOME IT ALL I WELCOME ALL THESE HEALINGS
I WELCOME ALL THAT LIFE BRINGS

ALL THESE TEACHINGS THAT THIS LIFE BRINGS OWEY OWE AYO
WE ARE HEALING, WE ARE HEALING WE ARE HEALING, WE ARE HEALING
WE ARE HEALING WITH THE EARTH (x4)

37. BREATHE IT IN (BEAUTIFUL CHORUS)

BREATHE IT IN, LET IT OUT, BREATHE IT IN, LET IT GO.

38. PACHA MAMA (BEAUTIFUL CHORUS VERSION)

ALEXANDRA ELIZABETH SARTON

**I WANNA BE FREE SO FREE
LIKE A FEATHER BLOWING THROUGH THE BREEZE
LIKE A BIRD IN A TREE, LIKE A DOLPHIN IN THE SEA
I WANNA FLY HIGH SO HIGH, LIKE AN EAGLE IN THE SKY
AND WHEN MY TIME HAS COME, I'LL LET IT ALL GO WITH A SIGH**

**PACHAMAMA, I'M COMING HOME TO THE PLACE WHERE I BELONG PACHAMAMA,
I'M COMING HOME TO THE PLACE WHERE I BELONG**

**I WANNA BE FREE, TO BE ME
BE THE ONLY BEING THAT I SEE NOT TO RISE AND NOT TO FALL
BE AT ONE WITH LOVE AND ALL THERE IS NO HIGH, NO LOW
THERE IS NOWHERE ELSE TO GO EXCEPT INSIDE WITHIN YOUR HEART AND BE
JUST WHO YOU ARE**

**PACHAMAMA, I'M COMING HOME TO THE PLACE WHERE I BELONG PACHAMAMA,
I'M COMING HOME TO THE PLACE WHERE I BELONG**

39. WINDS OF THE WEST (AYLA NEREO) (FALL CHANT)

**I FEEL THE WINDS OF THE WEST, OUTBREATH
LETTING GO OF MY LEAVES, ALL I DO NOT NEED
INTO THE DARKNESS OF THE FALL SUNSET
I RELEASE, RECEIVE, GETTING READY FOR THE SILENCE**

40. SUCCESS (BEAUTIFUL CHORUS)

**I HAVE EVERYTHING I NEED,
I AM WHO I WANT TO BE, I AM WHO I WANT TO BE**

41. BLESS UP (BEAUTIFUL CHORUS)

**THANK YOU FOR PLEASURE
THANK YOU FOR PEACE
THANK YOU FOR LOVE
THANK YOU FOR EASE**

42. MOTHER I FEEL YOU

MOTHER I FEEL YOU UNDER MY FEET MOTHER I FEEL YOUR HEARTBEAT
YAHEYA HEYA HEYA, YAHEYA HEYA HO
YAHEYA HEYA HEYA HEYA HO

43. INTO THE WILD (SHYLAH RAY SUNSHINE).

INTO THE WILD I GO, INTO THE WILD I AM
ITS BEEN A WHILE, FREEDOM CHILD
SINCE I LEFT MY ROOTS BACK HOME (X2)

I ONCE TRIED TO RUN AWAY LIKE A WILD ANIMAL'S PREY
RUNNING, HIDING I WAS RIDING HIGH INTO THE SUNSET SKY

HEYA HEY HEYA HEY HEYA HEYA HEYA HEY
HEYA HEY HEYA HEY HEYA HEYA HEYA HEY O WEY

ALL MY LIFE, ALL THIS TIME
I'VE BEEN A WARRIOR AND I KNOW WHY
I'VE BEEN GIVEN THE TORCH OF LIGHT
TO WALK IN THE DARKNESS OF THE NIGHT

YEARS WE FOUGHT FOR THIS FREEDOM
YEARS I THOUGHT I HAD WISDOM
NOW I SEE WITH NEW EYES FROM THIS TRUTH I CANNOT HIDE

HEYA HEY HEYA HEY HEYA HEYA HEYA HEY (X2) O WEY

I GOTTA BELIEVE I'M HERE, TO MAKE A DIFFERENCE, WITHOUT FEAR
OF BEING SEEN OR HEARD, LIKE THE BIRD WHO FLIES AT NIGHT
LIKE THE LION STRONG AND FIERCE
LIKE THE WHALE SINGING, I'D LIKE TO BE BRINGING PEACE
TO YOU TO ME, TO YOU TO ME

INTO THE WILD I GO, INTO THE WILD I AM
IT'S BEEN A WHILE, FREEDOM CHILD
SINCE I LEFT MY ROOTS BACK HOME (X2)

44. EASTERN SUN (AYLA NEREO) (SPRING CHANT)

EASTER SUN MELTS THE COLD FROM THE BONES CURTAIN RISE, TAKE
THE DARKNESS FROM MY EYES BREATHING IN, PULLING LIFE INTO MY
LUNGS, AS A CHILD, I AM BORN, AGAIN

45. IN THE STILLNESS (LEANNE RIMES)

IN THE STILLNESS I AM SAFE IN THE STILLNESS
I AM FREE I AM COMING HOME TO ME

46. GRANDMOTHER SONG (SHERRY OREN BACH)

I HEAR THE VOICE OF MY GRANDMOTHERS CALLING ME
I HEAR THE VOICE OF MY GRANDMOTHER'S SONG

SHE SAYS STAND IN YOUR POWER WOMEN, STAND IN YOUR POWER,
LISTEN, LISTEN

SHE SAYS GIVE BIRTH, GIVE LIFE MOTHERS GIVE BIRTH, GIVE LIFE,
LISTEN, LISTEN

SHE SAYS TEACH THEM, BE WISE CRONE, TEACH THEM, BE WISE,
LISTEN, LISTEN

SHE SAYS WAKE UP, WAKE UP CHILD, WAKE UP, WAKE UP,
LISTEN LISTEN

47. EARTH MY BODY (MAGGIE CLIFFORD)

EARTH MY BODY, WATER MY BLOOD
AIR MY BREATH AND FIRE MY SPIRIT
OH BABY YOU ARE THE ONE
HOLD YOU CLOSE, WATCH YOU GROW UNDER THE SUN
OH MY SWEETNESS, ANCIENT LOVE A NEW
IN YOUR EYES, IN YOUR SMILE, EVERYTHING YOU DO.

48. WE ARE THE WOMEN (LISA DANCING-LIGHT)

WE ARE THE WOMEN, WE'VE COME TO DRUM
WE ARE THE CHANNEL BETWEEN THE EARTH AND THE SUN
WE HOLD THE WISDOM OF THE ANCIENT WAYS
WE WILL BRING PEACE TO THESE TROUBLED DAYS

49. NEW MOON (FIA)

NEW MOON, NEW ME
I AM PLANTING MY SEEDS
NEW MOON, NEW ME
NEW ENERGY

50. I LOVE MY LIFE (VIBE THE RAPPER (KOA))

I LOVE MY LIFE, IT FEELS SO GOOD

51. ROOTED (AISHA BADRU)

PLANT YOUR FEET UPON THE EARTH
KNOW YOUR VALUE, KNOW YOUR WORTH
TAKE A BREATH THAT'S LONG AND DEEP
YOU'RE CARRIED BY THE GROUND BENEATH

FEEL THE SUNSHINE ON YOUR SKIN
A LOTUS FLOWER BLOSSOMING
YOUR JOURNEY IS YOUR OFFERING
YOU ARE HERE FOR A REASON

SEND YOUR ROOTS DOWN THROUGH THE DIRT
ANCHORING YOU THROUGH THE HURT
WITH EVERY BREATH LENGTHEN YOUR SPINE
REACHING STEADY TOWARDS THE LIGHT

FEEL THE SUNSHINE ON YOUR SKIN
TURN UP THE WISER VOICE WITHIN
YOUR STORY IS YOUR OFFERING
YOU ARE HERE FOR A REASON

52. ALGONQUIAN ARAPAHOS LAMANT CHANT

ANI KOUNI, CHAOUNANI ANI KOUNI, CHAOUNANI
AWAWA, BIKANA, KAĪNA AWAWA, BIKANA, KAĪNA
ÉAOUNI, BISSINI ÉAOUNI, BISSINI

TRANSLATION:

“FATHER PLEASE HAVE MERCY I CRY MY THIRST
EVERYTHING HAS DISAPPEARED I HAVE NOTHING TO EAT”

53. ANCHOR (MALIKA SELLAMI)

MY VOICE IS MY ANCHOR
MY BODY A VESSEL
FOR MY WOMB TO REMEMBER
ALL THE WISDOM SHE HOLDS

54. TEMPLE (MALIKA SELLAMI)

I LOVE MY BODY
I LOVE MYSELF
EVERY PORTAL ON ME
IS SERVING ME WELL

55. RELEASE (MALIKA SELLAMI)

LET IT GO, LET IT GO, LET IT GO
LET IT ALL GO, LET IS ALL GO
LET THEM GO. LET THEM GO, LET THEM GO
LET THEM ALL GO, LET THEM ALL GO

56. I RELEASE CONTROL (ALEXA SUNSHINE ROSE)

I RELEASE CONTROL
AND SURRENDER TO THE FLOW
OF LOVE THAT WILL HEAL ME

57. GROUNDED (MALIKA SELLAMI)

STAY GROUNDED IN YOUR BODY
STRONG IN YOUR VOICE
WALK PROUD TALK LOUD
BE YOURSELF AT ONCE.

58. PRESENCE (MALIKA SELLAMI)

DON'T LOOSE YOURSELF IN THE NOISES OF THE CROWD
IT'S EASY TO ERASE OUR ESSENCE

CHOOSE TO ANCHOR IN THE BEAUTY OF WHO YOU ARE
BY PRACTICING PRESENCE

ACCEPT THE GIFTS YOU RECEIVE IN THIS LIFE
WITH GRATITUDE AND REVERENCE

ALLOW YOURSELF TO PAUSE AND LISTEN
YOUR INNER VOICE IS YEARNING SILENCE

59. SOUL RISING (MALIKA SELLAMI)

OUR SOUL IS RISING, OUR SOUL IS RISING
THIS IS THE NEW BEGINNING, WELCOME WELCOME JUMP IN.

60. RECALIBRATION (MALIKA SELLAMI)

GET OUT OF YOUR HEAD
COME INTO YOUR BODY
GET OUT OF YOUR HEAD AND COME INTO YOUR BODY

61. SOVEREIGNTY (MALIKA SELLAMI)

SHE'S NOT JUST REMEMBERING
SHE'S ARRIVING
SHE ARISED

62. MEDICINE (MALIKA SELLAMI)

I AM MY OWN MEDICINE
A HEALING FORCE FOR THE WORLD
AS I HEAL MYSELF I HEAL OTHERS
I CARRY WISDOM OF MY ANCESTORS

63. AIR (MALIKA SELLAMI)

I RELEASE WHAT NO LONGER SERVES
I AM CLEAR I AM FREE
I AM THE BREATH OF LIFE MOVING THROUGH
ALL TIMELINES, ALL LAYERS OF ME.

64. FIRE (MALIKA SELLAMI)

I AM THE FLAME
I MOVE WITH BREATH
I RISE, I RISE.
HEART OPEN WIDE
I WALK WITH PRIDE
NOTHING TO HIDE.

65. WATER (MALIKA SELLAMI)

I AM THE RIVER, I LET GO
TEARS ARE SACRED, LET THEM FLOW
GRIEF IS LOVE, I SET IT FREE
WATER WISDOM, LIVES IN ME.

66. EARTH (MALIKA SELLAMI)

I AM THE SOIL, I AM THE STONE
HELD BY THE MOTHER, NEVER ALONE
ROOTED DEEP, MY VOICE IS SLOW
FROM WOMB TO EARTH, I RISE AND GROW.

67. SANCTUARY (MALIKA SELLAMI)

I HOLD SPACE FOR MYSELF
NOT ANYBODY ELSE RIGHT NOW
I HOLD SPACE FOR ME.

68. WIND (MALIKA SELLAMI)

THE WIND IS CALLING ME
MY SPIRIT WILD AND FREE
I HEAL WITH LOVE FOR ME
I RECEIVE THE WISDOM WITHIN

69. RECLAMATION (MALIKA SELLAMI)

I STEP INTO MY POWER I USE MY VOICE
I SPEAK MY TRUTH I HAVE THE CHOICE

70. ANGER (MALIKA SELLAMI)

IM CALLING BACK MY POWER
IM REACHING FAR AND WIDE
BLESSED IS THIS ANGER
BREWING DEEP INSIDE

71. ROOTED (MALIKA SELLAMI)

I AM GROUNDED I AM HELD
AND I BELONG TO THE ROOTS BENEATH THE LAND.

72. TRUTH RISING (MALIKA SELLAMI)

I SPEAK WITH LOVE
I LEAD WITH SOUL
EVERY INTENTION I HAVE
IS BRINGING ME HOME
IS BRINGING ME HOME
IS BRINGING ME HOME
I HONOUR MY HEART
AND SHINE MY LIGHT
WALKING WITH SPIRIT
IN TRUTH I RISE
IN TRUTH I RISE
IN TRUTH I RISE

73. SOFTENING INTO LOVE (MALIKA SELLAMI)

MY HEART IS A RIVER RETURNING HOME
FLOWING WITH LOVE THROUGH ALL I'VE KNOWN.
I SURRENDER TO THE TENDERNESS OF NOW
AND LET THE WATERS SHOW ME HOW.
I SURRENDER TO THE TENDERNESS OF NOW
AND LET THE WATERS SHOW ME HOW.

74. SACRED FLAME (MALIKA SELLAMI)

RISE RISE, SACRED FLAME
BURN THROUGH FEAR AND WASH THE PAIN
FROM ASHES TO LIGHT, EMBERS TO SOUL
I AM REBORN, I AM WHOLE
I AM REBORN AND I AM WHOLE.

RISE RISE SACRED FLAME
BURN THROUGH FEAR AND WASH THE PAIN
NO TIMING MY FIRE, NO MORE DISGUISE
FULLY EMBODIED, FULLY ALIVE
FULLY EMBODIED, FULLY ALIVE.

75. HEART ALIVE (MALIKA SELLAMI)

I AM FREE TO BE ME-EEEE
WHAT I WALKED THROUGH IS FORGIVEN
IT DOESN'T REALLY DEFINE ME- EEEE
IT REMINDS ME I AM DRIVEN

AND MY HEART COMES BACK ALIVE
OH MY HEART COMES BACK ALIVE

I SEND COMPASSION TO MY LITTLE CHI-IIILD
I BREATHE IN LOVE I BREATHE IN LIGHT
WHAT I PAVED I WALKED WITH PRIDE
WITH MY WINGS NOW OPEN WIDE

76. DEVOTION (MALIKA SELLAMI)

DEVOTION IS A SACRED ACT
A PRACTICE THAT BECAUSE PART OF LIFE
THE WAY WE COME HOME TO OURSELVES
AND REMEMBER WHO WE'VE ALWAYS BEEN

**I AM COMPASSION, I WALK IN LOVE
DEVOTION IS MY GUIDE, I AM HELD ABOVE
IT'S NOT A SACRIFICE IF MY SOUL WANTS IT ALL
DEVOTION IS MY GUIDE, I AM HELD ABOVE**

DRIVEN BY MY INTENTION
I FEEL IT IN MY BONES
I TRUST MY OWN GUIDANCE
I DESERVE THE BEST OF ALL

**I AM COMPASSION, I WALK IN LOVE
DEVOTION IS MY GUIDE, I AM HELD ABOVE
IT'S NOT A SACRIFICE IF MY SOUL WANTS IT ALL
DEVOTION IS MY GUIDE, I AM HELD ABOVE**

I FOLLOW MY INTUITION
MY HIGHER SELF KNOWS HOW
EVERY BREATH AND EVERY CHOICE
I TRUST THE SEASONS OF THE HEART

**I AM COMPASSION, I WALK IN LOVE
DEVOTION IS MY GUIDE, I AM HELD ABOVE
IT'S NOT A SACRIFICE IF MY SOUL WANTS IT ALL
DEVOTION IS MY GUIDE, I AM HELD ABOVE**