

CHAKRA CLEARING SOUND MEDITATION

1ST CHAKRA: SA

2ND CHAKRA: RE

3RD CHAKRA: GA

4TH CHAKRA: MA

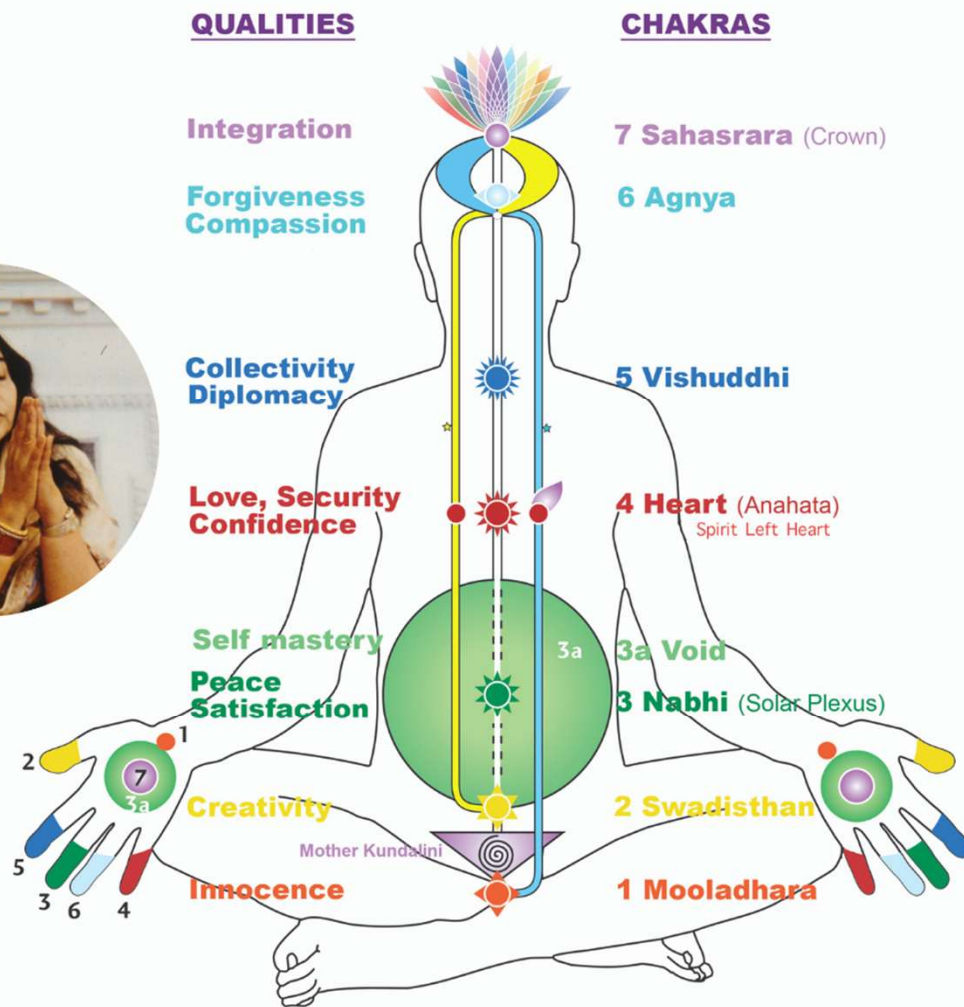
5TH CHAKRA: PA

6TH CHAKRA: DHA

7TH CHAKRA: NI



SUBTLE BODY SYSTEM



We are the children of the earth

We are the children of the earth
Born from the place where the sun comes from
We are the children of the earth
Born from the place where the sun comes from

Chorus:

She is calling to us, Great mother is calling to us
She is calling to us, Great mother is calling to us

We are the children of the land
Born from the place where the tall corn stands...

We are the children of the sky
Born from the place where the eagles fly...

We are the children of the night
Born from the place where the moon shines bright...

We are the children of the sea
Born from the strength that will always be...

We are the children of peace
Born from the love that will never cease...

Ganesha, Ganesha -Twelve Names of Shri Ganesha **Sanskrit 16**

<i>Em</i>	Ganesha, Ganesha	(x2)	} (x2)	(CHORUS)
<i>Am D Em</i>	Jay. Jay. Shrī Ganesha			
	<i>O Lord of all groups and categories! O Ruler of the Ganas! Victory to Lord Ganesha!</i>			
<i>Em</i>	Sumukha Ekadanta	(x2)	<i>With a beautiful face and one tusk</i>	
<i>Em D</i>	Kapila Gaja-karnakā	(x2)	<i>Reddish-brown colour, elephant eared</i>	
<i>D...B</i>	Gaja-karnakā, Gaja-karnakā		<i>The One who has elephant ears</i>	
<i>Em</i>	Lambodar Vikata	(x2)	<i>Big-bellied, with an unusual form</i>	
<i>Em D</i>	Vighna-nāsha, Ganādhip	(x2)	<i>Destroyer of Obstacles, Leader of Ganas</i>	
<i>D...B</i>	O Ganādhip, O Ganādhip		<i>O Leader of the Ganas</i>	
	Dhumra-ketu Ganādhyaksha	(x2)	<i>Smoke-bannered Chief of the Ganas</i>	
	Bhāla-chandra Gajānanā	(x2)	<i>With moon on forehead, elephant-faced</i>	
	Gajānanā, Gajānanā		<i>O Elephant-faced Lord.</i>	

Mother please come in my heart...

	<i>E</i>	<i>A*</i>	<i>B*</i>	<i>A*</i>	
					Mother, please come in my Heart
<i>E A* B* A*</i>					Let me clean my Heart so that You are there
<i>E A* B* A*</i>					Put Your Feet into my Heart
<i>E A* B* A*</i>					Let Your Feet be worshipped in my Heart
	<i>Amaj</i>	<i>B*</i>	<i>A*</i>	<i>E</i>	
					Let me not be in delusion
<i>Amaj B* A* E</i>					Take me away from illusions
<i>Amaj B* A* E</i>					Keep me in reality
<i>Amaj B* A*</i>					Take away the sheen of superficiality
<i>E A* B* A*</i>					Let me enjoy Your Feet in my Heart
<i>E A* B* A*</i>					Let me see Your Feet in my Heart

} (x2)

Om Bhur Bhuvah

English 1

D G D Shri Ganesha, Jai Shri Ganesha (x2)
D G A D Om Bhūr Bhuvah Swaha } (x2) (CHORUS)
D G A D Mahā-ganapati Deva namah }

D G A D We bow to the son of Lord Shiva
D G... A We sing to our glorious Lord
D G A D We pray to the One who is worshipped first
D G... A Our elephant headed God

D G A D Your first tooth You have and four holy hands
D G... A The blessing, rope and goad
D G A D The fourth offers food to your devotees
D G... A As they worship their innocent Lord

You are the One who removes obstacles
The One who bestows all success
Eternal and pure and beautiful
The wisdom by which we are blessed

We see You in our children's eyes
We see You in our brothers
We pray that Your innocence leads us on
To the Lotus Feet of our Mother