

## About the Rainbow Spirit Songbook...

Chord names are placed over the word, or portion of word, where the chord-change takes place. Only the first verses and choruses have notation to be applied in the same way to later verses and choruses. A small-letter "m" after a chord name designates that chord is in a minor key. Otherwise, lone chord letters mean it's a major key.

Thanks to everyone who helped to make this project possible.



PUEBLO

### RBI WARNING:

(Rainbow Bureau of Inspiration)

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This songbook was created in the spirit of love, respect and hope. It MAY NOT be sold or exchanged for anything of monetary value.

# Songs and Chants



MIMBRES

Twenty-Five Songs and Chants  
from the following sources:

Sára Rain  
Rainbow Spirit  
Pilgrim Warrior  
Gorilla Choir

See the last two pages for the playlist.

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**Free distribution only!**

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

**DenverChantCircles-subscribe@yahoogroups.com**



SANTO DOMINGO

Songbook layout & audio conversion to digital file by Allen Butcher, Denver, 2005.

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## May the Longtime Sun Shine

G D C G D C G D C G D C G

May the longtime sun shine upon you. All love surround you. And the pure light within you, guide your way home.

16

### Dear Friends Gathered Here

Dear friends gathered here,  
There's something I'd like you to know.  
Before I forget to say it,  
Like I've done so many times before,  
You help my love to show ... (2x)

As our circle like the light on the moon,  
In its own time fades to a glow,  
Remember as we move into the four directions,  
The rivers of our lives.  
You help my love to show ... (2x)

You help my love to show me,  
when confusion reigns,  
And I'm soaked to the bone,  
with loneliness and pain,  
Oh wasn't there one man who's heart was changed!

17



### Rising and Falling

This rising and falling,  
and rising and falling is not me,  
My mind is adrift  
among tidal commotion it seems.  
Wirling patterns  
swirling distractions from peace.  
This wave is just an ocean  
in my mind's history.

Waves emerge from the ocean,  
like this concept called self.  
My fear clings to nothing  
more than thought,  
As I breath, as I breath.

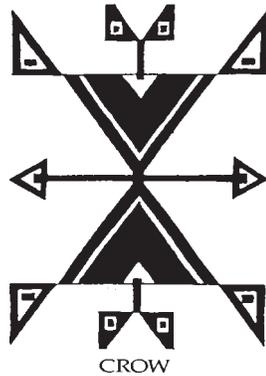
Beneath this wave is freedom  
And I can see, I can see,  
That the ocean holds on to nothing.  
The ocean holds on to nothing. 18

## We Will Kindle the Fire

Chant learned from Crowwimmin from Durango

Spirits of fire come to us  
 We will kindle the fire (x2)  
 We will kindle the fire  
 Dance the magic circle round  
 We will kindle the fire  
 We will kindle the fire

1



## Eh Malama

Hawaiian translation: "hold this land in sacredness."

Eh malama ekaheiau (x2)  
 Eh malama pono ekaheiau eh (x2)  
 Earth and sky, sea and stone  
 Hold this land in sacredness (x2)  
 (Capo 1st fret C Am F C)

2

## Rainbow Spirit

These eight songs and chants produced by Conscious Wave, Inc., a Non-Profit Corporation, 1998 (PO Box 86, Broomfield, Colorado 80038-0086) Recording made at the Rainbow Gathering of Living Light in Oregon. Original production was on VHS video cassette, converted to digital audio file.

15. Rainbow Around the Moon - Jiva
16. May the Longtime Sun Shine - Traditional Melody
17. Dear Friends Gather Here
18. Rising and Falling
19. Our Love is Taking Us Higher - Rich Stillwell and Shambala
20. Hallelujah Chorus - Traditional Melody
21. Mother I Offer - Windson
22. Bless the People - Windsong

## Pilgrim Warrior

Songs and chants from the cassette recording by Sandra Boston de Sylvia and Full Moon Rising, Greenfield, MA, 1995.

23. Return Again - Shlomo Carlbach
24. How Could Anyone Tell You - Libby Roderick
25. Twinkle Yourself - Source unknown

## Gorilla Choir

Written by members of Findhorn Community, Scotland.  
 26. I Dreamed A Dream - Keith Stafford

## Our Love Is Taking Us Higher

Music by Rich Stillwell. Lyrics by Shambhala and Rich Stillwell

**Chorus:** **A E D A**  
 Our Love Is Taking Us Higher  
**A E D A**  
 Whoa -oh-oh-oh  
 (Repeat twice)

v.1 **A E**  
 Your smiles carry me now  
**D A**  
 Into the place where the sword becomes the plow.  
 And peace on Earth is dawning true  
 And our love is shining right through.  
 Every voice sings out the praise  
 Anthems spreading all across our ways.  
 Let this music bring the truth  
 Our love is the living proof.

Continued on next page ...



## Rainbow Around the Moon

Music and Lyrics by Jiva

**Chorus:** **Dm C Dm**  
 There's a Rainbow around the Moon.  
**Dm C Dm**  
 There's a Rainbow around the Moon.  
**Dm C D**  
 There's a Rainbow, there's a Rainbow,  
**C Dm**  
 There's a Rainbow around the Moon.

(Chorus continues to be sung along with verses)

(Use chords from chorus)  
 v.1 In the night, in the pale night light  
 You can see the magic rings.  
 If you listen close to the heavenly host,  
 You can hear the angels sing.  
 (Aah aah aah - around the moon) x 2

(Chorus:)

v.2 Round the fire voices take us higher,  
 To the flame within our very souls.  
 In our beating hearts where the fire starts.  
 There's a story that the flames foretold.  
 (Aah aah aah - around the moon) x 2

(Chorus:)

There's a Rainbow, there's a Rainbow;  
 There's a Rainbow around the Moon.

**Dm**  
 (Around the Moon) x 3

## Sára Rain

These recordings are for learning purposes only and are NOT for sale. If you make copies to share (which I encourage), please include this printed material and DO NOT make any money with it. I have tried to credit the song originators and share translations as much as my limited knowledge allows. Be aware that oral tradition has a way of changing music but I have tried to maintain the integrity of each song to the extent of my abilities. Please enjoy this music in your own practice with appreciation and respect for those who created the songs. Thank you to Richard for engineering work and to Tim for computer tutelage. Contact me by e-mail if you have questions, comments or information to share. [trigoddess@att.net](mailto:trigoddess@att.net)

1. We Will Kindle the Fire - Crowimmin
2. Eh Malama - Hawaiian
3. Tikkein Olam - Hebrew
4. Ivdu Et Ya B'simcha - Hebrew
5. Burgess Zikr - Arabic
6. Bedtime Sh'ma - Hebrew
7. Secret One Inside - Arabic
8. Inanna - (Aramaic word)
9. Praise Women - African
10. Light of Water - (Druidic name)
11. Er A La Vo - Italian
12. Lev Tahor - Hebrew
13. Te Aroha - Mauri (New Zealand)
14. Stay With Me - Inspired by Jesus in Garden of Gethsamine

## I Dreamed A Dream

Written by members of Findhorn Community, Scotland.  
Sung by Keith Stafford, Gorilla Choir, Berkeley, CA, 1987.

Em Am G D  
I dreamed a dream a long time ago,  
Em B7 Em  
'bout a land where the rivers run wild;

Where flowers grow wherever they choose,  
And the breezes blow gentle and mild;

G D  
Where the trees stand in silence yet singing their song,  
Dm Am  
In natural harmony;

And the earth freely gives to nurture all life,  
And creation is boundless and free.

Continued on next page ...

## Tikkein Olam

Written by Rabbi Tirzah Firestone  
Hebrew Translation: Heal the world with the power of Shaddai (abundance, prosperity, 'breast,' plenty)

Tikkein olam (x3) b' malchut Shaddai  
To heal the world you/we must feel the world  
And heal the world with the power of Shaddai  
Amen (x3)  
(Capo 3rd fret, Am G)

3

## Ivdu Et Ya B'simcha

Written by Hanna Tiferat from Psalm 100 Hebrew  
Translation: Serve God in joy. Come to God's presence through song.

Ivdu et Ya b'simcha bo u I'fanav birnana (x4)  
Ivdu (x3) b'simcha (x2)  
(Am E7)

4

## Secret One Inside

From poetry of Kabir. Arabic translation:  
God is love, lover and beloved, God as unity.  
There is no God but God  
There is nothing beyond oneness.

There is a secret one inside  
All the stars and all the galaxies  
Run through her hands like beads  
Ishq Allah mahbudlillaAllah  
Ishq Allah mahbudlillaAllah  
AllahAllah  
La ilaha il Allah  
(Capo 3rd fret Am E)



## Burgess Zikr

Melody by James Burgess/Nasrudin. Arabic name for God as oneness and sacred syllable "hu"

Allah Allah Allah Hu (x2)  
Allah hu Allah Allah hu Allah  
Allah hu Allah Allah hu (x2)  
Hu (x2)  
(Open tuning key of C)

5

## Bedtime Sh'ma

Jewish prayer translated from Hebrew learned from Tova

In the name of the creator  
The lord of Israel  
On my right hand Michael  
On my left Gabriel  
In front of me is Uriel  
Behind me Rafael  
And above my head  
Above my head  
The divine presence (Shekinah)  
(Capo 4th fret Am G Dm Am/Am G Am)

6

... from previous page (I Dreamed A Dream)

I dreamed a dream a long time ago,  
'bout a people who know how to live.  
Their words and their deeds are simple and pure,  
And their love they most willingly give.  
Each day of their lives is a reverent prayer,  
Their Joy fills each moment with light;  
And the peace that's within is reflected without,  
Like a day softly echoed by light.

My dream slowly fades with the passing of time,  
Yet my vision grows clearer each day.  
I know what a wonderful world this will be,  
When we each learn the part that we play;  
And each one of us must find the truth in ourselves,  
And live it with courage and care;  
And I'll sing my song just as you will sing yours,  
What a beautiful vision we'll share;

And I'll sing my song just as you will sing yours,  
What a wonderful time we'll have here.

26 B

## Inanna

Written by Saadi Neil Douglas-Klotz  
Two names for Sumerian Goddess Inanna/Ininn  
Also, the Aramaic word "Inana" means "I am."

Inanna (x7) Ininn  
I am all that has ever been  
I am all that shall ever be  
I am that I am (x2)  
But never have mortal eyes  
Perceived me as I am  
I am that I am (x2)  
(Open tuning key of 0)



8

## How Could Anyone ... 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

24

## 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.

25

## 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.  
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23

## Praise Woman

African song from Sara Frank. Translation: Praise Woman

En gama lamem kosi kasi  
Mali bongwe (x2)  
Mali bongwe (x4)

9

## Light of Water

Inspired by Druidic name for Autumnal Equinox, "light of water." Published Dance of Universal Peace booklet UK V

A - the point on the horizon where the sun rises and sets

I - the straight line the sun traces across the sky at the equinox (equal day and night)

O - a sacred circle of people, stones, trees, etc.

A-I-O

Let flow light of water let flow  
(Capo 3rd fret Am G C E7 Am G D E7)

10

## Hallelujah Chorus

Traditional Melody

**G D Em Bm7**  
Hal-le-lu-jah  
**C G C D**  
Hal-le-lu-jah

(commonly played in D)

20

## Lev Tahor

Written by Shantam from Psalm 51. Hebrew translation: A pure heart create for me oh God. Put a steadfast spirit within me. Do not cast me away from your presence. Do not take your holy spirit from me.

Lev tahor bra li elohim  
Veruach nachon chadesh bekirbi (x2)  
Al tashlicheni milefanecha  
Veruach kodshecka al tikach mimeni  
(Capo 3d fret Am C G/Am G Am)

## Mother I Offer

Music and Lyrics by Windsong

**Em D**  
Mother I offer my prayers to you  
**Em**  
For the healing of the Nation (or Earth)  
(Repeat)

**Em D Em**  
(Heal the Nations, heal the Earth) x 2



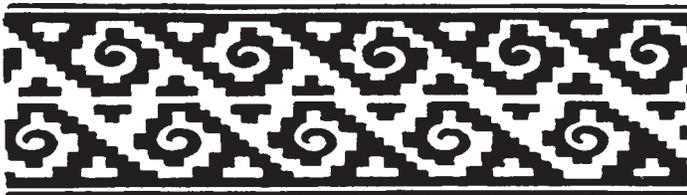
21

12

## Er A La Vo

Italian lullaby from Sicily recorded by Libana on "Night Passage." Italian translation: Sleep until dawn. How beautiful your name is. Let sleep come, come on horseback, come not on foot. Sleep little one, go to sleep.

Er a la vo che bedu stu nomu  
Cu ci lu mi si e un glantumu  
Bo bo bo bo durmi nicu e fa la vo  
Bo bo nicu e bo bo durmi nicuzzu e fa la vo  
Er a la vo sunnuzzu veni  
Veni a cavadu e veniri a peri  
Bo bo bo bo durmi nicu e fa la vo  
Bo bo nicu e bo bo durmi nicuzzu e fa la vo



11

## Bless The People

Music and Lyrics by Windsong

- C** **Dm**  
Chorus: Bless the people - Bless the people  
**F** **C**  
Bless the people - Bless the people
- C** **Dm**  
v.1 Bless the people whose hearts are open,  
**F** **C**  
Whose love flows freely like a mountain stream.  
**Em** **D**  
Their gifts of kindness are like the crystal drops  
**Dm** **C**  
Of pure water filling the ocean up.  
(Chorus:)
- v.2 Bless the people whose love flows freely,  
Who feel compassion for all of humanity.  
The ocean of love is for everyone to share  
The whole world over - there's people who really  
Care.  
(Chorus:)
- v.3 Bless the people whose hearts are open,  
Whose love flows freely like a mountain stream.  
Give your love and love will return to you  
Fill your stream and the ocean will replenish you.  
(Chorus:) x 4

22

## Te Aroha

Mauri song from New Zealand learned from Darvesha.  
Translation: We are sending love, we respect the beliefs of  
all people, peace lives in the hearts of the Mauri people,  
and spreads out to everyone

Te aroha te foko pono  
Te ran ge Mauri eh Ta to ta to eh  
(Capo I St fret C G C/C G C Am)

13

## Stay With Me

Inspired by story of Jesus in the Garden of Gethsamine. Learned  
from Timothy Dobson

Stay with me  
Remain here with me  
Watch and pray  
Watch and pray  
(Capo 2nd fret Am EAm/Am C Am E)

14

... from previous page (Our Love is Taking us Higher)

(Chorus:)

- v.2 Flower of life shining inside  
Spiraling mandala of life so high.  
The visionary's vision is coming through us  
We're living our mission, our sacred trust.  
The star of peace all fire lit alight  
The colors of the rainbow before our sight.  
All of our hearts joined as one  
World peace has now begun.  
(Chorus:)
- v.3 I see crystal cities and golden doors  
And everyone is calling out for more.  
In every land their eyes are turned  
They say, "Rainbow People, what have you learned?"  
The fire is burning so very bright  
Our spirits soaring this very night.  
The message is shining to you so clear  
Cast away all your fear(s).

(Chorus: x 2- & fade out)

19 B