

Grandmothers' Songs

1. I am One With the Heart of the Mother

I am one with the heart of the Mother,

I am one with the heart of love.

I am one with the heart of the Father, I am one with God.

Ave Maria, Kyrie eleison *repeat the whole thing*

2. Peace, peace, peace

Peace, peace, peace. Peace in me

Brings peace, peace, peace in my family.

Brings peace, peace peace within my community.

Brings peace, peace, peace, within my country.

Then peace, peace, peace, peace on earth

Brings peace, peace, peace, through all the universe.

3. May the love we're sharing

May the love we're sharing spread its wings

Fly across the earth and bring new joy to every soul that is alive. *Repeat*

May all the beings in all the worlds be happy *Repeat*

4. Down in the River to Pray

Well I went down in the river to pray,

studying about that good old way

And who shall wear the golden crown?

Grandmothers, show me the way.

Oh sisters, let's go down, come on down,

don't you want to go down?

Oh sisters, let's go down, down in the river to pray.

Repeat everything, substituting 'sisters' with 'brothers',

then 'fathers', then 'mothers'

5. Remind me Grandmothers

Remind me Grandmothers, remind me Grandmothers,
remind me again who I am. *Repeat*
I am om, I am om, eternal om. *Repeat*
In this life of distraction and of illusion,
remind me again who I am. *Repeat*
I am truth, I am peace, divine bliss. *Repeat.*
Remind me Grandmothers, remind me Grandmothers,
remind me again who I am. *Repeat*

6. Oh Grandmothers

Oh Grandmothers, hear us calling.
We your children are healing (*repeat*)
Power, power. Our love is our power. (*repeat*)

7. These Feet

These feet will hold me up. These feet won't let me down
These feet are growing roots—right in the solid ground
Oh mama, mama, mama Spread the news around
That all the grandmothers, they got their feet on the ground.

8. This is Holy Ground

This is holy *ground*. We're standing on holy *ground*
For Love is present and where Love's present is holy.
These are holy *hearts*. Love's given us holy *hearts*
Love works through these *hearts* and so these *hearts* are holy
These are holy *hands*. Love's given us holy *hands*.
Love works through these *hands* and so these *hands* are holy
These are holy *lives*. Love's given us holy *lives*.
Loves works through these *lives* and so these *lives* are holy.
This is holy *ground*. We're standing on holy *ground*
For Love is present and where Love's present is holy.

9. Earth in my Body

Earth in my body, water in my veins
Water in my veins, air in my breathing
Fire in my heart!

10. From the Heavens

From the heavens to the earth
From the earth to the hearts of women
To the hands and the heads of men

11. All I Ask Of You--Sufi song with dance (on you tube)

All I ask of you is forever to remember me as loving you (*repeat*)
God is the lover, the beloved and the love.
All I ask of you is forever to remember me as loving you.

12 Net of Light—waltzing song

Net of Light, Net of Light, floating in the Net of Light
Net of light, Net of Light, holding in the Net of Light

Reaching out, reaching in, reaching through the Net of Light
Loving all, serving all, holding all within the light.

Net of Light, Net of Light, Net of Love and Net of Light
Net of Light, Net of Light, our hearts are one within the light
(*repeat*)
Net of Light, Net of Light, our hearts are one within the light.

13. May the Circle be Unbroken

(sing while walking left, in a circle)

May the circle be unbroken by and by, oh, by and by
Come and open up our hearts now, lift us high into the sky.
We are holding one another, singing sweet and singing strong
We are mighty in our loving, we are mighty in our song.
Yes this circle is unbroken as we link ourselves in love
Calling heaven down to earth now, peace below and peace above. (*repeat this line*)

14. Sing We, Sing we Together

Sing we, sing we together, now and forever, Sing of the One Love
One Heart, loving and serving, open our hearts now, open our hearts
....repeat

15. Where I Stand is Holy (sing marching softly in place)

Where I stand is holy, holy is the ground.
Forest, mountain, river, listen to the sound.
Great Spirit circles all around me.
Who I am is holy, holy are we.
We are one forever, through eternity.
Great Spirit circles all around me. *Repeat*

(call and response)

Where I stand is holy. *where I stand is holy*
Who I am is holy. *who I am is holy*
Great Spirit circles all around me.

16. The Earth is Our Mother

The earth is our mother we must take care of her (*repeat*)
Hey-ey Yunga, Ho-oh Yunga, He-ey Yung Yung (*repeat*)
Her sacred ground we walk upon with every step we take (*repeat*)
Hey-ey Yunga, Ho-oh Yunga, He-ey Yung Yung (*repeat*)

Sing twice and then sing last line 3 times

17. Blessed Am I

Blessed am I, freedom am I
I am the infinite within my soul.
I have no beginning and I have no end.
All this I am

18. There's a Light in You and Me

There's a light in you and me
Let it glow, let it glow, let it glow--- *repeat*

It's in the sky, it's in the seas
It's in the earth, it's in the trees
It's in the songs, and in the air
It's in the people everywhere
Sing out! *Sing out!* Sing out! *Sing out!*
Sing about the light in you and me

There's a light in you and me
Let it glow, let it glow, let it glow --repeat

We're gonna sing and dance with glee
Cause we know God's in everyone we see.
We're full of love, we know we're free
That's how we're made and meant to be
Sing out! (*sing out!*) Sing out! (*sing out!*) Sing about the light in you and
me

There's a light in you and me
Let it glow, let it glow, let it glow --*repeat*