



Pilgrim Warrior Songbook

Over 50 Songs and Chants Celebrating Women's Spirituality and Politics



I have made as wide a search as possible for the names and addresses of composers. If you know of any not identified here, or if you know addresses where they can be reached, please contact me as I want very much to recognize and respect artists. Thank you.

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Vocalists: Sandra Boston de Sylvia • Shane Devine • Dakota Butterfield • Alisa Starkweather • Damaris and others of Full Moon Rising • Original production on cassette by On Line Productions
Greenfield, Massachusetts • USA • 1995

Free distribution only.

For text file and PDF versions of these lyrics, to obtain Internet links for downloading the audio files, and for conversations with others organizing chant circles around the world, please join the email list:

DenverChantCircles-subscribe@yahoogroups.com

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**1. COME, COME
SISTERHOOD**

Come, come sisterhood,
Come join eternal.
Our love is mystical,
Our love is carnal

I'll dance nimble steps,
I'll be a Miriam
Leading my people
Across the water.

© Nancy Cox & Kalliope
Seeking Permsn.

2. ANCIENT MOTHER

Ancient Mother, I hear you calling,
Ancient Mother I hear your sigh,
Ancient Mother I hear your laughter
Ancient Mother I taste your tears.
- Starhawk

**3. MOTHER I FEEL YOU UNDER
MY FEET**

Mother I feel you under my feet,
Mother I hear your heart beat (2X)
Hey a, hey a, hey a, hey a,
hey a, hey oh

Hey a, hey a, hey a, hey a, hey oh.

© Windsong/Diane Martin,
Reprinted with Permission.

4. FULL MOONLIGHT DANCE

Under the full moonlight we dance,
Spirits dance, we dance,
Joining hands we dance,
Joining souls, rejoice.

© Karen Beth. Reprint w/prmsn

**5. WHEN THE PEOPLE LIVE
THEIR LIVES**

(Russian folk song)
When the people live their lives
As if it were a song for singing
out of light,
Provides the music for the stars
To be dancing circles in the night.

© Yuri Zaritsky, Eugene Friesen.

6. WE ARE ALL ONE

(Pilgrim Warrior Meditation)
We are all one, sending forth spirit,
Astride the path, alone together.
We are by earth and sky blessed
And we are healed, as we let go.

And we give thanks,
Receiving what we need.
Return to love, Blessed be.

© 1993. Sandra Boston de Sylvia

7. MOWTAY

(Native American Chant)
Ma-u-te, leh-nu leh-nu, gow-tay,
ha-ee-no, ha-ee-no, ha-ee-no.

- Source unknown

**8. WHEN YOU SING YOU'VE
GOT TO SING**

When you sing you've got to sing
With the strength of a lullabye,
You'll never know 'till you try.
And when you sing you've got to sing
With the patience of a lullabye,
You'll never know till you try.
Your song's inside you,
Let your song guide you,
Let it be your lullabye.

(substitute in dream, work, love, for
sing and song)

© Lore Wyatt. Seeking permission



12. COMING INTO MY YEARS

(See additional verses, number 63)
I'm a grey haired woman and I'm
coming into my years.

I'm a weathered woman and I'm
coming into my years.

No more holding back,
No more trying to please.

I've got the will and the power
To get off my knees.

I'm an aging woman and I'm
coming into my years.

I'm a streetwise woman and I'm
coming into my pride.

I'm a fight back woman and I'm
coming into my pride.

No more shrinking with fear
When they whistle and jeer.

I got a fist that's hard and a
mind that's clear.

I'm a nightwalk woman and I'm
coming into my pride.

9. AND SHE WILL RISE

The Earth is a woman and
she is rising (2X)

We all live in her (2X)

© Dakota Butterfield Print w/prmn
Original words: "The Earth is a woman
and she will rise... We will live in her "

10. I AM COMMITTED TO YOU

I am committed to you, for
You are committed to
all I believe in.

I gather the truth from you
As I hunt within for the
Truth in me, you, me, you.

© Dakota Butterfield w/prmsn.

11. WE ARE THE RIVER

We are the river,
We're gonna wash your levies down.
We're coming from the mountains and
We're moving through your town.
We're gonna join with the other rivers,
And then we'll get our chance.

Cause no dam the man can make
will stand

When the seas begin to dance.

- Source unknown

I'm a loudmouth woman and I'm
coming into my voice.
I'm a talk back woman and I'm
coming into my voice.
There's an ocean of words that
got caught in my throat

I'm gonna let loose the waters
Gonna learn how to float.
I'm a sing out woman and I'm
coming into my voice.

I'm an angry woman and I'm
coming into my strength.
I'm a make change woman and I'm
coming into my strength.
I won't save the world,
I won't drain my song.
But I'll fight any battle
That'll move us along.
I'm a far sighted woman and I'm
coming into my strength.

I'm a loving woman and I'm
coming into my own.
I'm a heartbeat woman and I'm
coming into my own.
I'll go for passion,
I'll go for strength.
I'll go for the moment and
I'll go for the length.
I'm a give-take woman and I'm
Coming into my own.
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13. GODDESS OF LIFE

Goddess of life, please speak through
me
For your world is bloodied and torn
There'll be a full moon rising on the
ruins of our dreams
If your life force is not soon reborn.

In ages gone by
We were fed by the moon,
and our strong hearts
Filled the world with love.
We had power and laughter,
And music in the sky,
Dancing in your pale light from above.

But they came with their one god the
Father and the son,

And they shamed our priestesses
with thorns.
And we bled and we're bleeding and
our power is drained,
Lost in the crashing of their swords.

FIRST CHORUS

And now in this time, we gather again,
And our open hearts
fill the world with truth,
With a vision of power that makes
each other whole,
Circling and spiralling the Earth.
© Silver Frith. Printed w/ Permission.

SECOND CHORUS

Goddess of life, you speak through me
Though our world is bloodied and torn
There is a full moon rising on
The birthing of our dreams
As your life force is this night reborn.
- adaptation of chorus
© Georgeann Green
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14. I AM A WOMAN...ON PLANET EARTH

I am a woman, here on planet earth.
I have the breath of life in me,
A gift given at birth.

CHORUS: No one, nobody,
no powers that be,
Can ever, ever, ever take
This (gift) away from me.

I am a woman here on planet earth.
I have a song to sing in me,
A song sung birth to birth.

CHORUS:
No one.. my self away from me.

I am a woman here on planet earth.
Flesh, blood and bone am I
Before and after birth.

CHORUS:
No one..my self away from me.

I am a woman here on planet earth.
I have the will to live in me,
I learned that at my birth.

CHORUS:

No one..my will away from me.
Repeat first verse
Tag: my life away from me.
© Ruth Pelham. Seeking prmsn.

15. CARRY IT HOME

Carry it home to your children,
Carry it out on the street.
Carry it on to the ones you love,
Onto the ones you meet.
Carry it light on your shoulder,
Carry it deep in your soul.
For we have been blessed
with magic
And the magic it makes
us whole.(2X)
© Betsey Rose. Printed w/prmsn.

16. OPEN MY HEART (A.K.A HOLY LOVE)

Open my heart, let healing light*
flow through me,
Center my soul upon the
path of peace.
Make of my life a melody of love
Singing hallelujah,
Oh great ones, ** Hallelujah.
**Holy Love ** Thou Great One
© Patricia McKernon.
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17. YOU GOTTA HUMBLE YOURSELF

You gotta humble yourself
In front of your sisters,
You gotta get down low.
You gotta humble yourself
In front of your sisters,
You gotta know what they know
And we will lift each other up,
Higher and higher,
We will lift each other up.
(Sub. children, elders, earth, Spirit, etc.
for sisters) - Source unknown

18. I AM A DAUGHTER

I am a daughter of the ancient
mother,
I am a daughter of the mother of
the world.
© Brook Medicine Eagle, Prnt w/Prmn



19. THREE FIRES

I've got a fire burning in my belly,
Ancient fire, feeds all life.
And I've got a fire burning in
my heart,
Dancing spirals love impart, and
I've got a fire burning in my mind
Ancient wisdom passed
through time

Three fires burn bright (2x)
Emerge from the mystery
of the night.

Three fires burn bright (2x)
Dance to the rhythm of the dark
and the light.

© Shuli Goodman, Printed w/ Prmsn

20. THERE IS A SECRET ONE INSIDE

There is a secret one inside,
All the stars and all the galaxies
Run through her hands like beads.
© Brooke Medicine Eagle.
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21. SNAKE WOMAN SHEDDING HER SKIN

Snake woman shedding
her skin (2X)
Shedding shedding
shedding her skin (2X)
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22. AIR MOVES US FIRE TRANSFORMS US

Air moves us, fire transforms us,
Water shapes us, earth heals us.
And the balance of the wheel
goes round and round,
And the balance of the wheel
goes round. -Starhawk

23. WHERE THERE'S FEAR THERE IS POWER

Where there's fear, there is power.
Passion is the revealer.
Desire cracks open the gate.
When you're ready it will carry
you through.
Nothing lives forever,
Time is the destroyer.
The wheel goes around and around,
Watch out! It will carry you
through.
Nothing dies forever,
Nature is the restorer.
The wheel goes around and around,
When you're ready it will carry
you through.
Starhawk reprint w/permsn.

24. TALL TREES

Tall trees, warm fires,
Strong Winds, deep waters,
I feel it in my body,
I feet it in my soul.
-Source Unknown

25. SHE COMES ON A WAVE

She comes on a wave,
From the cauldron of ocean.
Swept to the shore,
Transformed once more.
-Source Unknown

26. OH GREAT SPIRIT

Oh, Great Spirit,
Earth, Fire, Air, and Sea,
You are within, and all around me.
© Eddie Guthman. Print w/prmsn

27. DEEP DOWN INSIDE OF ME

Deep down inside of me
There's a fight going on.
Part of me wants to sing
about the light,
And part of me wants to cry cry cry.
© Adelle Getty. Seeking permssn.

28. LULLABYE

Like a ship in the harbor'
Like a mother and child,
Like a light in the darkness,
I'll hold you awhile.
We'll rock on the waters,
I'll cradle you deep,
And hold you while angels
Sing you to sleep.
© Cris Williamson.
Printed with Permission.



29. EARTH MY BODY

Earth my body, water my blood,
Wind my breath and fire my spirit.
- Source unknown.

30. RISE WITH THE FIRE OF FREEDOM

We're gonna rise with the fire
of freedom,
Truth is the fire tharil break
our chains.
We're gonna stop the fires of
destruction,
Healing is the fire running
through our veins.
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31. THE EARTH IS OUR MOTHER

The earth is our mother,
We must take care of her. (2x)

CHORUS: Hey yunga, ho yunga,
hey yung, yung. (2x)

Her sacred ground we walk upon
With every step we take. (2x)
CHORUS: (2X)

The earth is our mother,
She will take care of us. (2x)
CHORUS: - Native American

32. WE ALL COME FROM THE GODDESS

(The following 5 songs can be sung as a medley)
We all come from the Goddess,
And to her we shall return
Like a drop of rain,
Flowing to the ocean.
© Zsuzsana E. Budapest.
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WE ARE THE OLD WOMEN

We are the old women,
We are the new women,
We are the same women,
Stonger than before.
© Morningfeather / Will Shepardson
Seeking permission

WE ARE THE STRONG WOMEN

We are the strong women,
We are the story women,
We are the healers,
Our souls will never die.
-Starhawk

Cauldron of fire,
Feather on a bone,
Arch of eternity,
Hole in a stone.
-Source Unknown

Isis, Astarte, Diana, Hecete
Demeter, Kali, Inana
© Deena Metzger, Printed w/Prmsn

33. OH SISTER YOU CAN WEEP

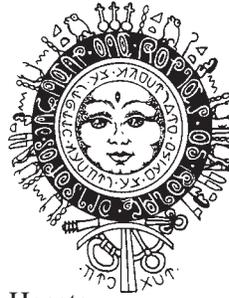
Oh, sister you can weep,
For there are those who care (2x)
I can hear your cry like my own,
I can hear your cry like my own.
-Source Unknown.



34. MAIDEN, MOTHER, CRONE

Once there was a time
When the Maiden was divine.
She played out in the wild,
And the animals made her smile.

CHORUS:
Now I've come to see
That the maiden (mother,
grandmother) lives in me,
Apprenticing the wise ways,
Remembering the wisdom
of yesterday.
Apprenticing the wise ways,
Remembering the visions
of yesterday.
Once there was a time



When the mother was divine.
She honored all of life,
She was a healer and midwife.

CHORUS
Once there was a time
When the grandmother was divine.
We honored her as a Crone,
She had a power all her own.

CHORUS
© Kim Le Moon. Reprint w/prmsn

35. WE ARE THE POWER IN EVERYONE

We are the power in everyone,
We are the dance of the moon
and the sun,
We are the hope that will not die,
We are the turning of the tide.
-Starhawk

36. NOW I WALK IN BEAUTY

Traditional Navajo
I walk in beauty,
Beauty above me,
Beauty below me,
Beauty within me.
(sub.joyfulness, peacefulness..)
© Gregg Smith. Seeking permsn.

37. THERE'S A RIVER OF BIRDS

There's a river of birds
in migration,
A nation of women with wings.
- Source unknown.

38. THE RIVER SHE IS FLOWING

The river she is flowing,
Flowing and growing,
the river she is flowing,
Down to the sea.

Mother carry me,
A child I will always be.
Mother carry me,
Down to the sea.
© Diane H. Jull
Reprinted with Permission.



39. FIRE TRANSFORM ME

Fire transform me,
 Bring me to my passion (2-x)
 I choose life, yes!
 I choose courage (2X)
 To dance among the flames. (2x)
 © Alisa Starkweather
 Reprint w/permission

40. THE WELL OF HER MEMORY

We will never, never lose our way
 to the well of her memory
 And the power of her living flame
 It will rise, it will rise again.
 © Starhawk. Reprint w/permission.

41. THE BLOOD OF THE ANCIENTS

Its the blood of the ancients
 That runs in our veins.
 The forms pass,
 But the circle of life remains.
 © ellen klaver. Reprint w/permisssn.

42. SPIRIT OF THE WIND

Spirit of the wind, carry me.
 Spirit of the wind, carry me home.

CHORUS: Spirit of the wind,
 Carry me home to myself.

Spirit of the ocean,
 Move my deep emotions.
 Spirit of the sky, let my spirit fly.
 Spirit of the wind,
 Carry me home to myself.

CHORUS:

Spirit of the storm,
 Help me be reborn,
 Spirit of the rain,
 wash away my pain.

CHORUS:

Spirit of the sun,
 Warm light healing me,
 Spirit of the sky
 Spread my wings and fly,

CHORUS:

Spirit of the river, blessed forgiver,
 Spirit of the stone,
 Shows me more and more,
 CHORUS:

Spirit of the land
 Hold me in your hand.
 Spirit of the Earth,
 Help me with my birth.
 CHORUS.

© Star Williams.
 reprinted w/prmssm.

43. I TAKE DELIGHT IN THE PEACE

I take delight in the peace
 of the river,
 That flows so gently to the strength
 of the sea, and
 I take delight in the love
 that is flowing,
 Just like a river between
 you and me.
 -Brook Medicine Eagle

44. I WILL BE GENTLE WITH MYSELF

I will be gentle with myself,
 I will love myself.
 I am a child of the universe,
 Being bom each moment.
 © Joseph & Nathan Segal.
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45. WOMAN AM I

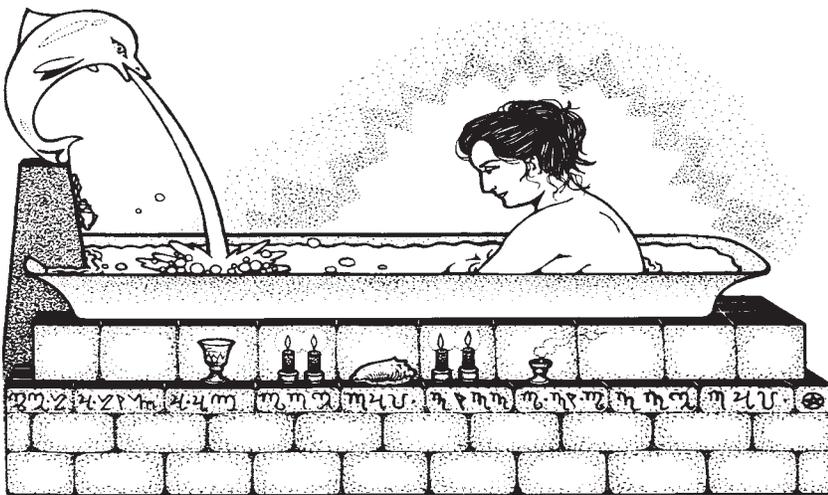
Woman am I, Spirit am I,
 I am the infinite within my soul
 Well I have no beginning and I
 have no end,
 All this I am.
 - Source unknown.

46. BABA LA GUM BALA

Baba la gum bala
 Gum bala ha-vi-seh
 Oh, nana, nana ha-vi-seh
 Haviseh, Ha-vi-seh
 (translation: "now is the time for the
 harvest the harvest of the soul.")
 - Source unknown

47. TWINKLE YOURSELF

Twinkle yourself, twinkle a friend,
 Twinkle the means and
 twinkle the end.
 The reason we're here is
 perfectly clear.
 We're riding the edge again
 and again,
 We're riding the edge again
 and again. - Source unknown.





**48. WE'RE SHAMELESS
HUSSIES** (tune of "Dixie")

We're shameless hussies and
we don't give a damn.
We're loud we're raucous and we're
Fighting for our rights and our sex,
and our need to be free.

Men call us names to be
nasty and rude,
Like Lesbian, man-hater,
Witch, and prostitute,
What a laugh, cause the
half of its true.

This patriarchal image of our sex
must die.
Through centuries of struggle we
are screaming into action.
We're shameless hussies and
we don't give a damn.

We're loud we're raucous and we're
Fighting for our rights, and our sex,
and our need to be free.
- Source unknown

49. MOUNTAIN SONG

have dreamed on this mountain
Since first I was my mother's
daughter,
And you can't just take my dream
away,
Not with me watching.
You may drive a big machine,
But I was born a great big woman,
And you can't just take my dream
away, Without me fighting.

This old mountain raised by many
daughters,

Some died young, some still living.
If-a you come here for to take-a
this mountain,
Well we ain't come here to give it.
I have dreamed on this mountain
Since first I was my mothers
daughter,
And you can't just take my dreams
away,
Without me fighting, no
You can't just take my dreams
away!

© Holly Near. Seeking permission.

50. YOU ARE MY SISTER

You are my sister, you are my mother,
You are my lover and my friend.
You are the beginning,
You are the center,
And you are beyond the end.

I love you dearly,
You help me see,
See me in you,
See you in me.
For I'm in you and you're in me.
For I'm in you and you're in me.
© Fantuzzi. Seeking permission.



©Don Lewis 1992

51. WE ARE A CIRCLE

We are a circle, within a circle,
With no beginning, and never ending.

We are a fire that keeps returning,
And never ending, is always burning.
--Starhawk

52. LIGHT IS RETURNING

Light is returning,
Even though this is the
darkest hour.
No one can hold back the dawn.

Lets keep it burning,
Lets keep the light of hope alive.
Make safe our journey
Through the storm.

One planet is turning,
Circle on her path around the sun.
Earth mother is calling
Her children home.
© Charlie Murphy. Print w/permission

53. BUILDING BRIDGES

(A Round)
Building bridges between
our divisions,
I reach out to you won't you reach
out to me?
With all of our voices
And all of our visions,
Sisters we can make such sweet
harmony.
(Out of the Greenham Common
Women's Peace Camp community.)

54. RETURN AGAIN

Return again, return again,
Return to the land of your soul(2X)

Return to who you are,
Return to what you are,
Return to where you are,
Born and reborn again,

Return again, return again,
Return to the land of your soul.
© Shlomo Carlbach.
Seeking permssn.



55. HOW COULD ANYONE EVER TELL YOU

How could anyone ever tell you
 You are anything less than beautiful?
 How could anyone ever tell you
 You are less than whole?
 How could anyone fail to notice
 That your loving is a miracle?
 How deeply I'm connected
 to your soul.
 © Libby Roderick.
 Seeking Permission

56. WE WILL SING THIS SONG

We will sing this song
 For the turning of the world,
 That we may turn as one.
 With every voice and every song
 We will move this world along,
 And our lives will be
 the echo of our turning.
 (sub. dancing, healing for turning)
 © Ruth Pelham. Seeking prmsn.



57. TEMPTATION

(tune: "This little light of mine")
 The temptation comes upon me
 To be the little me,
 To give up all my hopes and
 dreams of who I want to be.
 The temptation gathers round me
 To live my living lie,
 To live within the prisons
 I have built within my mind.

CHORUS:

Then a voice calls out within me,
 "Get up, take up your bed.
 Rise above your problems,
 And walk as I have said.
 I led you then, I'll lead you now,
 And you will make it through
 somehow,
 One step at a time,
 One day you'll find that you are
 there." (2X)



The temptation seems to bind me
 When I'm sometimes unaware,
 And I'm far too weak to struggle,
 When I'm just too weak to care.
 I am tempted on occasion
 To lay my faith aside,
 To huddle in the darkness
 Where I tremble as I hide.

CHORUS

Temptation has no power
 But the power that I give.
 I should rather use my power
 To love and laugh and live.
 So whenever I am tempted
 To be less than I can be,
 Let me listen in the quiet
 For the voice inside of me.

CHORUS

© Carlos Anderson & Johnny Earl
 Reprint w/permssn. Dedicated to
 Johnny from Carlos with love. May we
 each realize the divine potential within
 us to be Whole.



58. WE'RE GONNA LOOK TO THE WOMEN

We're gonna look to the women
 for courage
 In the hard times coming ahead.
 We're gonna sing and shout,
 We're gonna work it all out
 In the hard times coming ahead.
 With women's courage, (3X)
 We can make it. (sub. wisdom,
 strength, humor, love)
 © Ruth Pelham
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59. SURE AS THE WIND

Sure as the wind, my sisters and
 Sure as the rain,
 Sure as the sun does shine
 We will raise our song again.
 © Terry Dash. Seeking permission.

60. THERE'S A HAND PULLING YOU ON

There's a hand pulling you on (2x)
 Loving you weak, loving you strong,
 There's a hand pulling you on.
 © Sarah Pirtle.
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61. IT'S IN EVERYONE OF US

It's in everyone of us to be wise.
Find your heart, open up all
your eyes.

We can all know everything
Without ever knowing why.
Its in everyone of us to be wise.
-Robbie Gass



62. THE WITCH SONG

CHORUS: Who were the witches,
where did they come from?
Maybe your great, great,
grandmother was one.
Witches were wise,
wise women, they say.
And there's a little witch
in every woman today.

Witches knew all about flowers
and weeds.
How to use all the roots, the leaves
and the seeds.
When people grew weary
from hard working days.
They made them feel better
in so many ways

CHORUS

When women had babies,
the witches were there,
To hold them and help them
and give them care.

Witches knew stories of
how life began.
Don't you wish you could be one?
Well maybe you can!
CHORUS

Some people thought that
the witches were bad.
Some people were scared
of the power they had.
Power to help and to heal
and to care
Isn't something to fear,
it's a treasure to share!

CHORUS

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63. COMING INTO MY YEARS

(Continued from song #12. These
verses were written at a voice work-
shop with Betsey Rose)

I'm a country woman
coming back to my roots
I'm an earth born woman
coming back to my roots
I'm digging deep breathing slow
Planting my seed and
watchin' them grow
I'm a grounded woman
coming back to my roots.

I'm a fun-loving woman
coming into my joy
I'm a light-hearted woman
coming into my joy
The weight of the world
is off my shoulder

I'm betting lighter as I'm
getting older
I'm a laugh-aloud woman
coming into my joy.

I'm a deep-feeling woman and
I'm coming into my power
I'm a respect-myself woman and
I'm coming into my power
Well my guts aren't pretty and
my guts aren't nice
But they hold my strength and
won't be sacrificed
I'm a gut-feeling woman and
I'm coming into my power.
I'm a self-starting woman and
I'm coming into my life.
I'm an independent woman and
I'm coming into my life.
Honey, makin' love with you
is so very fine
I got a bed that is soft,
just remember that it's mine.
I'm a self-lovin woman and
I'm coming into my life.

64. FUR, FEATHER, SCALE AND SKIN

Fur and feather and scale and skin,
Different without but the same within

Many of body but one of soul.
By all creatures are the Gods made
whole.

-Source Unknown



Additional Song and Chant Resources • Thanks to Vella Rose

Bardic Arts • song, chant, poetry and satire for the pagan community:
www.bardicarts.org

Songs by Isaac Bonewits • www.neopagan.net/IB_Songs.html

Internet Radio • Circle of Soul Pagan Radio: www.circleofsouls.net

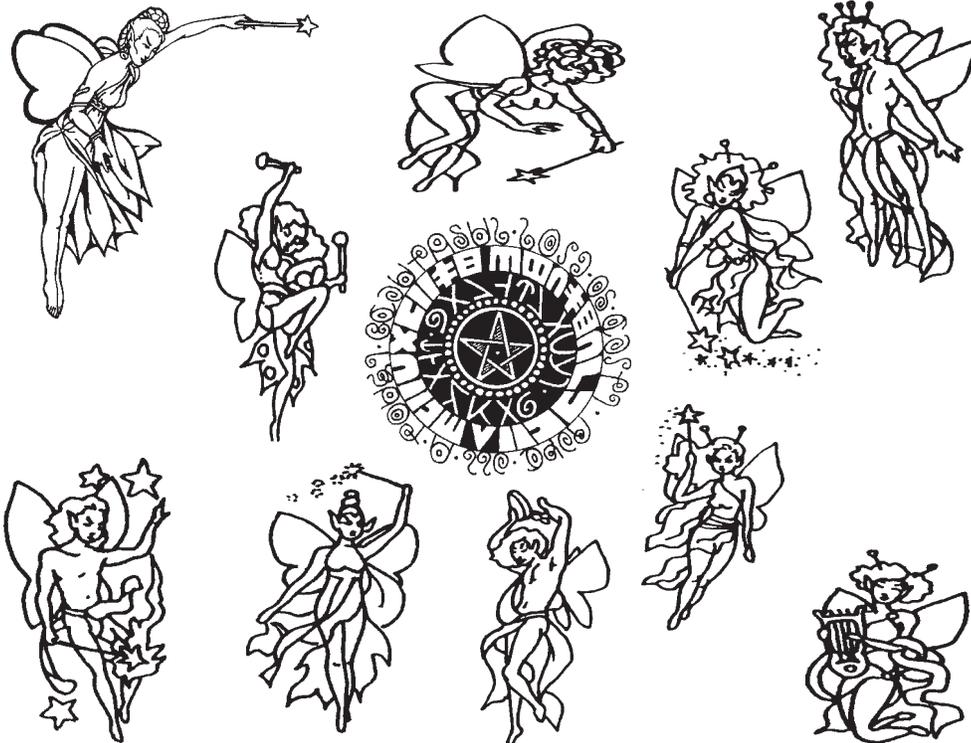
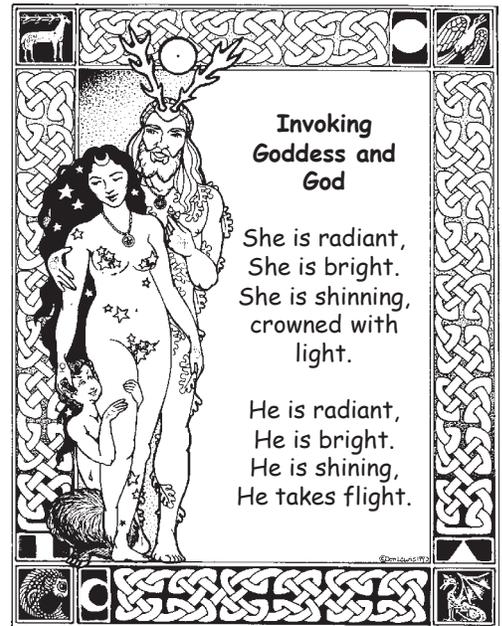
Online Resources to Purchase Music • Some CD's have sound bites for testing. Note: It may be less expensive to buy CD's from a local store (no additional shipping), yet the web catalogs enable investigation of CD's.

Earth Tone Studios • www.paganmusic.com

Lady Slipper Music • www.buymusichere.net/stores/ladyslipper

Serpentine Music • www.serpentinemusic.com/catalog0104.pdf

Reclaiming • www.reclaimingquarterly.org/web/chants04/index.html



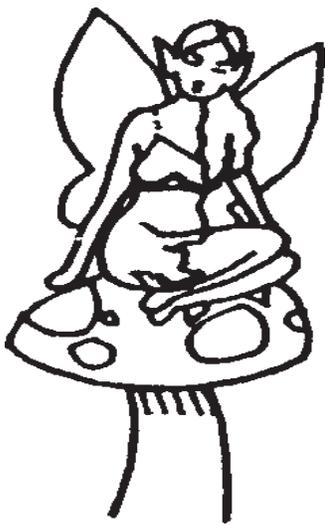
Source unknown for chants below.

Weave Your Circle	In Her Peace	Spiraling into the Center	Come Earth	A River of Birds	She Comes	Tall Trees
Lady, weave your circle tight, Spin a web of glowing light, Earth and air and fire and water, Bind us to you.	In Her Peace, in Her peace In Her wisdom, find release. I am Goddess, I am Goddess.	Spiraling into the center, the center of our soul (2x) We are the weavers, We are the woven ones, We are the dreamers, We are the dream.	Come earth, Come air, Come fire, Come water. (3x) Bring us the power to heal!	There's a river of birds in migration, A nation of women with wings.	She comes on a wave, From the cauldron of ocean. Swept to the shore, Transformed once more.	Tall trees, Warm fires, Strong winds, Deep waters, I feel it in my body, I feel it in my soul.

This page is reserved for your notes, although you'll have to share with a fairy!



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This songbook and the accompanying audio files for these chants are being freely distributed to aid earth-based and women's spirituality chant circles around the world.

Our circle is open!

Find us by sending an email to:

DenverChantCircles-subscribe@yahoogroups.com

We're expecting you!



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