



Soulful Singing Sisterhood

compiled by Lauren Arrow

Soulful Singing Sisterhood Songbook 3rd Edition

Hello My Friends! This edition has taken 3 years to be updated; songs have been added, removed, added again, removed again. Prefaces finished and scrapped. It's far from perfect, but this book is so incredibly important to me because it represents the seeds of my growth and subsequent cultivation of knowledge around song sharing and understanding my own culturally appropriate, colonialist, and extractivist ways. Honestly, I'm glad it took me this long to update, because in these 3 years my perspective on song sharing has changed so deeply that I can barely recognize the well meaning woman who wrote the previous editions. To quote a favorite meme by Tony Goldmark: "Normalize changing your opinion when presented with new information" and another approach by Maya Angelou: "Do the best you can until you know better. Then when you know better, do better."

The whole reason I started compiling songbooks was for my students who were learning how to open their voice and learn music while working with me. It felt good having a 'common language' of songs that we could all sing and share with one another. And the whole reason I started teaching was because I was stuck with a pretty debilitating case of vocal shame that slowly started unearthing at 25 and then crescendo'd into my life path at 27. Song became my souls salvation.

My foundation started in the Jewish kids choir at Rodef Shalom, the local synagogue. I don't remember having a lot of shame around my voice back then- mostly I was just stoked to sing. As I grew older it became less safe for me in the largeness of who I am and the shame piled on, and after years my voice got stuck somewhere and letting it out was nearly impossible. I couldn't even sing when I was alone because I was sure that the spirits were judging me.

My singing voice was silent for nearly a decade, and I literally felt like a shell of a human until (long story short) my voice erupted at 27. At the time, I was smack-dab in the center of the New Age ideology that 'we are all one'. With a mindset like that, it's easy to take from others without too much thought- especially when everyone around you is doing the same thing, especially teachers and leaders and folks I looked up to for guidance. From singing songs from other cultures all around the world (without explanation of where they came from or what they mean), to putting them in songbooks (without credit) and then profiting off the books (without reciprocity), to performing the songs and gaining recognition with the sacred songs of others (without permission AND when just a hundred years ago our ancestors would literally imprison, torture, or kill Indigenous people for practicing their spirituality and singing their songs), it's not entirely surprising that I started to steal songs too. In my early days I thought that by sharing the authors and lineage was good enough, so I wrote myself a permission slip to perform and profit from songs that weren't mine. I'm grateful to have been lovingly called in by my friend Kelsey. Initially I was defensive, and it took me a few years to understand what she was pointing to in my own appropriation, but it shifted the course of my life.

To some of you reading this, appropriation may be new information. It may feel extreme. And look. I get it. People have been sharing songs since the dawn of time. But I think I doubled down on helping to educate folks on "Integrating Song Sharing" once I started seeing the pretty terrible way songs are typically shared in New Age circles. Up at Breitenbush Hot Springs in Northern Oregon, the light-hearted music director shared a song circle. Pretty much every song he shared was incorrect in some way, with no credit, and there was some really racist stuff going on (like butchering "We n' de ya ho", a Cherokee Morning Song, and insinuating folks play 'Indian' ala 'dancing like we're at a pow-wow'). While not all song circles are so obviously problematic, this way of sharing still exists with micro and macro aggressions, and the negative impact on historically oppressed folks runs deep.

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The initial 3rd edition preface aimed to express how I want to share these songs, and that (at the time) I hadn't asked permission from most folks to share them, which got me questioning my own motives. I dove deeper and realized that it was not ok to be printing and sharing songs that came from any lineage that my ancestors oppressed. It meant knowing exactly where these songs come from, and giving direct acknowledgment and attribution (and in some cases reciprocity) to those who received the songs, and not including traditional songs with no author. At first, I thought that finding the writers would be challenging, but wings seemingly carried my emails to the right folks, and I was graciously invited to share these songs by many who I have deep love and respect for. My heart warms at the fact that more and more of the songs come from my students, friends, and people I'm in direct relationship with, and I hope this inspires you to cultivate your own songs. There's nothing like singing and sharing a song that you helped give birth that encompasses the notes of your soul.

In sharing these songs, please give proper credit to where they come from. If you decide to share any of these songs, give the original author and lineage attribution. Stay awake and aware in song sharing environments. For too long, white-led spaces have been appropriating the songs of many for their own benefit. You can be a voice for bringing awareness and ending the extractivist lineage of song sharing. You may ruffle some feathers, but to those who's culture has been systemically oppressed and then appropriated, it's the least we can do. If you'd like more guidance, I'm all yours.

What is clear to me is that if cultural sharing is ever going to be possible in a balanced way, a massive redistribution of power is needed. All the proceeds from this book are being donated to BIPOC-led organizations- some of my favorites being Sogorea-Te Land Trust, KAHEA Defense, RAICES, and APTP (Anti Police-Terror Project). Check out the back of the book to learn more about these amazing orgs. Thank you to Kelsey Gustafson for being one of my initial new-age-bubble-poppers and to Anjali Nath Upadhyay of Liberation Spring to help me plant seeds and pull weeds. If you're ready to dive deep into your own decolonization, I couldn't recommend Anjali enough.

This third edition reflects a massive edit of the previous songs in how they were structured so that time signatures and measures make a bit more sense. I've added songs that have pulled my heart-strings written by my favorite singing sisters, my students, and musicians who are all diving into the world of soulful song and sharing their sweet sounds. The incredible art throughout the book was hand painted by my longtime student Kristen Myers (IG: @Beautyweaving). The cover was heavily inspired by Tamara Phillips (Spirit Weavers) with permission. And huge waves of gratitude to Louise Cottrell for helping me edit this book! Holy moly, without all your help who knows where we'd be.

I really care about this music and my role as an educator and I believe that healing and liberation comes from the acknowledgement of mistakes and moving forward with new insight. In 2 months my awareness around song sharing may very well change, who knows! There are no clearcut rules and I'm offering just one perspective. I've included songs that I didn't get implicit permission to use because they were already recorded and published by the original artist or come from my lineage (Jewitch-American-Euromutt). I wish you strong lungs and tuned ears for this musical journey ahead!

In Harmony and Always Alotta Alliteration,



Soulful Singing Sisterhood Songbook 3rd Edition

Song Name	Written/ Received By / Lineage	Page
Legend: * Direct permission to share song in book, ** Recorded & published by artist, *** Trad. songs from my lineage (American /European /Jewish)		
Adamah Veshama'yim *	Shimon LevTahor	10
Aeioua *	Ila Cantor	11
Agua De Estrellas*	Miguel Molina	12
Alas en mis Pies *	German Virguez	13
Alive *	Naomi Nash	14
All Our Relations *	Alexander Kugler / Sami Brothers	15
Altar Of Love **	Wil Nolan, recorded by Jaya Lakshmi & Ananda	16
Ashes *	Lauren Arrow	16
Ayala **	Alma	17
Beauty *	Edward Mills	18
Between the Beat *	Ila Cantor	19
Bird Wolf Human *	Alexandra Danieli	19
Blessed We Are *	Peia	19
Body Of The Earth *	Ila Cantor	20
Body Of The Goddess *	Michael Stillwater	20
Bring Water *	Io Bones	21
Brother Warrior **	Kate Wolf	22
Calling upon the Angels *	Ali Maya	23
Canto Cacao! *	Ila Cantor	24
Chico Gospel **	MaMuse	25
Circle *	Melita	26
Come Again *	Rumi Poem adapted by Sudhananda	27
Concordancia / Cuando La Luna **	Juan Luis Pereira (of El Polen, Peruvian rock band)	28
Coyote *	Robert James Ryan III / The Songs	29
Cuatro Vientos *	Danit	30

Soulful Singing Sisterhood Songbook 3rd Edition

Cura Sana *	Andrés Córdoba	31
Divine You *	Rivka Wendy Faith	32
Don't Be Afraid **	Akron/Family	33
Donna Donna **	Arthur Kevers & Teddy Schwartz	34
Down to the Ground *	Arielle Brown	35
Down to the River to Pray	Traditional Negro Spiritual	36
Duality Dissolves *	Louise Cottrell	37
Eli Eli ***	Hannah Senesh / Hebrew Prayer	38
Ember *	Tara Divina	39
En El Cielo, En La Tierra*	Isabel Ruiz	39
Evening Rise *	Acapella Arranged by Christian Bollmann	40
Everlasting One *	Melita	41
Flow *	Chris Morales	42
Fool on the Hill **	The Beatles	43
Forever Lives The Ocean *	Ila Cantor	44
Forever Remembering *	Ali Maya	44
Full Belly Breath *	Lauren Arrow	45
Gaia's Form *	Sundew Amber Mosher	46
Gentle Arms of Eden **	Dave Carter & Tracy Grammer	47
Goddess Chant Page **	Assorted Rainbow Goddess Chants	48
Gratitude Song *	Ila Cantor	49
Hallelujah **	MaMuse (in 2 different keys)	50/51
Heal The Nation **	Windsong	52
Healing Waters *	Ali Maya	53
Hine Ma Tov ***	Traditional Hebrew Song	54
Ho' Oponopono *	Mary Isis / Hawaiian Prayer	54
Humble Yourself ***	Pagan Chant	55
I Am an Acorn **	Carol A. Johnson	55

Soulful Singing Sisterhood Songbook 3rd Edition

I Am Light **	India.Arie	56
I Feel The Earth Move **	Carole King	57
I Feel the Strength in My Voice *	Naomi Nash	58
I Know you Rider **	Traditional blues song (as sung by the Grateful Dead)	59
I'll Fly Away **	Albert E. Brumley / Christian Hymn	60
If You Want To Sing Out **	Cat Stevens	61
In My Life **	The Beatles	62
In Our Hands *	Lauren Arrow	63
In Time *	Maddi Lucas	64
Isis, Astarte ***	Go to "Goddess Chant Page"	48
Kol Galgal **	Shotei Han'vuah / Hebrew	64
Kol Haolam Kulot ***	Rabbi Nachman / Hebrew Folk Song	65
Kothbiro **	Ayub Ogada / African song in Dhuoluo	65
Lean On Me **	Bill Withers	66
Lecha Dodi *	Lauren Arrow / Prayer by Rabbi Alkabets	67
Let it Be **	The Beatles	68
Let It Go *	Ila Cantor	69
Let Our Voices Rise *	Lauren Ashley Brown	69
Let the Way Of The Heart **	Rich Stillwell	69
Letting Go *	Chris Morales	70
Life Lovers *	Pia Luz	71
Lo Yisa Goy ***	Shalom Altman	72
Long Long Trail Mashup**	Stoddard King, 'Zo Elliott, Ernest Ball & JK Brennan	73
Love Will Find A Way *	Tiana Cicco	74
Lover Earth *	Lauren Arrow	75
Ma Tovv ***	Jewish Song	76
Madre Tierra *	Alonso Del Rio / Ali Maya	77
Mahk Jchi *	Pura Fe	78

Soulful Singing Sisterhood Songbook 3rd Edition

Mama Songa *	Ila Cantor & Lauren Arrow	79
Me and Bobby McGee **	Kris Kristopherson	80
Mercedes Benz **	Janis Joplin with Michael McClure & Bob Neuwirth	82
Misheberach **	Debbie Friedman/ Hebrew Prayer	83
Mother I feel You Under my Feet ***	Go to "Goddess Chant Page"	48
Mother of Darkness ***	Go to "Goddess Chant Page"	48
Mountain Tall *	Annie May Willis	83
Norwegian Wood **	The Beatles	84
Oj Djevojko Moja ***	Croatian Folk Song, sung in the Međimurje dialect	85
Od Yavo Shalom Aleinu ***	Mosh Ben Ari/ Sheva / Hebrew Song	86
Oeaho *	Alexia Chellun / Quechua	86
Oh Mother We are Ready *	Maria Owl Gutierrez	87
Oh My Beloved *	Ali Maya	87
Oh No! *	Lauren Arrow	88
One Planet is Turning ***	Charlie Murphy (AKA Light Is Returning)	89
Open *	Ila Cantor	90
Opening the Circle *	Lauren Arrow & Io Bones	91
Oseh Shalom Bimromav ***	Nurit Hirsh / Trad. Jewish prayer	92
Oseh Shalom Bimromav *	Melody by Debbie Friedman, Music by Lauren Arrow	92
Passing Gracefully *	Ila Cantor	93
Queen B *	Lauren Arrow	94
Ripple **	Jerry Garcia & Robert Hunter of The Grateful Dead	95
Rising Up *	Ila Cantor	96
River is Flowing **	Lindie Lila	97
Roses *	Alexa Sunshine Rose	98
Seasons of the Heart *	Annie May Willis	99
Sewee Sewee **	Mountain Men	100
Shalom Chaverim ***	Hebrew Folk Song	101

Soulful Singing Sisterhood Songbook 3rd Edition

Shalom Rav ***	Jeff Klepper & Dan Freeland	101
Shuvi Nafshi **	Shlomo Carlbach	102
Sirenita Bobinzana *	Artur Mena Salas	103
Sirenita Bobinzana (Reharm) *	Artur Mena Salas, Reharmonization by Ila Cantor	103
Siwar Q'enti *	Madhu / The Sami Brothers	104
Soaring Pegasus *	Louise Cottrell	105
Somehowww *	Lauren Arrow	107
Somewhere Over The Rainbow **	Harold Arlen & E.Y. Harburg	108
Sound Of Creation *	Mary Isis	109
Spiraling Into The Center ***	Lorna Kohler / Rainbow Chant	110
Sweet Sweet Soul *	Lauren Arrow	110
Sweet Voice *	Christina Rochelle	111
Sztoj Pa Moru **	Arranged by Laboratorium Pieśni, Belarusian Folk	112
Thank You Mamma *	Amy Biesemeyer	113
The Light Within *	Melita	114
The Ocean Refuses No River **	Lila Flood / Sufi chant	115
The River Is Flowing **	Diana HildebrandHull	115
The Sky Beyond the Sky *	Eric Levin	116
The Wind Blows *	Carina Yubero	117
The Womb Song *	Ila Cantor	118
This Is My Prayer *	Chris Morales	119
Three Little Birds **	Bob Marley	120
Tonight you Belong to Me **	Billy Rose + Lee David	121
Unfolding *	Lauren Arrow	122
Vuela Con El Viento *	Ayla Schafer	123
Vuela Vuela *	Hanna Leigh + Reharmonization by Ila Cantor	124
Warriors of the Light *	Ila Cantor	125
Wash my Soul with Light *	Ali Maya	126

Soulful Singing Sisterhood Songbook 3rd Edition

Waters of Forgiveness *	Ali Maya	127
Way To The Well **	Pagan Chant by Starhawk & Rose May Dance	128
We All Come From The Goddess ***	Go to "Goddess Chant Page"	48
We Are Opening Up ***	Pagan Chant	128
We Are Rising (Women of the World) *	Mary Isis	129
We Go On *	Io Bones	130
We Hold the Love *	Melita	131
We Shall Be Known **	MaMuse	132
Wind Whispers *	Melena Smith	133
Witchy Ways *	Lauren Arrow	134
Woman or Wolf *	Io Bones	130
Women Who Run With The Wolves *	Marya Stark	135
Write Life *	The Songs: Robbie Ryan, Ila Cantor, Lauren Arrow	136
Yavo **	Gabriel Meyer Halevy & Chandra Lacombe	136
Yemaya *	Ila Cantor	137
Yeshua *	Ila Cantor	138
You Have A Choice *	Lauren Arrow	139
You've Got A Friend **	Carole King	140

Back of the Book:

Index of songs by artist

Chord formations for guitar, baritone ukulele, 'regular' ukulele, piano

Pages on theory, rhythm, strumming, transposing, and more!

Info about BIPOC led orgs to donate to

Blank pages for taking notes and doodlin'

Cover and inside art by Kristen Myers, IG: beautyweaving.

Cover heavily inspired by Tamara Phillips with permission.

Sing with joy, gusto, and lots of mistakes!

Soulful Singing Sisterhood Songbook 3rd Edition

"How do I play a song I've never heard?"

First, it's important to share that unless you know how the melody of the song goes. Trying to play a random song out of this book is going to be tricky. Fortunately, I'm compiling a library of all of these songs that you will have access to so you can learn, play along with, and generally jam out to. Additionally, a lot of these songs have been pre-recorded and can be found on YouTube, SoundCloud, etc. I highly recommend you listening to the original artists version so you can get a taste of how they received the song!

"How do I properly share these songs?"

I'm so glad you asked! Song sharing is something I feel very passionately about. There's a difference between sitting around someone's backyard and singing with friends, then performing a song on stage or recording a video on Facebook or YouTube, or actually recording the song and monetizing it by putting it on an album etc. In a space where you're not necessarily gaining fame or monetary funds for sharing this song, at minimum share where the song comes from, who wrote it, and any other pertinent information. If you want to record yourself and put it on Facebook, again at minimum share where it comes from. If these videos have ads on them or become monetized, then it is implicit that you contact the original author of the song and ask permission and most likely offer some type of reciprocity - financial or otherwise. "En El Cielo" by Isabel Ruiz's song (she never recorded it and only shared person to person) became so popular that people were recording it without permission, putting it on albums, and gaining millions of views and listens without attribution or reciprocity. This is straight up stealing. Don't be a thief! Anyone who had ever asked her to share it always received permission, and in her lineage to ask for a song you offered some type of reciprocity- usually in the form of tobacco in a hand-embroidered pouch.

What does specific notation mean?

If rhythm is a totally new concept for you, please visit the back of the book! When you see periods (.) after some of the chords, it indicates multiple measures are being played (like 'Am..' means 2 measures of Am). Additionally, when you see ('), that indicates that only one beat is being played (like Am'' means I'm playing 2 beats, or a half-measure of Am). If you see 3/4 it means the song is being played in 3/4 time, where usually the songs in this book are being played in 4/4 time.

Soulful singing membership

This songbook comes with an online membership. Visit it to listen to the songs, watch video tutorials, or learn basic music theory! Visit www.processSING.com/soulful to sign up.

All proceeds from the sale of this book are donated

Reciprocity is important. This songbook, like all of my public groups, are being used to generate funds for amazing BIPOC-led organizations helping rematriate the land, bring equity to those who've been oppressed, and help the scales of justice even out. My favorites are Sogorea-Te, KAHEA, RAICES, and APTP. If you know of any amazing BIPOC-led organizations that are doing work like this, let me know! What a beautiful opportunity to allocate funds! Learn more about these orgs at the back of the book.

Soulful Singing Sisterhood Songbook 3rd Edition

- ADAMAH VESHAMA'YIM BY SHIMON LEV-TAHOR (SUISSA) -

[HTTPS://SOUNDCLOUD.COM/SHIMONLEVTAHOR/ADAMAVSHAMAYIM](https://soundcloud.com/shimonlevtahor/adamavshamayim)

ARRANGED BY LAUREN ARROW, ORIGINAL CHORDS AT THE BOTTOM

ADDED WITH PERMISSION

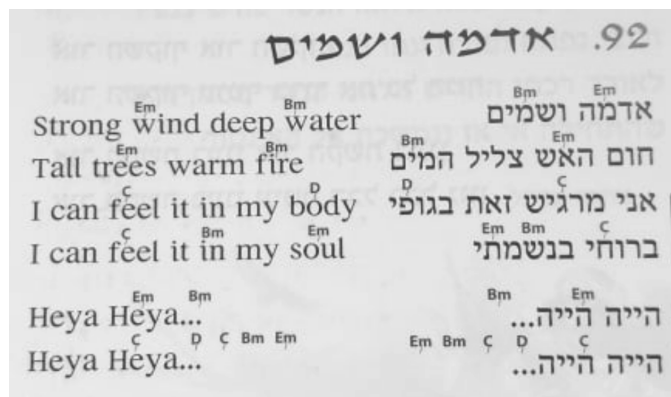
Dm	Am	Bb	C
Ada ma	Veshamayim,	Chom Ha 'esh	Tzlil ha- mayim
Gm	C	Dm' Am'	Dm
Ani margish zot begu-	fi, beru-	chi, ben-ishma	ti

Dm	Am
Heya Heya Heya Heya Heya Heya Ho	
Bb	C
Heya Heya Heya Heya Heya Heya Ho	

Gm	C
Heya Heyyyy- ya-heya hey	
Dm' Am' Dm	
Heya He—ya hey-ya hoooooooo!	

Dm	Am	Bb	C
Strong wind,	deep water,	tall tree,	warm fire
Gm	C	Dm' Am'	Dm
I can feel it in my body...	I can feel it in my	soul! (To hey)	

Original Chords from Shimon's Songbook:



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- AEIOUA BY ILA CANTOR (THE SONGS EP, 2016) -

ADDED WITH PERMISSION

FOR OPEN STRING CHORDS PUT CAPO ON 5TH FRET AND PLAY: AMIN - F - DMIN

Dm.. Bb Gm Dm..
Aeeeeo-aeooo-aeoo-aaaaa, Aeoo-aeoooo-aeooo-aeooo-aeooo-aeooo- aaaaaa (x2)
Dm Dm Bb Gm Dm..
I call upon uncertainty on each end of infinity in question of it's very own divinity, aoaoah
Dm.. Dm
To look for the angels, the guardians and celestials that
Bb Gm Dm..
shine through the eyes of the lives living through you, aoaoah
Dm.. Bb Gm Dm..
Aeee-o-aeoo-o-aeo-o-aaaaa, Aeoo-aeoooo-aeooo-aeooo-aeooo-aeooo-aaaaaa (x2)
Dm Dm
To lovers and protectors the knowers of the nectar, the
Bb Gm Dm..
Gods collecting moments from our universal spectrum, aoaoah
Dm Dm
Love each and every particle indefinite or plausible for
Bb Gm Dm..
all enthralls to cause what was and reinstalls what's possible, aoaoah
Dm.. Bb Gm Dm..
Aeee-o-aeoo-o-aeo-o-aaaaa, Aeoo-aeoooo-aeooo-aeooo-aeooo-aeooo-aaaaaa (x2)
Dm Dm
Asking pride and vanity, attachment and insanity,
Bb Gm Dm..
self proclaimed profanity professing inhumanity, aoaoah
Dm Dm
To activate the attitude preceding love and gratitude in
Bb Gm Dm..
honor of the interlude from hopelessness to fortitude, aoaoah
Dm.. Bb Gm Dm..
Aeee-o-aeoo-o-aeo-o-aaaaa, Aeoo-aeoooo-aeooo-aeooo-aeooo-aeooo-aaaaaa (x2)

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- AGUA DE ESTRELLAS BY MIGUEL MOLINA, PERU -
WWW.MIGUELMOLINA-ART.COM, ADDED WITH PERMISSION

	Dm	F	F	C	C	Dm....	
En tus	ojos de agua infi-		nita.	Se	bañan las estrellitas, mamá		X2
Dm	F	F	C			Dm....	
Agua de luz, a-	gua de estrellas.		Pacha.	mama vienes del		cíelo.	X2
Dm	Dm	F	C'	G'			
Limpía,	limpía,	limpía corazón,		agua brí-	llante		
Dm	Dm	F	C'	G'			
Sana,	sana,	sana corazón,		agua ben-	dita		
Dm	Dm	F	C'	G'			
Calma,	calma,	calma corazón,		agua del	cíelo		
Dm....							
mamá	(To the beginning)						

Translation:

In your eyes of infinite waters, the stars are bathing, mama.
Water of light, water of stars, Pachamama you come from heaven.
Cleansing, cleansing, cleansing the heart, brilliant water
Healing, healing, healing the heart, in holy water
Blessing, blessing, blessing the heart, in heaven's water, mama.

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- ALAS EN MIS PIES BY GERMAN VIRGUEZ - ADDED WITH PERMISSION

G C G Bm Em C G..
Vengo camí- nando con el viento de mi alma surge un sueño que me lleva a tu encuentro.
Alas en mis pies me están moviendo de la muerte al naci- miento de un bebé multicolor.

Em Bm Em Bm C
Sí tu amor brilla en mi corazón compromiso redentor
C C C C C D
en cada vida que has cre- a- do tu volun- tad se ha derra-

G C G Bm Em C G..
mado en los rayos de la luna en las gotas de la lluvia en la luz del nuevo sol
Brotan de la fuente infi- nita dimin- utas flore- citas que cantan una canción

Em Bm Em Bm C
La can ción que li- bera del te- mor que nos muestra la ra- zón
C C C C C D
que todo lo que hemos pa- sa- do ha sido para reencon-

G C G Bm Em C G..
trarnos con la dicha y la alegría con la luz del nuevo día con la voz del corazón
Juega como el niño que con- fia descubriendo cada día que su es- encía está en todo

Em Bm Em Bm C
Y la unión de to- do es la gran misión madre tierra y padre sol
C C C C C D
es- peran nuestra decisión de fundirnos en el amor

More lyrics: En el amor perdonando cada herida agradeciéndole a la vida renaciendo en mi intención Todo lo que has puesto en mi camino me ha enseñado a dar el giro y a cantar esta canción Vibración que sostiene la visión que nos guía a regresar a nuestro hogar luminoso donde no existe la ilusión de la forma y del tiempo del deseo y el recuerdo de la duda y el dolor Esta es mi morada y no está lejos solo tengo que sentirlo y está aquí en mi corazón.

Then 'rí/rí nai-nai' with one verse and one chorus and end with:

G C G
Vengo camí- nando con la llllllllllzzzzzzzzzz!

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- ALIVE BY NAOMI NASH, 2017 -
STUDENT IN THE SACRED SINGING SISTERHOOD
ADDED WITH PERMISSION CAPO 2 (EM, D) FINGER PICKING

I want to make us come alive (you, me) x 3
I want to bring myself alive
This is my offering (x3)

This is my offering (x3)
Bring you alive (me, we) x3

Let me, whisper to the child, in you
IN the wild- Lets reclaim the wild

Ask you to come and, play with me
for our selves and everybody

I want to make you come alive
Come alive (x2-3)

This is my offering (x2-3)

I've been speakin' to her, she said to say to you, Let me, whisper in your ear
Of the times, of those years when you were – young and free
Wild cheeky, young and free
Young and cheeky, wild and free

Wild and cheeky, running free

Running Free (x2)

Come be free, with me, Be the wild one
Come run with me, wild one
Come be alive with me

Come run with me, cheeky one
Come run with me, free one

Wild and Free
The one in you, the one in me

I want to whisper to THÉEE

Wont you let me wake you up
I want to speak to the ancient one & young one, with in
The wild one The alive one

From the inside deep with in
The wild and free one

Come be free, with me, Be the wild one
Come run with me, wild one
Come be alive with me

Come run with me, cheeky one
Come run with me, free one
This is my offering (x3)

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- ALL OUR RELATIONS BY THE SAMI BROTHERS -
FROM CH'ASKA PUNKU BY ALEXANDER KUGLER & MADHU ANZIANI
SAMIBROTHERS.BANDCAMP.COM/ALBUM/CHASKA-PUNKU
ADDED WITH PERMISSION

GUITAR NOTES: CHORDS: E, D6 (D WITH B STRING PLAYED OPEN), Asus2 (AM WITH POINT FINGER, NOT USED) IN 3/4

E

In the Sun I see my Father.

E

In the Moon I see my Mother.

E

D6

E

In the Earth I feel their heartbeat, all day long, all night long.

E

D6

Asus2

E

Chorus:

All day long, all night long, All day long, all night long,

E

D6

Asus2

E

In the Earth I feel their heartbeat, all day long, all night long.

E

In the clouds I see my Sisters, In the trees I see my Brothers.

E

D6

E

In the Earth I feel their heartbeat, all day long, all night long.

Chorus...

E

In the birds I see my Aunties, In the beasts I see my Uncles.

E

D6

E

In the Earth I feel their heartbeat, all day long, all night long.

Chorus...

E

In the rocks I see Grandfather, In the hills I see Grandmother.

E

D6

E

In the Earth I feel their heartbeat, all day long, all night long.

Chorus...

E

In the stars I see my family, Where I come from and where I'm going.

E

D6

E

In the Earth I feel their heartbeat, all day long, all night long.

Chorus...

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- ALTAR OF LOVE BY WIL NOLAN -

G G C G
All that I am I offer at the aaaaaltar of love! (x2)
Em D C G
In sweeeeeeeee—eeeet surren—-der! (x2)

- ASHES BY LAUREN ARROW -

ON "IT'S HAPPENING!" 2016, ALBUM CHORDS: EM/D/EM/A, C/G/A)

Am Am G G Am Am D D
Burn me, oh Fire Queen! Burn me til I am clean!
Am Am G G Am Am D D
Cleansing what isn't serving me, Burn me til I am freeeeee!

(And we turn to) Am Am G G D D D
ashes! Ashes! Falling to the ground. Ashes! Ashes! Ashes! (x2)

(And we all fall) Am Am G G D D D
doooooowwwwwwwwwwn And we all fall doowwwwwwwwn (x2)

D D D
Ashes! Ashes! Ashes! (Back to beginning)

Optional Bridge:

(F, C, D) And after the fires had burned (F, C, D) only my faith left unturned
(F, C, D) the beauty of burning away (F, C, D) is the Magick that grows in it's place
(F, C, D) knowing we light our own path (F, C, D) but it always turns to

Am Am G G D D D
Ashes! Ashes! Falling to the ground. Ashes! Ashes! Ashes! (x2)
F C D D F C D
(And we all fall) doooooowwwwwwwwwwn And we all fall doowwwwwwwwn

F C D D D D Dm C F
(And we all fall) doooooooooowwwwn Ashes! Ashes! Asheseeeeeeeeeeeeesss.

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- אַלמאַ אײלע (A DO E) BY ALMA -

Am	G	F	F
B'na kik nestar bet-zo	chim, aya-	la shotar ha-	mayim
Am	G	F	F
Mali ve-	la,	ella suke li-	bi
Am	G	F	F
Ella mayan ha-	ya, ella nis-	tar	(repeat section)

C	G	F	G
Aya- la, mali ve-	lah, mali vel-	ah, mali vel-	ah
Aya la, mali ve-	lah, ella ha ma-	ti, ella ha ma-	ti

Am	G	F	F
In a hidden creek by a cliff, a	doe drinks	water	
What connects me and her,	Other than the cliffs of my heart		
Other than the springs of my life, Other than that, what is	hidden?		

C	G
A Doe, what connects me and	her, what connects me and
F	G
Her, what connects me and	her?
C	G
A Doe, what connects me and	her, other than my
F	G
Love, other than my	love?

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- BEAUTY BY EDWARD MILLS -
ADDED WITH PERMISSION

Verse:

G C G C

There is so much beauty in the world. (x2)

Am D G Em

Open your eyes so you can see it. Open your heart so you can be it.

C D G C G C G C D

There is so much beauty in the world.

Chorus: C D G Em
There is beauty all around you just take a look and see.

 C D G G7
And the beauty that's inside of you is what you're meant to be.

 C D G Em
There's beauty in the earth below and in the sky above.

 Am Bm C D
And when you see that beauty then you'll know how much you're loved.

Verse

Bridge: Beauty walks in front of you and follows close behind.

Beauty to your left and it is there on your right.

Beauty above you and beauty down below.

Beauty within you wherever you may go.

You walk in beauty. X2. Breathe in beauty. X2

We live in beauty. We live in beauty.

End with verse

Soulful Singing Sisterhood Songbook 3rd Edition

- BETWEEN THE BEAT BY ILA CANTOR -
CON PERMISO

I sing between the beat - Between the beaaaatttttt
Through the fabric of time - The spaces in the web of life
Between the beaaaaaattttttt

- BIRD WOLF HUMAN BY ALEXANDRA DANIELI -
STUDENT IN THE SOULFUL SINGING SISTERHOOD, ADDED WITH PERMISSION

Am Am
I'm a bird I'm a wolf I'm a human
G Am
I am every- thing! (x2) (melody change)
Am Am
I'm a bird I'm a wolf I'm a human
G Am
I am every- thing! (x2)

- BLESSED WE ARE BY PEIA, ADDED WITH PERMISSION -
ON HER ALBUM "THE FOUR GREAT WINDS" - STARTS 3/4, AT 'REMEMBER' SWITCHES TO 4/4)

Am Em
Blessed we are to dance on this ground
G D
with the rhythm of saints to carry the sound.
Am Em
We hold a prayer for the Earth, for the ones yet to come -
G D
May you walk in beauty and remember your song.
Am Em G D
Remember why you came here. Remember your life is sacred. (x2)
Am Em
Aí yai yai yai yai yai yo, Aí yai yai yai yai yai yo
G D
Aí yai yai yai yai yai yeee (x2)

Soulful Singing Sisterhood Songbook 3rd Edition

- BODY OF THE EARTH BY ILA CANTOR, 2020 -
ADDED WITH PERMISSION

Am	E7	F	C	C
Open the	door, don't look	back any-	more.	
Gm	F	E	E7	
The stars are a-	ligned, my	friend.		
Am	E7	F	C	C
Listen to	her, that is	how you will	learn.	
Gm	F	E	E7	
No one can pre-	dict your	end		

F	G	Am	E7
We are one with the	body of the	Ea --	rth
F	G	Am	E7
Pulsing up through the	roots feeding	life to	you
F	G	Am	E7
We are one with the	body of the	Ea --	rth
F	E7	Am	Am
Body	of the	Earth	

- BODY OF THE GODDESS -
RAINBOW SONG BY MICHAEL STILLWATER, ADDED WITH PERMISSION

My body is a living temple of love! My body is a living temple of love!
My body is the body of the Goddess,
My body is the body of the One God (One God)
Oh, I am that I am. (That I am That I am) Oh, I love that I am.

Note: We added 'one God', but the original is just Goddess. We also sometimes sing 'what' instead of 'that' (Oh, I am what I am, Oh I love what I am).

Soulful Singing Sisterhood Songbook 3rd Edition

- BRING WATER BY IO BONES -

STUDENT IN ACTIVATED SONGSTRESS, ADDED WITH PERMISSION
ACAPPELLA SONG - GOOD WITH SNAPPING, BODY PERCUSSION, OR SHAKERS

The underlined words are sung by whomever is 'leading' the song and you can stack the harmonies into 3 parts.

1	2	3	4
<u>Bring</u> water, bring	water	Bring water, bring	water
<u>Bring</u> water, bring	water	Bring wa—————	ter

1	2	3	4
<u>Bring</u> water, bring	water	Bring water, bring	water
<u>Bring</u> water, bring	water	Bring wa—————	ter

1	2	3	4
<u>Bring</u> water, bring	water	Bring water, bring	water
<u>Bring</u> water, bring	water	Bring wa—————	ter

(All together:)

1	2	3	4
A:	Down	to the	desert
	meeeeee—————		-e (Bring...)

Sing all the way through, then:

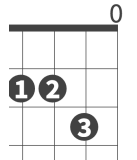
1	2	3	4
B:	And	Let	my
	peopl—————		-e
	Drrri -	iiiiii —————	-k

Soulful Singing Sisterhood Songbook 3rd Edition

- BROTHER WARRIOR BY KATE WOLF -

Em.. D.. Em..
Gentle warrior With your heart like gold and a rainbow in your eyes
D.. B7.. C..
Brave companion Do you see a world shining in the sky?
Am.. Em.. D.. Em..
With your body dancing like an arrow Spreading joy beneath your feet
D.. Em.. D.. Em..
And your hands they wave like tall grass In the wind as you speak
C.. G.. Am.. Em..
With the shyness of a small child And the wisdom of a saint
C.. D.. Asus - A....
I tell ya now There is no reason to be afraid

Baritone
Asus



Em.. D.. Em..
Brother warrior There are none of us who walk this path alone
D.. B7.. C..
Spirit healer is the only life that we have ever known
Am.. Em.. D.. Em..
I see your smile in the sunlight I hear your song in the rain
D.. Em.. D.. Em..
And I hold you here inside me Feel your love and know your pain
C.. G.. Am.. Em..
At this time when the earth is waking To the dawn of another age
C.. D.. Asus - A..
I tell ya now There is no reason to be afraid

C.. G.. Am.. Em..
We are crying for a vision That all living things can share
C.. D.. Asus - A....
And those who care Are with us everywhere

(Em to end)

Soulful Singing Sisterhood Songbook 3rd Edition

- CALLING UPON THE ANGELS BY ALI MAYA -
ADDED WITH PERMISSION , CAPO 3 IN 3/4

Aadd9 on a Baritone is just an A without playing the 'B' string

Played open:

D Aadd9 C D Em..
Calling upon the angels, to guide and protect x2

 C D Em.. C D Em..
To guide and protect us, to guide and protect. x2 Em..

	C....	G..	Aadd9....		C....	G..	Aadd9....
I'm	calling	upon my	grandmothers	I'm	calling upon my	grandfathers	
I'm	calling	upon my plant	allies	I'm	calling upon the	angels	

	C		G		Em..		C		G		Am..
* <u>To</u>	give us the		strength to		walk		this ancient		path of		Truth
	Give us the		strength to		walk		this timeless		path of		True Love

	C....	G..	Aadd9....		C....	G..	Aadd9....
I'm	calling	upon the	Buddhas	I'm	calling upon the	sages	
I'm	calling	upon the	awakened ones	I'm	calling upon the	angels	

*To give us the strength...

	C....	G..	Aadd9....		C....	G..	Aadd9....
I'm	calling	upon the	water	I'm	calling upon the	fire	
I'm	calling	upon	breezes	I'm	calling upon the	earth	

*To give us the strength...

D Aadd9 C D Em..
Calling upon the angels, to guide and protect x2

 C D Em.. C D Em..
To guide and protect us, to guide and protect. x2 Em..

Soulful Singing Sisterhood Songbook 3rd Edition

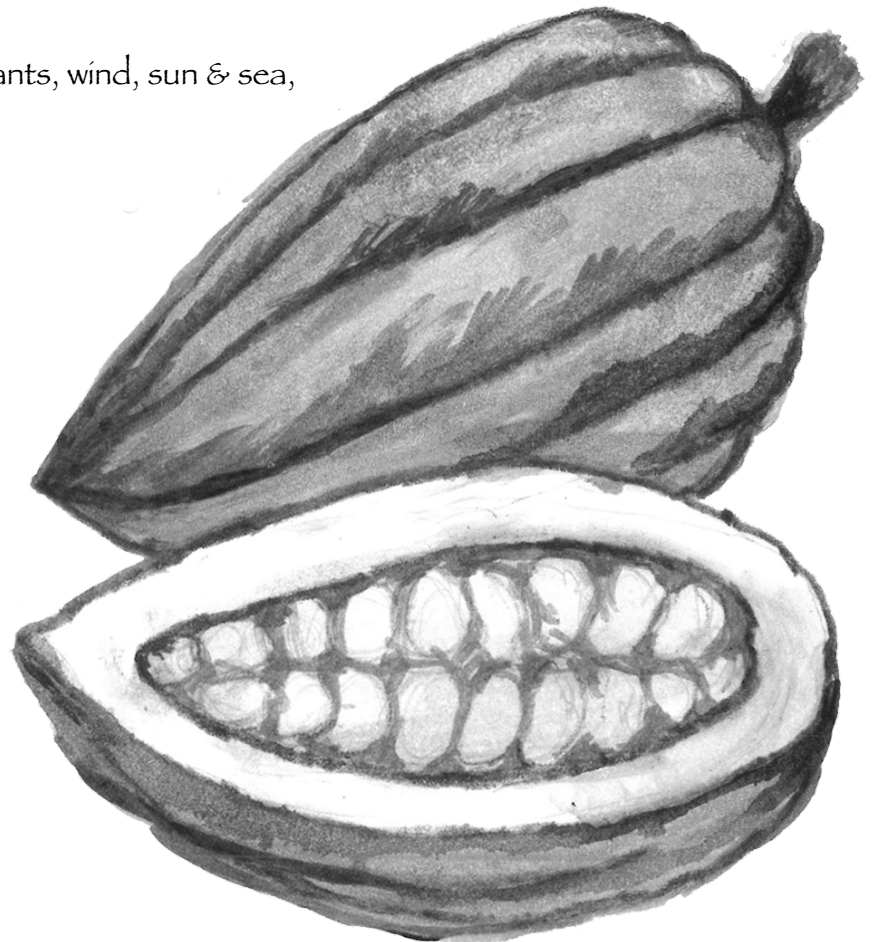
- CANTO CACAO! BY ILA CANTOR -

TO BE SUNG FREELY AND JOYOUSLY ANYTIME CACAO IS AROUND! ADDED WITH PERMISSION

Canto fuerte, canto feliz, canto con amor
Por mí alma, por mí cuerpo, canto por mí corazón
Medicina, naí naí naí
Limpia, limpia naí naí naí
La familia de la Tierra, cielo, fuego, río, plantas, viento, sol y mar
Canto para tí, Cacao!
Canto para tí!

Translation:

I sing strong, I sing happy, I sing with love
For my soul, for my body, for my heart
Medicine, naí naí naí
Wash, wash naí naí naí
Family of the earth, sky, fire, river, plants, wind, sun & sea,
I sing for you, Cacao!
I sing for you!



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- CHICO GOSPEL BY MAMUSE -

SUNG ACAPELLA ON THEIR ALBUM "ALL THE WAY"

WRITTEN BY KARISHA LONGAKER & SARAH NUTTING, ARRANGED BY LAUREN

Verse:

C G C
There was a time I believed life was over for me
C G
There was time I believed My life was over
F C Em Am
I feel strong today Thanks to your help I'll find my way and
C G C
I too will lend you a hand When you need one

Chorus:

F C
Sometimes I get so down I feel like This the end,
F G
Like there's no way in hell I can get over this mountain.
F C Em Am
The sun has come out Beyond the shadow of my doubt
C G C
I am walking on this earth Stronger than ever.

Other verses:

There'd be no love/ there'd be no lovin' / I feel love today
No money / I feel rich today
No peace / I feel peace

*Always go back to the chorus after the verse

To End:

C G C
I am walking on this earth Stronger than ever. (x4)

Soulful Singing Sisterhood Songbook 3rd Edition

- CIRCLE BY MELITA ON HER ALBUM "ONE STORY" -
WWW.MELITAMUSIC.COM, ADDED WITH PERMISSION, CAPO 2

Intro Am 8 Measure

Am G F

Am	G
Circle round the sun,	Circle round the earth
G	Am
Circle round the moon, Circle	round from death to birth

Am	G
We cycle into winter,	We cycle into spring
G	F Am
The tides rise and fall,	And it all begins again
Am	G
Begins again, begins	again
G F G	Am
Rise and fall it all begins	again

The roots that reach below us, The branches reach to sky
The egg cracks open, And the bird begins to fly
The predator it catches , The prey it tries to run
All is integrated and dissolves back into one
Into one...

The mystery of night, the openness of day
All that is revealed and all that hides away
We're reaching ever forward
While looking far behind
We circle back around and it's the center that we find
That we find...

Soulful Singing Sisterhood Songbook 3rd Edition

- COME AGAIN, ADAPTED BY SUDHANANDA -
POEM BY RUMI, TRANSLATION BY COLEMAN BARKS
ADDED WITH PERMISSION, IN 3/4

Am Am F F G G Am E
"Come, come who ever you are wanderer, worshipper, lover of leaving
Am Am F F G G Am E
come, come who ever you are this isn't a caravan of despair... (x2)
Dm Dm G G C C D7
It doesn't matter if you've broken your vows a thousand times be fore
F G (Am
and yet again, come again come and yet again (come. **starts new verse**

Soulful Singing Sisterhood Songbook 3rd Edition

- CONCORDANCIA BY JUAN LUIS PEREIRA -
AKA CUANDO LA LUNA, PERFORMED BY PERUVIAN ROCK GROUP EL POLEN

Am F.
Cuando la luna redonda esta
F Am..
Y se ilumina la oscuridad (x2)
C E
Vienen de lejos a este lugar
E7 Am
Magos duendes a concordar (x2) (Hold out Am for 1 measure on 2nd pass)

C G Am
Que me crezcan alas
C G Am
Que me hablen los magos
C G Am E7 Am
Quiero estar presente en todo momento (x2) (Also repeated to end)

Am F.
Cuando la luna redonda esta
F Am..
Cuando mil luces mil colores caen (x2)
C E
Vienen cantando a este lugar
E7 Am
Magos duendes a realizar (x2) (Hold out Am for 1 measure on 2nd pass)

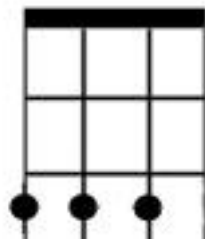
Translation: When the moon is round / And it illuminates the darkness
They come from far away to this place / Wizards, elves to agree
I grow wings / I speak magic / I want to be present at all times
When the moon is round / When thousands of colored lights fall
They come sing to this place / Wizards, elves to make
I grow wings / I speak magic / I want to be present at all times

Soulful Singing Sisterhood Songbook 3rd Edition

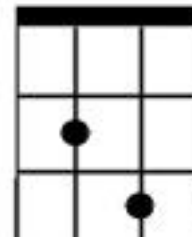
- COYOTE BY ROBERT JAMES RYAN III-

PERFORMED BY 'THE SONGS', ARRANGED FOR BARITONE UKE BY LAUREN ARROW
ADDED WITH PERMISSION

Bbmaj#11



Dmin9 bari



Bbmaj#11....

One day Coyote flew away...

Bbmaj#11....

Coyote say I wanna fly! Coyotes kin

Bbmaj#11....

Coyote, only winged creatures can fly, Coyote,

Dmin9....

One day Coyote flew away... (x4)

Dmin9....

say don't be crazy don't be crazy!

Dmin9....

only winged creatures can fly

Bbmaj#11....

(Instrumental)

Dmin9....

Bbmaj#11....

Coyote began to spend most of his time with winged creatures

Bbmaj#11....

Coyotes kin say 'coyote is a fool!

Bbmaj#11....

Only winged creatures can fly

Bbmaj#11....

Only winged creatures can fly

Bbmaj#11....

Coyotes kin say 'coyote is a fool! Coyotes kin

Bbmaj#11....

One day, coyote flew away One

Dmin9....

Dmin9....

only winged creatures can fly'.

Dmin9....

Only winged creatures can fly

Dmin9....

Only winged creatures can fly

Dmin9....

say 'coyote is a fool!

Dmin9....

day, coyote flew away...

Bbmaj#11....

One day Coyote flew away...

Dmin9....

One day Coyote flew away... (x4)

Soulful Singing Sisterhood Songbook 3rd Edition

- CUATRO VIENTOS BY DANIT -
DANIT.BANDCAMP.COM/RELEASES , ADDED WITH PERMISSION

CAPO 4 ORIG IN CM / PATTERN: AM-AM-EM-G

Am Am Em G Am Am Em G
Viento, que viene de la montaña, Viento, traínos la claridad (x2)
Am Am Em G Am Am Em G
Viento, que viene del mar Viento, traínos la libertad (x2)

Am Am Em G
Vuela vuela vuela vuela vuela vuela volar con nosotros (x2)

Am Am Em G Am Am Em G
Viento, que viene del desierto Viento, traínos el silencio (x2)

Am Am Em G
Vuela vuela vuela vuela vuela vuela volar con nosotros (x2)

Am Am Em G Am Am Em G
Viento, que viene dela selva Viento, traínos la memoria (x2)

Am Am Em G
Vuela vuela vuela vuela vuela vuela volar con nosotros (x4)

Am Am Em G Am Am Em G
Viento, que viene dela selva Viento, traínos la memoria (x2)

Am Am Em G
Vuela vuela vuela vuela vuela vuela volar con nosotros (x4)

Soulful Singing Sisterhood Songbook 3rd Edition

- CURA SANA BY ANDRÉS CÓRDOBA -

COFÁN LANGUAGE (A'INGAE), INDIGENOUS LANGUAGE OF ECUADOR / COLOMBIA
ADDED WITH PERMISSION (Bb/F= 3333 // Bb= 3330 on baritone uke or guitar)

Dm Bb/F F A Bb-A
OH CORE ME HAI OHORE ASPARUNJAY PUREMAI GENTE PINTA SELVA TIERRA URUMANJAY
Dm Bb/F F A Bb-A
Y QUISE MANJAY O AMOR AZUL CIELO CELESTE AZULEJERO QUE VIENE Y PINTA

Dm Bb/F F A Bb-A
Chorus: CURA CURA, SANA SANA TAITA CELOC BE LICENCIAL
CURA CURA, SANA SANA TAITA CELOC ASLEPAI

Dm Bb/F F A Bb-A
Y QUISE MANJAY URUMANJAY Y GENTE CORDILLERA MONTAÑA QUE VIENE Y LLEGA
Dm Bb/F F A Bb-A
YAGE YAGE PINTO PINTA AZULEJERO CHUMA RASCA BORRACHERA QUE VIENE Y PINTA

Dm Bb/F F A Bb-A
Chorus: CURA CURA, SANA SANA TAITA CELOC BE LICENCIAL
CURA CURA, SANA SANA TAITA CELOC ASLEPAI

Dm Bb/F F A Bb-A
OH CORE ME HAI OHORE TRA TRA Y OTRO MANJERO PINTA SELVA TIERRA URUMANJAY
Dm Bb/F F A Bb-A
Y QUISE MANJAY O AMOR AZUL CIELO CELESTE AZULEJERO QUE VIENE Y PINTA

Dm Bb/F F A Bb-A
Chorus: CURA CURA, SANA SANA TAITA CELOC BE LICENCIAL
CURA CURA, SANA SANA TAITA CELOC ASLEPAI

Dm Bb/F F A
CORE ME HAI OHORE ASPARUNJAY PURAI LA GENTE PINTAMOS CIELO, TIERRA, VIDA
Dm Bb/F F A Bb-A
ASTROCENTRO MUNDO, COSMOS Y EL INTERPLANETARIO QUE LLEGA CURA Y SANA

Dm Bb/F F A Bb-A
Chorus: CURA CURA, SANA SANA TAITA CELOC BE LICENCIAL
CURA CURA, SANA SANA TAITA CELOC ASLEPAI

Soulful Singing Sisterhood Songbook 3rd Edition

- DIVINE YOU BY RIVKA WENDY FAITH -
SOULFUL SINGING SISTER - REST IN PRAYER, SEPT 2018

C G Em G
Walking in the forest / Feeling you with me
C G Em G
Guiding me so sweetly / Trusting completely
C G Em G
Stepping in the river / Of her grace and flow
C G Em G
looking down reflection / Hover face I know

Chorus:

D C Em
In my heart, there I know
D C Em
Love is found, This I'll show
D C Em
Songs to share, coming through
Em D
Divine you
Em C Em
Divine yoooooooo

C G Em G
Music box of memories / Time of long ago
C G Em G
Innocence of childhood / No need to let it go
C G Em G
Always there within me - Playful spirit oh so free
C G Em G
Laughter joy and endless creativity

Chorus to end

Soulful Singing Sisterhood Songbook 3rd Edition

- DON'T BE AFRAID (YOU'RE ALREADY DEAD) -
BY AKRON/FAMILY IN 3/4

G Em
Don't be afraid
D C C
It's only love (x4) (Extra measure of C)
G.. Em..
Love is simpleeeeeeee
D.. C.. C
Ooooooooooooo. (4x) (Extra measure of C)

G Em
Don't be afraid
D C C
You're already dead (x4) (Extra measure of C)
G.. Em..
Love is simpleeeeeeee
D.. C.. C
Ooooooooooooo. (4x) (Extra measure of C)

Soulful Singing Sisterhood Songbook 3rd Edition

- DONNA DONNA, ARTHUR KEVESS & TEDDI SCHWARTZ -
MADE POPULAR BY JOAN BAEZ

Am E7 Am E7 Am Dm C E7
On a wagon bound for market there's a calf with a mournful eye

Am E7 Am E7 Am Dm C Am
High above him there's a swallow winging swiftly through the sky

G C G C
How the winds are laughing, they laugh with all their might

G C E7 Am
Laugh & laugh the whole day through & half the summers night

E7 Am G C
Donna Donna Donna Donna, Donna Donna Donna Don
E7 Am E7 Am
Donna Donna Donna Donna, Donna Donna Donna Don

Am E7 Am E7 Am Dm C E7
"Stop complaining" said the farmer, "Who told you what had to be?"

Am E7 Am E7 Am Dm C Am
Why don't you have wings to fly with, like the swallow, so proud & free?"

Am E7 Am E7 Am Dm C E7
Calves are easily bound and slaughtered never knowing the reason why

Am E7 Am E7 Am Dm C Am
But whoever treasures freedom like the swallow has learned to fly

Soulful Singing Sisterhood Songbook 3rd Edition

- DOWN TO THE GROUND BY ARIELLE BROWN -
ACAPPELLA WITH PERCUSSION, ADDED WITH PERMISSION

Gather round now brothers and sisters,
There's a weight that we've been carrying.
Our souls are heavy with the weight of the world,
And I see hopelessness is creeping in.
Well I'm here to tell you that there's hope for us yet,
There's an ember hidden deep in the coals.
So we'll stoke this ember till our hearts set on fire,
And we'll alchemize this pain into gold.

I'm gonna lay it on down, I'm gonna lay it on down,
I'm gonna lay it on down, down, down to the ground. (x2)

Listen to your heart it will tell you,
That your suffering is rooted in the fear,
That you're unworthy of the love that you seek,
And you cannot trust the wisdom in your tears.
Well the earth is speaking and she's beckoning you,
To lean into the truth within your bones.
It's a sweet surrender, it's a welcome reminder, it's the drumbeat calling you to come
home, home, HOME.

I'm gonna lay it on down, I'm gonna lay it on down,
I'm gonna lay it on down, down, down to the ground. (x2)

So gather round now brothers and sisters.
This invitation's here for you to see,
That isolation is the plague of our times,
And the medicine is in community.
So share your wisdom, your most vulnerable truths,
And you will shine your light for all to see.
As above so below, as within so without.
This world's great healing starts with you and me, me, ME.

I'm gonna lay it on down, I'm gonna lay it on down,
I'm gonna lay it on down, down, down to the ground. (x2) (TO END)

Soulful Singing Sisterhood Songbook 3rd Edition

- DOWN TO THE RIVER TO PRAY / THE GOOD OL' WAY -
Traditional Negro Spiritual*

NOTE: THE TIMING IN THIS SONG IS CHALLENGING! LISTEN TO FIGURE IT OUT 🤔

C F C
As I went down in the river to pray Studying about that good old way
G F C
And who shall wear the starry crown Good Lord, show me the way!
G C F C
O sisters, let's go down, Let's go down, come on down
G C F C
O sisters, let's go down, Down to the river to pray

(Exchange sisters with brothers, mothers, fathers, children, elders, family, singers, and whatever else you want to sing about).

Note – this is the one song in this book that was not previously recorded or comes directly from my own lineage. However, this song is incredibly popular and I think it's really important that people know the story and lineage behind this song which is why I have included it.

*"Down in the River to Pray" (also known as "Down to the River to Pray," "Down in the Valley to Pray," "The Good Old Way," and "Come, Let Us All Go Down") is a traditional American song variously described as a Christian folk hymn, an African-American spiritual, an Appalachian song, and a southern gospel song. The exact origin of the song is unknown. Research suggests that it was composed by an African-American slave.

Soulful Singing Sisterhood Songbook 3rd Edition

- DUALITY DISSOLVES BY LOUISE COTTRELL -

STUDENT IN THE SOULFUL SINGING SISTERHOOD, ADDED WITH PERMISSION
AND A BIG WOOT WOOT TO LOUISE FOR HELPING ME FINISH THIS 3RD EDITION!

Am Em Dm G
Du ality dis solves, and you're there but you're not because there is no other.
Am Em Dm G
Du ality dis solves, and you're there but you're not because there is no other.

Am Em
Into your heart it pier ces a thousand times over.

Dm G
Into your heart it pierces a thousand times.

Am Em Dm G
You give and you get, you release and you let the flow take you over and over again.

Am Em Dm
Let the flow take you over, let it into your heart. Let it into your soul.

G Am Em
'Til there ain't no more to discover.

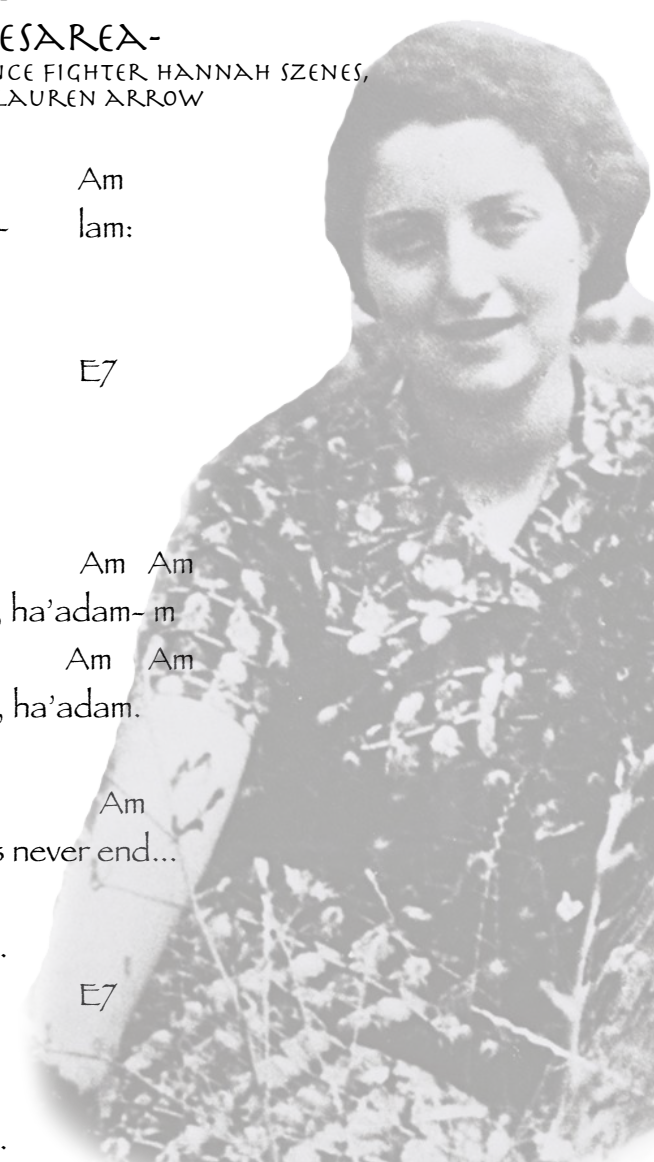
Dm G
Then you get to that place where there's no more to discover. Because...

Am
(Du ality dissolves.... (you can repeat the whole song 1-2x more, or as many times as
you like)

Soulful Singing Sisterhood Songbook 3rd Edition

- ELI ELI / A WALK TO CAESAREA -

WRITTEN IN 1942 BY HUNGARIAN JEWISH WWII RESISTANCE FIGHTER HANNAH SZENES,
MUSIC BY DAVID ZEHAVI, ADAPTATION BY LAUREN ARROW



Am Am Am' E' Am
 E- li, E- li She- lo yiga- mer le'o- lam:
 Am E F G
 Ha- chol vecha- yam Rish Rush shel ha mayim
 Am F Am E E7
 Be- rak hasha- mayim Tefi- lat ha- dam.
 E7 Am E F
 Ha- chol vecha- yam, rish rush shel ha- mayim
 Dm Am E F G Am Am
 Be- rak hasha- mayim Tefi- lat ha'adam, ha'adam, ha'adam- m
 F G Am Am F G Am Am
 Ha'adam, ha'adam, ha'adam. Ha'adam, ha'adam, ha'adam.

Am Am Am' E' Am
 Oh Lord my God I Pray that these things never end...
 Am E F G
 The Sand & the Sea, the Rush of the Waters...
 Am F Am E E7
 The Crash of the Heavens, the Prayer of the Heart
 E7 Am E F
 The Sand & the Sea, the Rush of the Waters...
 Dm Am E F G Am Am
 The Crash of the Heavens, the Prayer of the heart, of the heart, of the heart
 F G Am Am F G Am Am
 Of the heart, the heart, of the heart. Of the heart, the heart, the heart.

Hannah Szenes was born July 17, 1921 in Budapest, Hungary. The daughter of an author and a journalist, she demonstrated her own literary talent from an early age, and she kept a diary from age 13 until shortly before her death on November 7, 1944. Although her family was assimilated, anti-Semitic sentiment in Budapest led her to involvement in Zionist activities, and she left Hungary for Eretz Yisrael in 1939. She studied first at an agricultural school, and then settled at Kibbutz Sdot Yam. While there she wrote poetry, as well as a play about kibbutz life. In 1943, Szenes volunteered to become one of 33 people chosen to parachute into Europe to help establish contact with partisan resistance fighters in an attempt to aid beleaguered Jewish communities. On June 7, 1944, at the height of the deportation of Hungarian Jews, Szenes crossed the border into Hungary. She was caught almost immediately by the Hungarian police, and tortured cruelly and repeatedly over the next several months. Despite these conditions, Szenes refused to divulge any information about her mission. Throughout her ordeal she remained steadfast in her courage, and when she was executed by a firing squad on November 7, she refused the blindfold, staring squarely at her executors and her fate. Szenes was only 23 years old. israelforever.com

Soulful Singing Sisterhood Songbook 3rd Edition

- EMBER BY TARA DIVINA FROM "TRUE BEAUTY" -

TARADIVINA.BANDCAMP.COM/TRACK/EMBER, ADDED WITH PERMISSION

Am C G D Am C G D
There's an ember glowing inside my heart, there's an ember growing inside my heart.
Am C G D Am C G D
A tiny spark that's lighting up the dark, there's an ember deep inside my heart
Am C G D Am C G D
Won't you fan the flames and hold me while I burn, Won't you fan the flames and burn it all away
Am C G D Am C G D
Take (tear) me apart and open up my heart Won't you fan the flames and hold me while I burn

- EN EL CIELO, EN LA TIERRA BY ISABEL RUIZ - TRANSCRIBED BY LAUREN ARROW, ADDED WITH PERMISSION

Am Em G Am
En el cielo y en la tierra con el sol y las estrellas
Am Em G Am
En el cielo y en la tierra la luna y las estrellas

Am Em G Am
siento el fuego dentro dentro siento el fuego aquí te encuentro x2

Am Em G Am
Pachamama en este fuego pachamama aquí te encuentro x2

Am Em G Am
vuela vuela aguilita vuela vuela condorcito
Am Em G Am
vuelen libres por nosotros miran cuiden todo todo * to 'siento el fuego'

Translation: In heaven and on earth, With the sun and stars / in heaven and on earth,
With the dear moon and stars / I feel the fire, here I find you. Pachamama is in this fire!
Here you find Pachamama. / Fly, fly Eagle! Fly, fly Condor!
Fly together for us. Care for us, cleanse us all!

Soulful Singing Sisterhood Songbook 3rd Edition

- EVENING RISE WITH PERMISSION BY CHRISTIAN BOLLMANN -
[HTTPS://WWW.LICHTHAUS-MUSIK.DE](https://www.lichthaus-musik.de) - INSPIRED BY AUSTRALIANS, ADDED WITH PERMISSION

Evening rise, spirit comes, sun goes down when the day is done
Mother Earth awakens me with the heartbeat of the sea.

First system of the musical score for 'Evening Rise'. It features four staves: Soprano (S), Alto (A), Tenor (T), and Bass (B). The key signature is one flat (Bb) and the time signature is 4/4. The Soprano and Alto parts have a melody with lyrics: 'Eve - ning rise, spi - rit come, sun goes down when the day is done,'. The Tenor part has a simple harmonic line with lyrics: 'ooh ooh ooh ooh'. The Bass part has a melody with lyrics: 'Eve-ning rise, spi - rit come, sun goes down when the day is done,'.

S. Eve - ning rise, spi - rit come, sun goes down when the day is done,
A. Eve-ning rise, spi - rit come, sun goes down when the day is done,
T. ooh ooh ooh ooh
B. Eve-ning rise, spi - rit come, sun goes down when the day is done,

Second system of the musical score for 'Evening Rise'. It continues the four-part setting. The Soprano and Alto parts have a melody with lyrics: 'mo - ther earth a - wa - ke - ns me with the heart - beat of the sea.' The Tenor part has a simple harmonic line with lyrics: 'ooh ooh ooh ooh'. The Bass part has a melody with lyrics: 'mo - ther earth a - wak - ens me with the heart - beat of the sea.'.

S. mo - ther earth a - wa - ke - ns me with the heart - beat of the sea.
A. mo - ther earth a - wak - ens me with the heart - beat of the sea.
T. ooh ooh ooh ooh
B. mo - ther earth a - wak - ens me with the heart - beat of the sea.

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- EVERLASTING ONE BY MELITA FROM 'LIGHT WITHIN' -
MELITAMUSIC.BANDCAMP.COM/TRACK/EVERLASTING-ONE , ADDED WITH PERMISSION

Am Am G G F F
Everlasting one, you who purifies, Cre- ator of the Worlds
C G
Open up our Eyes, For

Am Am G G
in your light we see, And in your love we rise
F G Am Am
Guide us as we walk through our lives.

Am Am G G F F G G
Cham cha- desh b'tu vo b'kol yom, Tamid ma'a seh v'rei- shee-- t ka'a-
Am Am G G F G Am Am
amor l'o seh o- rim gado- lim Ki l'o lam chas- do

Back to "Everlasting One" with echos

C G Am D7
Show us the way - show us the way - show us the way-aaaaaaaaaaaa
F G Am Am
Guide us as we walk through our lives (x2)

Soulful Singing Sisterhood Songbook 3rd Edition

- FLOW BY CHRIS MORALES -

EARTH LULLABY IN 3/4 (D-UDUD) CHRISCMORALES.COM, ADDED WITH PERMISSION

YOU CAN REPLACE F WITH Fmaj7 Sus2 which is actually easier to play!

C C F C
Flow, flow like the wa- - - ter
 Am Am
All the way down to the sea-a- - a

F C C Am G
Fly like the wind, ig- nite like the fi- - - re, and
F F Am G
Grow, grow wild and free- - eee
F F C F C F
Grow, grow wild and free.

C C F C
Flow, flow like the wa- - - ter... let your
 Am Am
Nature be graced by her ease- - e... where there's

F C C Am G
Boulders, she flows around. She fills up and falls down... and she'll
F F Am G
Always re- turn to the seaa- - a, to the
F F C F C F
Source, where she feels most free.

Soulful Singing Sisterhood Songbook 3rd Edition

- FOOL ON THE HILL BY THE BEATLES -
ARRANGED BY LAUREN ARROW

D6.. Em7..
Day after day, a- lone on a hill... the
man with the foolish grin is sitting perfectly still
Em7 A D6 Bm6`-E7`
Nobody wants to know him They can see that he's just a fool
Em7 A7
But he never gives an answer..... but the

Dm.. Gm..
*fool on the hill Sees the sun going down and the
Amin/D.. Gm..
eyes in his head See the world spinning
Dm.. Gm..
Roun-----d spinning roun-----d spinning
Amin/D.. Gm.. Dm.. D..
Roun-----d spinning roun-----d

D6.. Em7..
Well on the way, his head in a cloud, the
man with the foolish grin is talking perfectly loud... but
Em7 A D6 Bm6`-E7`
Nobody wants to hear him They can see that he's just a fool
Em7 A
But he never gives an answer..... but the*

D6.. Em7.. D6.. Em7..
Oooooooooo oooooooooo rounddd roundddd

Em7 A D6 Bm7
Nobody wants to know him They can see that he's just a fool
Em7 A
But he never gives an answer..... but the*

Soulful Singing Sisterhood Songbook 3rd Edition

- FOREVER LIVES THE OCEAN BY ILA CANTOR -
ADDED WITH PERMISSION

Forever lives the Ocean - Ocean - Ocean
Forever lives the Ocean - Ocean of Love!

Drift into the Ocean - Ocean - Ocean
Drift into the Ocean - Ocean of Love!

Ocean of Love! Ocean of Love.
Ocean of Love! Ocean of Love.

- FOREVER REMEMBERING BY ALI MAYA -
ALI MAYA'S GAIA SONG BOOK, ADDED WITH PERMISSION

I am forever remembering that everything is here to teach me,
here to teach me, how to love, how to love!

(Sing it til' you believe it!)

Soulful Singing Sisterhood Songbook 3rd Edition

- FULL BELLY BREATH BY LAUREN ARROW -
FROM "COVID19: THE MUSICAL!"

Intro: E x 4

I'm gonna take a full belly breath i don't need to know what is happening next
the only thing i needs here with me is my sweet soft and squishy body

hey body, what do you need just a little bit of t l and c
hey body, what should we do? i don't really care's long as i am with you

I'm gonna take a breath and drop in while the world around me spins and spins
I'm gonna play it safe and take space I'm clearing out my schedule for lazier days

hey body, what do you need just a little bit of t l and c
hey body, what should we do? i don't really care's long as i am
spending more ti-me with you

do-do-doooo's (follows verse pattern)

hey body, what do you need just a little bit of t l and c
hey body, what should we do? i don't really care's long as i am
spending more ti-me &
getting aligned with you

I'm gonna take a full belly breath i don't need to know what is happening next.

Soulful Singing Sisterhood Songbook 3rd Edition

- GAIA'S FORM BY SUNDEW AMBER MOSHER -
FOR LAUREN ON HER BIRTHDAY, 2017, ADDED WITH PERMISSION

(Played open)

Bm Am D C Em C Bm Am D C Em C
Mama Lauren we love ya so much! We think you're the best Yes, We got ourselves one big crush
Bm Am D C C Em C
On a woman strong, beautiful, and so luscious, luscious to touch

(Strumming)

D C.. G..
You hold Gaia in your form (3x)

Bm Am D C Em C
Like a midwife you've assisted the birth of so much new life cause
Bm Am D C.. Em C
with your help, a wealth, of new songs have been born

D C.. G..
You hold Gaia in your form (3x)

(open)

F G D F G G7 C
Magi-cal queen, you got the power to transform
F G D F G G7 C

Till with feathers and flowers, you yourself adorn

D C.. G..
You hold Gaia in your form (3x)

Bm Am D D C Em C
Carry us along on the sweet sound of your soul song

Bm Am D C Em C
To a place of love and grace where we all know that we belong.

Bm Am D C Em C D C
Bring us home to the planet we adore Where we got dirt beneath our feet

D C D C Em C

Sun on our backs and Plenty of yummy food to eat.

D C.. G..
Cause you hold Gaia in your form (1-10x)

Soulful Singing Sisterhood Songbook 3rd Edition

- GENTLE ARMS OF EDEN -
BY DAVE CARTER & TRACY GRAMMER, 1 USE CAPO 3

G' F' C G' F' C
On a sleepy endless ocean When the world lay in a dream
F' C' F' C' Dm F'
There was rhythm in the splash and roll But not a voice to sing
G' F' C G' F' C
So the moon fell on the breakers And the morning warmed the waves
F' C' F' C' Dm G
'Til a single cell did jump and hum For joy as though to say

CHORUS: C C F' C C
This is my home, This is my only home
F' C' Am' C' G G
This is the only sacred ground that I have ever known
C C F' G' Am'
And should I stray In the dark night alone
F' C' Am' F' G' C C
Rock me Goddess in the gentle arms of Eden

Then the day shone bright and rounder, 'Til the one turned into two
And the two into ten thousand things, And old things into new
And on some virgin beach head, One lonesome critter crawled
And he looked about and shouted out, In his most astonished drawl

Then all the sky was buzzing And the ground was carpet green
And the wary children of the woods Went dancing in between
And the people sang rejoicing When the fields were glad with grain
This song of celebration From their cities on the plain

Now there's smoke across the harbour And there's factories on the shore
And the world is ill with greed and will, And enterprise of war
But I will lay my burdens In the cradle of your grace
And the shining beaches of your love, And the sea of your embrace

Soulful Singing Sisterhood Songbook 3rd Edition

- Goddess Chant Page -

I use the song, "We All Come From The Goddess" as a foundation for many other chants and prayers that are woven within the fabric of the main chords and strum pattern. Compilation & chords by Lauren Arrow.

We All Come From the Goddess by Z. Budapest, Hoof & Horn by Ian Corrigan
Earth My Body author unknown, Mother I feel You by Dianne Martin (Windsong),
Isis Astarte by Caitlin Mullen & Deena Metzger
Mother of Darkness by Alice Di Micele

Am F G
We all come from the goddess, and to her we shall return

Am F G
like a drop of rain flowing to the ocean. (x2)

Am F G
Hoof & horn, hoof & horn, all that dies shall be reborn.

Am F G
Corn & grain, corn & grain, all that falls shall rise again

Am F G
Earth my body, water my blood, air my breath & fire my spirit

Am F G
Mother I feel you under my feet, Mother I hear your heartbeat

Am F G
Heya heya heya Ya heya heya heya ho Heya heya heya heya heya ho

Am F G
Mother I hear you in the river's song, Eternal waters flowing on and on (Heya)

Am F G
Father I see you when the eagle flies, Flight of the spirit's gonna take us higher (Heya)

Am F G
Isis, Astarte, Diana, Hecate, Demeter, Kali, Innana

Am F G
Mother of darkness mother of light, earth beneath our wings in flight,

Am F G
give us strength and give us life, guide us to our hearts

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- GRATITUDE SONG BY ILA CANTOR -
ADDED WITH PERMISSION

A D Dm A
May you honor yourself as I honor you
A D Dm A
May you nourish yourself as I seek to nourish you
F#m.. Em..
May you love yourself as deeply as I love you for
D Dm A
when I think of you I am Gratitude (x2)

Chorus:

D-Dm A
Oh, My Beloved (x3)
B7 E E7
You are always in my heart

Instrumental: A / D' / Dm..

- E Dm E Dm E Dm E E7 A..
1. Safely, you embrace me, you become meeeeeeeeeeeeeee
 2. Safely, I embrace thee, I become theeeeeeeeeeeee

A D Dm A
I honor myself as you honor me
A D Dm A
I nourish myself as you seek to nourish me
F#m.. Em..
Yes, I love myself as deeply as you love me
D Dm A
For when I merge with you I am harmony (x2)

Chorus

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- HALLELUJAH IN A -

BY MAMUSE, WRITTEN BY KARISHA LONGAKER & SARAH NUTTING
SUNG TYPICALLY ACAPELLA, CHORDS ARR. BY LAUREN ARROW

A A A A E E A A
Every time I feel this way, This, old familiar sinking
D D A A E E A A
I will lay my troubles down by the water where the river will never run dry

Chorus: D.. A.. E.. A..
Hallelujah Hallelujah Hallelujah By and by
(I'm gonna let myself be lifted) (x3), By and by
D.. A.. E.. A..
I will lay my troubles down by the water Where the river will never run dry

A A E A
It's been said and I do believe / As you as you ask so shall you receive
D D A E A
So take from me these troubles Bring me sweet release where the river will never run dry.

(Chorus)

A A E A
There is a river / In this heart of hearts With a knowingness / Of my highest good
D A E A
I am willing / I will do my part / Where the river Will never run dry

(Chorus to end)

Soulful Singing Sisterhood Songbook 3rd Edition

- HALLELUJAH IN G -

BY MAMUSE, WRITTEN BY KARISHA LONGAKER & SARAH NUTTING
SUNG TYPICALLY ACAPELLA, CHORDS ARR. BY LAUREN ARROW

G G G G D D G G
Every time I feel this way, This, old fa- miliar sin- king
C C G G D D G G
I will lay my troubles down by the wa- ter where the river will never run dry

C.. G.. D.. G..
Chorus: Hallelujah Halle lujah Hallelujah By and by
(I'm gonna let myself be lifted) (x3), By and by
C C G.. D.. G..
I will lay my troubles down by the water Where the river will never run dry

G G G G D D G G
It's been said and I do be lieve, As you as you ask so shall you receive
C C G G D D G..
So take from me these troubles Bring me sweet release where the river will never run dry.

(Chorus)

G G G G D D G G
There is a river in this heart of hearts With a knowingness Of my highest good
C C G G D D G G
I am willing I will do my part / Where the river Will never run dry

(Chorus to end)

Note: I've added this song twice because it sounds better in A but easier for beginners in G.

Soulful Singing Sisterhood Songbook 3rd Edition

- HEAL THE NATION BY WINDSONG -
ADAPTED BY ALI MAYA

Mother I offer my prayers to you for the healing of the Earth (x2)

Heal the Earth, Heal the Earth. (x2)

Father I offer my prayers to you for the healing of the Nations. (x2)

Heal the Nations, Heal the Nations. (x2)

Mother I offer my prayers to you for the healing of our Sisters(x2)

Heal our Sisters, Heal our Sisters. (x2)

Father I offer my prayers to you for the healing of our Brothers. (x2)

Heal our Brothers, Heal our Brothers. (x2)

(Continue to exchange with any other prayers that need to be voiced. Our children/ our elders/ Our creatures/ our waters/ our hearts/ our souls, etc).

Soulful Singing Sisterhood Songbook 3rd Edition

- HEALING WATERS BY ALI MAYA -
CAPO 2, ADDED WITH PERMISSION

Aadd9 is an A chord without the B string on a Baritone Uke

D....

Aadd9....

G...

D....

To- day I felt sorrow move through me,
Some-times the tears keep flowing like a

to- day I had to cry x2
river from my heart to my eyes.

So I let the healing waters flow through my
Let the healing waters flow through my

mind, my heart and my soul
mind, my heart and my soul

The struggle + the strife of these times
The struggle + the strife of these times
Where I bow down and pray

bring me to my knees
bring me to my knees
that Cre- ator hear our pleas

D....

Aadd9....

G...

D....

To let the healing waters flow through my
Let the healing waters flow through my

mind, my heart and my soul
mind, my heart and my soul

She who hears the cries of the world,
We who hears the cries of the world,

he who hears the cries of the world 2x
We who hears the cries of the world 2x

We let the healing waters flow through my
Let the healing waters flow through my

mind, my heart and my soul
mind, my heart and my soul

Holy mother of compassion,
We call upon you now,

we holy father of mercy
call upon you now

D....

Aadd9....

G...

D....

To let the healing waters flow through my
Let the healing waters flow through my

mind, my heart and my soul
mind, my heart and my soul

Soulful Singing Sisterhood Songbook 3rd Edition

- HINE MA TOV -
TRADITIONAL JEWISH SONG, PSALM 133
CAN BE SONG IN A ROUND IN 3/4

Am Dm Am
Hineh ma tov uma na' im
E Am
Shevet achim gam yachad. (x2)
Am G Am
Hineh ma tov
E Am
Shevet achim gam yachad. (x2)

הִנֵּה מָה טוֹב וְיִמָּה נְעִים שְׁבֶת אֲחִים גַּם יַחַד.

Typically a song sung on shabbat which translates to "Behold, how good and how pleasant it is for brethren to dwell together in unity!"

- HO'OPONOPONO -

HAWAIIAN PRAYER, SONG BY MARY ISIS (ON 'FROM THE INSIDE E.P.')
INSPIRED BY ALI MAYA, ARRANGED + UPDATED BY LAUREN ARROW
INITIAL SONG GIVEN PERMISSION FROM HAWAII ELDERS, ADDED WITH PERMISSION

Am F
Thank you, I love you
Am F
Please forgive me, I forgive you (x4)

Am F
Ho'oponopono
Am F
Mahalo nui loa

Translation: Ho'oponopono means to "make things right"- to bring back to balance and harmony- through the acts of Love, Forgiveness and Gratitude. When you chant this over and over with pure intention, the energetic shifts can be powerful!

Soulful Singing Sisterhood Songbook 3rd Edition

- HUMBLE YOURSELF -

PAGAN CHANT ADAPTED FROM A CHRISTIAN HYMN
LEARN HARMONY: [HTTP://THEBIRDSINGS.COM/HUMBLE/](http://THEBIRDSINGS.COM/HUMBLE/)
OPTIONAL VERSES BY LAUREN ARROW

Note: This song is malleable and can be changed however one wishes.

Humble yourself to the _____
You gotta bend down low and
Humble yourself to the _____
You gotta know what it knows (you can also replace 'know what it knows')

Chorus:

And we will lift each other up Higher and higher We will lift each other up

Optional Verses:

Humble yourself to the Spirit of the Goddess You gotta bend down low and
Humble yourself to the Spirit of the Goddess You gotta see what she shows

Humble yourself in the arms of the mother You gotta bend down low and
Humble yourself in the arms of the mother And never let go

Humble yourself to the spirit of the forest You gotta bend down low and
Humble yourself to the spirit of the forest You gotta shine in her glow

- I AM AN ACORN - ROUND IN 4 PARTS BY CAROL A. JOHNSON

I am an acorn - the packet - the seed
God is within me and God is a tree
I am unfolding the way I should be
Carved in the palm of her hand
Carved in the palm of her hand.

Soulful Singing Sisterhood Songbook 3rd Edition

- I AM LIGHT BY INDIA.ARIE -

Chorus + Intro: D D G A
I am light, I am li— — — — — ght (x2)

I am not the things my family did, I am not the voices in my head

I am not the pieces of the brokenness inside, I am light.

D D G A
I am light, I am li-----ght (x2)

I'm not the mistakes that I have made, or any of the things that caused me pain

I am not the pieces of the dream I left behind, I am light

D D G A
I am light, I am li-----ght (x2)

G' A' D	G' A' D
I am not the color of my eyes	I am not the skin on the outside

I am not my age, I am not my race, my soul inside is all light

D D G A
I am light, I am li-----ght (x2)

G' A' D G' A' D

I am divinity defined, I am the God on the inside,

I am a star, a piece of it all, I am light I am light (Chorus to end)

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- I FEEL THE EARTH MOVE, CAROLE KING-

Am
I feel the earth move under my feet

Am
I feel the sky tumbling down

D7
I feel my heart start to tremblin'

Am7 G7
Whenever you're around

C Am
Ooh baby when I see your face

D7 E7
Mellow as the month of May

C Am7
Oh darlin' I can't stand it

D7 E7
When you look at me that way (Repeat first 4 lines)

C Am
Ooh baby when I'm with you

D7 E7
And you tenderly call my name

C Am7
I know my emotions

D7 E7
Are something that I can't tame

Am: I just-a loose control, down to my very soul, I get a- hot & cold... all over all
over all over all over!

Soulful Singing Sisterhood Songbook 3rd Edition

- I FEEL THE STRENGTH IN MY VOICE, NAOMI NASH -
STUDENT IN THE SOULFUL SINGING SISTERHOOD, ADDED WITH PERMISSION

1 2 3 4 1 2 3 4
I feel the strength in the tone of my vooooiiiiiiiice. (x2)

1 2 3 4 1 2 3 4 1 2 3 4....
Heeeeeeey eeeyeehhhhh eeeyeehhhhh eeeyeehhhhh yeah.

1 2 3 4 1 2 3 4
I follow my heart in - to the un - knooooown. (x2)

1 2 3 4 1 2 3 4 1 2 3 4....
Heeeeeeey eeeyeehhhhh eeeyeehhhhh eeeyeehhhhh yeah.

1 2 3 4 1 2 3 4
I follow my dreams in - to the un - knooooown. (x2)

1 2 3 4 1 2 3 4 1 2 3 4....
Heeeeeeey eeeyeehhhhh eeeyeehhhhh eeeyeehhhhh yeah.

(Repeat all)

Ending:

1 2 3 4 1 2 3 4 1 2 3 4
Heeeeeeey eeeyeehhhhh eeeyeehhhhh eeeyeehhhhh yeah. Repeat 3x

Note: You can make up your own verses! "I feel the love in the core of my bones", etc.

Soulful Singing Sisterhood Songbook 3rd Edition

- I KNOW YOU RIDER -
TRADITIONAL BLUES SONG, AS SUNG BY THE GRATEFUL DEAD

	A	A	G'	D'	A..
I	know	you rider gonna	miss me	when I'm	gone
I	know	you rider gonna	miss me	when I'm	gone
	C	G	C	G	A....
Gonna miss your		baby from	rolling	in your	arms

	A	A	G'	D'	A..
Lay	down last night, Lord, I		could not	take my	rest
Lay	down last night, Lord, I		could not	take my	rest
	C	G	C	G	A....
My	mind was	wandering like the wild geese in the			west

To: I know you rider...

	A	A	G'	D'	A..
The	sun will shine in		my back	door some-	day
The	sun will shine in		my back	door some-	day
	C	G	C	G	A....
March winds will		blow	all my	trou-bles	a-way

To: I know you rider...

	A	A	G'	D'	A..
I	wish I was a headlight,		on a	North-bound train	
I	wish I was a headlight,		on a	North-bound train	
	C	G	C	G	A....
I'd	shine my	light though the cool Colo-ra-do			rain

To: I know you rider...

Soulful Singing Sisterhood Songbook 3rd Edition



- I'LL FLY AWAY -

CHRISTIAN HYMN BY ALBERT E. BRUMLEY
ARRANGED BY LAUREN ARROW

C C F C
Some bright morning when this life is over I'll fly away
C Am C' G' C
To that home on God's celestial shore I'll fly away

Chorus:

C C F C
I'll fly away, oh glory I'll fly away in the morning
C Am C' G' C
When I die, Hallelujah by and by I'll fly away



C C F C
When the shadows of this life have gone I'll fly away
C Am C' G' C
Like a bird from these prison walls I'll fly away (ch)

C C F C
Oh, how glad and happy when we meet I'll fly away
C Am C G C
No more cold iron shackles on my feet I'll fly away (ch)

C C F C
Just a few more weary days and then I'll fly away
C Am C G C
To a land where joys will never end I'll fly away (ch)

Soulful Singing Sisterhood Songbook 3rd Edition

- IF YOU WANT TO SING OUT, SING OUT -

A FOLK ROCK SONG BY CAT STEVENS IN HAROLD & MAUDE, 1971

G D C.. G D Em..
Well if you want to sing out, sing out. And if you want to be free, be free.

Am Em D G D
Cause there's a million things to be. You know that there are.

G D C G D Em
And if you want to live high, live high. And if you want to live low, live low.

Am Em D G D
Cause there's a million ways to go. You know that there are.

Chorus (you can play a d instead of bm on the last line)

G C D G
" You can do what you want, The opportunity's on.
" And if you find a new way, You can do it today.
" You can make it all true. And you can make it un-

G Em D Em Bm (D) Em Bm D
Do you see Ahhh it's easy, AAhhhh, you only need to know.

G D C G D Em
Well if you want to say yes, say yes. And if you want to say no, say no.

Am Em D G D
Cause there's a million ways to go. You know that there are.

G D C G D Em
And if you want to be me, be me. And if you want to be you, be you.

Am Em D G D
Cause there's a million things to do. You know that there are. (CHORUS)

G D C G D Em
Well if you want to say yes, say yes. And if you want to say no, say no.

Am Em D G D
Cause there's a million ways to go. You know that there are.

G D C G D Em
And if you want to be me, be me. And if you want to be you, be you.

Am Em D G D
Cause there's a million things to do. You know that there are.

Soulful Singing Sisterhood Songbook 3rd Edition

- IN MY LIFE, THE BEATLES -

G D Em G7
There are places I'll remember

C G
All my li - fe though some have changed

G D Em G7
Some forever not for better

C Cm G
Some have go - ne and some remain

Em C F G
All these places have their moments With lovers & friends I still can recall

Em A C Cm G
Some are dead and some are living In my life I've loved them all

G D Em G7
But of all these friends and lovers

C G
There is no one compares with you

G D Em G7
And these memories lose their meaning

C Cm G
When I think of love as something new

Em C F G
I know I'll never lose affection For people and things that went before

Em A C G G-D
I know I'll often stop and think about them In my life I love you more

Cm G - D7 - G
In myyyyyyy life..... I've loved you more

Soulful Singing Sisterhood Songbook 3rd Edition

- IN OUR HANDS BY LAUREN ARROW -

I PLAY THIS SONG WITH MY GUITAR TUNED DOWN A WHOLE STEP
So I am playing the shapes of Dsus Amsus C G but playing Csus Gmsus Bb and F

Csus	Gmsus	Bb	F
I know I was	taught That this	world is for	taking but
Every small	step We come	closer to	breaking the
point isn't	for us to	Guilt trip the	past but
can we turn the	tables	Before our	collapse

(Chorus progression stays the same but goes to halftime)

Csus	Gmsus	Bb	F
We can do better I	know that we	ca---	an
We can do better it's	all in our	ha---	ands
We can do better it's	part of the	pl---	an
We can do better I	know that we	can	yes we
we can/ in our hands / its the plan (pause)			
Csus	Gmsus	Bb	F
They say there's a	prophecy well I	hope that it's	true, that we'll
get to our	edges Be-	fore we break	through but
how will we	know When we've	gone far en-	ough? Cuz we've
come to our	cliff And we're	bout to jump	off - - - - -

Chorus

Csus	Gmsus	Bb	F
I've spent my life	trying to	do the	right thing
But my 'we are all	one' song feels	like bypa-	ssing
And if I love the	earth Then it's	time that I	rise
And fight for our	balance So	all life can	thrive ~Chorus

Soulful Singing Sisterhood Songbook 3rd Edition

- IN TIME BY MADDI LUCAS FOR THE ACTIVATED SONGSTRESS-
ARRANGED BY LAUREN ARROW, ADDED WITH PERMISSION

G-C. G-C
In time, in time
G. C. G-C
Well I'm sure it gets easier in time
G-C. G-C
In the end, in the end
G. C.
Time is on your side my friend
G. C.
Time is on your side my friend
Em. A
And though it may never get better
C. D. G-C
Well I'm sure it gets easier in time

- KOL GALGAL -

HEBREW SONG ARRANGED BY SHOTEI HAN'VUAH, POEM FROM THE ZOHAR

Em C D Em C D
Kol galgal hamitgalgel mimatah lemalah, merkavot s'tumot hol'chot umitgalgelot.
Em C D Em C D
Kol ne'imot oleh, veyored, holech umeshotet ba'olam.

Em C D Em C D
Kol shofar nim'shach be'omkei hamad'regot, umesavev hagalgat saviv.

Em C D
Yoy yo yoy yoy yoy yo yoy yo yooooo X2
Em C D
Zehu kol, zehu kol galgal X2

Soulful Singing Sisterhood Songbook 3rd Edition

- KOL HA'OLAM KULO -

WORDS BY RABBI NACHMAN OF BRESLOV; TUNE BY RABBI BARUCH CHAIT.

Am Dm Am E
Kol Haolam Kulo Gesher tzar me'od Gesher tzar me'od Gesher tzar me'od
Am Dm E Am
Kol Haolam Kulo Gesher tzar me'od Gesher tzar me'od

Am G (rest)
Veha'ikar vеха'ikar Lo lefached Lo lefached kelall
Am G Am
Veha'ikar vеха'ikar Lo lefached kelall

Translation: The whole world / is a very narrow bridge / and the main thing is to have no fear at all. Hebrew: כל העולם כולו, גשר צר מאד, והעקר לא לפחד כלל

- KOTHBIRO (RAIN IS COMING) BY AYUB OGADA -

ORIGINAL SONG IN DHOLUO, A TRIBAL LANGUAGE FROM THE LAKE VICTORIA REGION OF KENYA (3/4 TIME), FROM THE CONSTANT GARDENER

This song has a beautiful plucking pattern, but to simplify it I've added chords:

Am Em Am
Aaaah haye haye Haye haye Haye haye (x2)
Am Em Am
Oooh mam' buwinja Koth biro Keluru dhok e dala (x2)
Am Em Am
Aaaah haye haye Haye haye Haye haye (x2)
This is sung over the main melody line- "aaaah haye haye".

Yaye nyithindogi un koro un utimoru nade? Koth biro, Keluru dhok e dala
Translation from Dholuo: Kothbiro (rain is coming) Auma do you hear what I say
The rain is on it's way, Return our cattle home. Yaye the children
What is it that you think you do? The rain is on it's way
Return our cattle home.

Soulful Singing Sisterhood Songbook 3rd Edition

- LEAN ON ME BY BILL WITHERS -

C F C Em G
Sometimes in our lives, we all have pain, We all have sorrow
C F C G C
But if we are wise We know that there's always tomorrow

C F C Em G
Lean on me, when you're not strong, And I'll be your friend, I'll help you carry on
C F C G C
For it won't be long Til I'm gonna need Somebody to lean on

C F C Em G
Please, swallow your pride, if I have things, you need to borrow
C F C G C
For no one can fill those of your needs that you don't let show

[Chorus]

C F C Em G
If there is a load you have to bear that you can't carry
C F C G C
I'm right up the road I'll share your load If you just call me

[Bridge]

C
So just call on me brother, when you need a hand
G C
We all need somebody to lean on
C
I just might have a problem that you'd understand
C G C
We all need somebody to lean on

[Chorus to end]

Soulful Singing Sisterhood Songbook 3rd Edition

- LECHA DODI -

HEBREW PRAYER BY RABBI SHELOMO HALEVI ALKABETS (16TH CENTURY)
COMPOSED BY LAUREN ARROW, SONG TO WELCOME THE SHABBAT QUEEN. CAP 3, 3/4

Em Em D Em D Em B7 C C....
Le- cha dodí lí- krat kala, p'-neí Shabbat n'-kabelah! Ahh (x2)

Am..	Em..	C..	B7..
Sha mor v'zachor b'dí-	bur echad,	Hishmí'anú	el ha'meyuchad.
C..	Em..	F..	B7....
Ado- naí echad u'-	shmo echad;	L'shem ul'tíferet v'-	í-tehíla.

Em Em D Em D Em B7 C C....
Le- cha dodí lí- krat kala, p'-neí Shabbat n'-kabelah! Ahh (x2)

Am..	Em..	C..	B7..
Lí- krat Shabbat l'-	chu v'nelcha,	Kí hí m'kor	ha'bracha.
C..	Em..	F..	B7....
Me'- rosh mí'kedem	n'sucha;	Sof ma'aseh bmach'shava t'chíla.	

Em Em D Em D Em B7 C C....
Le- cha dodí lí- krat kala, p'-neí Shabbat n'-kabelah! Ahh (x2)

Am..	Em..	C..	B7..
Hí- t'orerí, hí-	t'orerí,	Kí va orech, ku-	mí urí.
C..	Em..	F..	B7....
U- rí, urí, shír	daberí; K'-	vod Adonái a-	laí'yích níglá.

Em Em D Em D Em B7 C C....
Le- cha dodí lí- krat kala, p'-neí Shabbat n'-kabelah! Ahh (x2)

Am..	Em..	C..	B7..
Bo- 'í v'shalom, a-	teret ba'ala,	Gam b'símcha uv'-	tzhala.
C..	Em..	F..	B7....
Toch emunei am	segula; Bo-	'í chala, bo-	'í chala.

(Lecha to end)

Soulful Singing Sisterhood Songbook 3rd Edition

- LET IT BE BY THE BEATLES -

C	G	Am	F
When I find myself in	times of trouble,	Mother Mary	comes to me
C	G	F	C
Speaking words of	wisdom,	let it be —	eee
C	G	Am	F
And in my hour of	darkness, She is	standing right in	front of me
C	G	F	C
Speaking words of	wisdom,	let it be —	eee

Chorus:

Am	G	F	C
Let it be, let it	be, let it	be, let it	be
C	G	F	C
Whisper words of	wisdom, let it	be —	eee
C	G	Am	F
And when the broken	hearted people,	Living in the	world agree
C	G	F	C
There will be an	answer, let it	be	
C	G	Am	F
But though they may be	parted, There is	still a chance that	they will see
C	G	F	C
There will be an	answer, let it	be	

(Chorus)

C	G	Am	F
And when the night is	cloudy, there is	still a light that	shines on me
C	G	F	C
Shine on till to-	morrow, let it	be —	eee
C	G	Am	F
I wake up to the	sound of music,	Mother Mary	comes to me
C	G	F	C
Speaking words of	wisdom, let it	be —	e

(Chorus to end)-

Soulful Singing Sisterhood Songbook 3rd Edition

- LET IT GO BY ILA CANTOR -
ADDED WITH PARMESAN

Em.. G'-Em.. Am.. Em.. C B7 Em..
Let it go let it go let it go let it go let it go let it go

Em G Em.. Am Em
Sorry, I for give myself for holding
Em G Em.. Am Em
Stories, in this life we must go on (repeat until enlightened)

- LET OUR VOICES RISE BY LAUREN ASHLEY BROWN -
SUNG ACAPELLA IN A ROUND, ADDED WITH PERMISSION

Part one: Let our voices rise, Coming up from the inside (x2)

Part two: We shall be silent No more! No more! (x2)

Part three: Listen to the miracle We're remembering From the inside (x2)

- (LET THE) WAY OF THE HEART -
TRADITIONAL RAINBOW SONG BY RICH STILLWELL

Am Em
Let the way of the heart, let the way of the heart
F G Am
Let the way of the heart shine through. (Repeat)
Am G Am F G Am
Love upon love upon love, all hearts beating as one.
Am G Am F G Am
Light upon light upon light, shining as bright as the sun

Soulful Singing Sisterhood Songbook 3rd Edition

- LETTING GO BY CHRIS MORALES -
CHRISCMORALES.COM ADDED WITH PERMISSION

Am	G	D	D
The storm has just	past, yet my	body still re-	main's
Full of the	water that has	fallen down..	And as it
Am	G	D	D
seeps through my	body it is	leaking through my	skin, I'm a
Mountain yet there's	no more I can	hold in	I'm a
Mountain yet there's	no more I can	hold in.....	

Chorus:: Deeeeeeep Inhale :: So I'm letting

Am	G	D	D
Go - - -	oooo - - -	oooo - - -	oo I'm letting (x2)

Am	G	D	D
The water I've col-	lected it will	feed me through the spring yeah I	
know what comes	next will be	lush,	but for the
rest of this	winter, my	practice it will	be... if the
rains they keep on	coming to let that	water run through	me
rains they keep on	coming to let that	water run through	me (chorus)

Am	G	D	D
Hey yaho	way Yahoo-	way, Yahoo-	way (x4)

Repeat first verse, then chorus

Am	G	D	D
The sun will do his	duty he will	bring the light and	warmth, he will
dry me from my	head to my	feet	and
though it may take a	while for my	bones to fully	thaw, I
know that I am	held within this	Universal	Law

Chorus (x4), then Hey Yahoo, and ending with chorus. 'Yahowey' is his version of = YHVH

Soulful Singing Sisterhood Songbook 3rd Edition

- LIFE LOVERS BY PIA LUZ -

STUDENT IN THE SINGING SISTERHOOD, CAP 5, ADDED WITH PERMISSION

Intro. C,C, F9, Fadd9,G6,G6 X2 (finger pick 1X and strumming 1 X)

Fadd9 G6
I feel you in my body I feel you in my heart
C C
I feel you in my soul I feel you in my soul
Fadd9 G6 Fadd9
And everywhere I go, And everything I am, Is you ooo ooo
C Fadd9
I just want to love life with you, Never to possess you, bless you
G6
Never to possess you, bless you
C Fadd9
I just want to love life with you Never to possess me, bless me
G6
Never to possess me, bless me
C
Together lets share life's love *finger pick bottom string only and 4 count pause
Fadd9 G6 C
May love caress us, bless us May love caress us, bless us A|||||
Fadd9 C
May our love be blessing for all (X4)
Fadd9 G6 Fadd9 G6
Ooo oooo, ooo oooo Ooo oooo ooo ooo ooo ooo ooo ooo ooo ooo ooo ooo, ooo

*instrumental, C,C, Fadd9, Fadd9,G6,G6 X2

Repeat song from:

C Fadd9
I just want to love life with you Never to possess you, bless you....
*instrumental C,C, Fadd9, Fadd9,G6,G6 X2
(play through strumming 1X & then finger pick 1 X)

Soulful Singing Sisterhood Songbook 3rd Edition

- LO YISA GOY -

HEBREW SONG BY SHALOM ALTMAN
CAN BE SUNG IN A 3-PART ROUND

לֹא יֵשֶׁא גּוֹי אֶל גּוֹי חֶרֶב וְלֹא יִלְמְדוּ עוֹד מִלְחָמָה

Lo yisa goy

El goy cherev

Lo yil'medu

Od milchamah

Additional Lyrics:

Don't walk in front of me, I may not follow.

Don't walk behind me, I may not lead.

Just walk in front of me and be my friend

Together we will walk in the land of Ha'shem.

Hebrew Translation:

A NATION SHALL NOT RAISE

A nation shall not raise

A sword against a nation

And they shall not learn

Any more war.

Soulful Singing Sisterhood Songbook 3rd Edition

'THERE'S A LONG LONG TRAIL' (STODDARD KING, 'ZO ELLIOTT)
AND 'LET THE REST OF THE WORLD GO BY'
(ERNEST BALL & J. KEIRN BRENNAN)

MY GRAMMA SALLY SANG THIS TO MY MOM AS A LULLABY AND THEN MY MOM
SANG THIS TO ME, TWO DIFFERENT TUNES COMBINED, CAP 3. OPTIONAL
THIS SONG STARTS IN 4/4 AND CHANGES TO 3/4 AT "SOMEONE LIKE YOU..."

4/4:

	G..	G7..	C..	G..
There's a	long long trail a-	winding into the	land of my	dreams,
	C..	G..	D7..	D7..
Where the	nightingales are	singing and the	white moon	beams,
	G..	G7..	C..	G..
There's a	long long night a-	waiting until my	dreams all come	true,
	C..	G..	D7..	
And that's the day when I'll be	going down that	long long trail with...		

3/4:

G	G	D7	D7	
someone like	you	a pal so good and true		
D7	D7	G	G7	
I'd like to leave it all	be-hind and go and find			
C	C	G	G	
A place that's known	to God a -	--- lone		
D7	D7	D7	D7	(open strum)
just a	place to	call our	own	... we'll

G	G	D7	D7	
find perfect	peace where	joys never	cease,	some-
D7	D7	G	G7	
where beneath the western	skies, I'll go and find,	a		
C	C	G	G	
place that's	known to	God	a-lone, and let the	
D7	D	G		
rest of the	world roll	by. (x2)		

Repeat the entire song, repeating the last line 4x

Soulful Singing Sisterhood Songbook 3rd Edition

- LOVE WILL FIND A WAY BY TIANA CICCIO -
ADDED WITH PERMISSION

A..	G.. (alternates to Em / Dsus / Bm)
One day, Mama, One day, Mama	One day, Mama, One day, Mama (x4)
G- A -Bm	
A..	G..
Feels like the world's on fire	A.. Em..
	But I know where the healing waters flow
A..	Dsus..
Some people float down the river,	some people play in the sea
A..	Bm..
And I bathe in the warm hearts	of you and me, yeah

Chorus: A	G	A	Em
I know love will find a way, one day		I know love will find a way, to get us through today	
A	Dsus	A	Bm
I know love will find a way, one day		I know love will find a way, one day, one day	
(To One day...)			

A	G	A	Em
Feels like our castles are crumbling down		But those stones will be happier on the ground	
A	Dsus		
Mama Earth is laughing at us, saying: "Baby, why you worried at all?"			
A	Bm		
Don't you know the rising comes after the fall?"		To Chorus, Then One Day	

A	G		
So attached to these bodies of flesh and bone, that keep us so alone			
A	Em	A	Dsus
Not saying I want to die, but when my day comes I'll happily Fly.....			
A	Bm		
And I'll become that pure blue sky ...		To Chorus, Then One Day	

A	G.. (alternates to Em / Dsus / Bm)	
La la lee lup yay yay,	love will find a way	x2

A	G.. (alternates to Em / Dsus / Bm)	
Hey hey	hey	

Soulful Singing Sisterhood Songbook 3rd Edition

- LOVER EARTH BY LAUREN ARROW, 2019 -

I would like to date you, I would like to be your loverrr - - - -
Even though they call you Mother... Lover Earth.

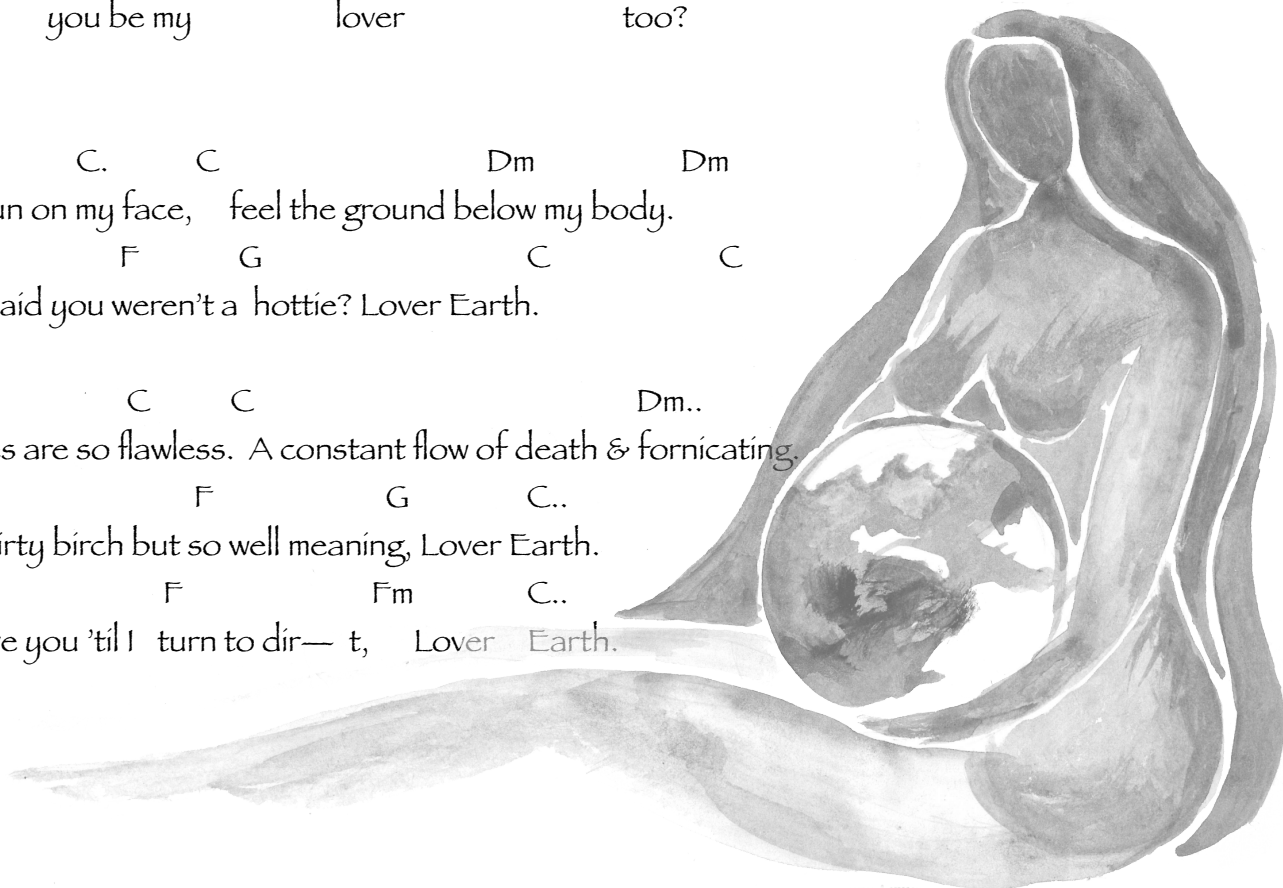
I would like to court you, Go on hikes and bring you picnics.
You'll see we're really not so different... Lover Earth.

Cuz I've got a secret:
I've been in love with you!
And it took me a while to sing it...
Will you be my lover too?

Feel the sun on my face, feel the ground below my body.
Whoever said you weren't a hottie? Lover Earth.

Your cycles are so flawless. A constant flow of death & fornicating.
You're a dirty birch but so well meaning, Lover Earth.
And I'll love you 'til I turn to dirt, Lover Earth.

C - G f



Soulful Singing Sisterhood Songbook 3rd Edition

- מַא טוֹו -

JEWISH SONG, SUNG ACAPELLA IN A ROUND

Ma tovu
Ohaleicha ya'akov
Mishkenoteicha
Yisrael. / Yohvei Tevel (and the whole world)
מה טבו אהלִיך יעקב משכנותיך ישראל

Translation: How goodly are thy tents, O Jacob, thy dwelling places, O Israel!
(Rest of prayer: As for me, through Your abundant grace, I enter your house to worship with awe in Your sacred place. O Lord, I love the House where you dwell, and the place where your glory tabernacles. I shall prostrate myself and bow; I shall kneel before the Lord my Maker. To You, Eternal One, goes my prayer: may this be a time of your favor. In Your abundant love, O God, answer me with the Truth of Your salvation.)

Soulful Singing Sisterhood Songbook 3rd Edition

- MADRE TIERRA BY ALONSO DEL RIO -
ADDED WITH PERMISSION, CREATIVE ENGLISH TRANSLATION BY ALI MAYA

G G C..
Madre tierra madre vida (4x)

Am.. D.. G.. C..
Hoy le canto al padre Sol Levantando en el árbol de la vida
La medicina de su a- mor Que nos cure, que nos cure cada herida

G G C..
Madre tierra madre vida (2x)

Am.. D.. G.. C..
Lléva- me en tu cora- zón madre quer- ída protege nuestras vidas
La medicina de tu amor que nos cure, Que nos cure cada herida

*To Madre Tierra... (2x)

Y hoy te entrego un cora- zón Levantado en el árbol de la vida
La medicina de tu a-mor Que nos cure, que nos cure cada herida

G G C..
Mother Earth, Mother of Life (4x)

Am.. D.. G.. C..
Hold me in your heart, precious mother, protect our lives
With the medicine of your love, Love that heals us, that heals our every wound

G G C..
Mother Earth, Mother of Life (4x)

Am.. D.. G.. C..
Today I give you all my heart, Rising in the sacred tree of life
Shining medicine of love, Love that heals us, that heals our every wound.

G G C..
Mother Earth, Mother of Life (4x)

Soulful Singing Sisterhood Songbook 3rd Edition

- MAHK JCHI (HEARTBEAT DRUM SONG) BY PURA FE -
NATIVE AMERICAN TRIBE HISTORICALLY BASED IN THE PIEDMONT OF NORTH
CAROLINA AND VIRGINIA. SONG IN SAPONI, ADDED WITH PERMISSION

ARRANGED BY LAUREN ARROW IN 3/4

A	A	G	G	
Mahk jchi tahm	buooi yahm-	pi gidí,		
F	G	A	A	
Mahk jchi tahm	buooi kan	spewa e-	bi	x2

F	F	Dm	Dm
Mampi wah	hoka	yee monk	
F	G	A	A
Ta- hond ta-	ni ki-	yee tiyee	
F	F	Dm	Dm
Gewe mey	ee-	tiyee.	

F	G	A	A
Nanka yaht ya-	moonieah	wajitse	x3

A	F	G	G
Heya he-	ya hey ya	Heeeey— ya	a-ítaaaa
F	G	A	A
Heya he-	ya hey ya	Hey Heyyyy-eyyy-	ahhhhhhhh x2

Our Hearts are Big, Our Minds are Good. Spirits of the Old Ones, Have Strength
Stand Tall, Sing and Dance, remember where you come from.

Soulful Singing Sisterhood Songbook 3rd Edition

- MAMA SONGA BY ILA CANTOR -

SPECIAL MOTHERS DAY SONG, 2020, PERFORMED BY ILA, LAUREN + TIANA
ARRANGED BY LAUREN ARROW, ADDED WITH PARMESAN

G G G G Em Em Em Em
Thank you, bless you, I'm sor- ry. (x2)
G G G G Em Em Em Em
Thank you, (Thank you) I forgive you, please for-give me. (Give me) (x2)

G G G G Em Em Em Em
Bless you bless you, I love you love you, grateful for you mama, grateful for you mama. 2x

G G G G Em Em Em Em
Thank you, I love you, I'm sor- ry. (x2)
G G G G Em Em Em Em
Thank you, (Thank you) I forgive you, please for-give me. (Give me) (x2)

G G G G Em Em Em Em
Bless you bless you, I love you love you, grateful for you mama, grateful for you mama. 2x

Changes:

G.. Em.. G.. Em..
Mama I thank you for my life, Mama I thank you with my life, Mama I thank you in this life

G G G G Em Em Em Em
Bless you bless you, I love you love you, grateful for you mama, grateful for you mama. 2x

G G G G
Grateful for you ma, Grateful for you ma, Grateful for you ma-ma-ma-maaaa-
Em Em Em Em
Ah- Grateful for you ma, Grateful for you ma, Grateful for you ma-ma-ma-ma-ma
(Repeat section to end)

Soulful Singing Sisterhood Songbook 3rd Edition

- ME AND BOBBY MCGEE, KRIS KRISTOPHERSON -

G G
Busted flat in Baton Rouge, waitin' for a train
G D7
When I's feelin' near as faded as my jeans
D7 D7
Bobby thumbed a diesel down just before it rained
D7 G
And rode us all the way into New Orleans

G G
I pulled my harpoon out of my dirty red bandana
G G7 C
I's playin' soft while Bobby sang the blues
C G
Windshield wipers slappin' time, I was holdin' Bobby's hand in mine
D7 D7
We sang every song that driver knew

C G
Freedom's just another word for nothin' left to lose
D7 G
Nothin', it ain't nothin' honey, if it ain't free
C G
And feelin' good was easy, lord, oh, when he sang the blues
D7
You know feelin' good was good enough for me
G
Good enough for me and my Bobby McGee

Soulful Singing Sisterhood Songbook 3rd Edition

G

From the Kentucky coal mines to the California sun

D7

Yeah Bobby shared the secrets of my soul

Through all kinds of weather, through everything we done

G

Yeah Bobby baby kept me from the cold

One day up near Salinas, lo-ord, I let him slip away

C

He's lookin' for that home and I hope he finds it

G

Well I'd trade all my tomorrows for one single yesterday

D7

To be holdin' Bobby's body next to mine

Chorus:

C

G

Freedom's just another word for nothin' left to lose

D7

G

Nothin', and that's all that Bobby left me

C

G

Well, feelin' good was easy, lo-o-ord, when he sang the blues

D7

And feelin' good was good enough for me

G

Good enough for me and my Bobby McGee (VAMP!)

Soulful Singing Sisterhood Songbook 3rd Edition

- MERCEDES BENZ, JANIS JOPLIN -

G C G
Oh Lord, won't you buy me a Mercedes Benz?
D
My friends all drive Porsches, I must make amends.
G C G
Worked hard all my lifetime, no help from my friends,
D G
So Lord, won't you buy me a Mercedes Benz?

Oh Lord, won't you buy me a color TV?
Dialing For Dollars is trying to find me.
I wait for delivery each day until three,
So oh Lord, won't you buy me a color TV?

Oh Lord, won't you buy me a night on the town?
I'm counting on you, Lord, please don't let me down.
Prove that you love me and buy the next round,
Oh Lord, won't you buy me a night on the town?

Everybody!
Oh Lord, won't you buy me a Mercedes Benz?
My friends all drive Porsches, I must make amends,
Worked hard all my lifetime, no help from my friends,
So oh Lord, won't you buy me a Mercedes Benz?

That's it!

Soulful Singing Sisterhood Songbook 3rd Edition

- MI SHEBEIRACH -

MUSIC: DEBBIE FRIEDMAN; WORDS: DEBBIE FRIEDMAN AND DRORAH SETEL
ARRANGED BY LAUREN ARROW

G Em C D
Mi shebeirach avoteinu
G Em C D
M'kor hab'racha l'imoteinu
Em D
May the source of strength,
C G
Who blessed the ones before us,
C G C Em
Help us find the courage to make our lives a blessing,
C D Em C D G
and let us say, Amen, and let us say, Amen.
G Em C D G Em C D
Mi shebeirach imoteinu M'kor habrachah l'avoteinu
Em D C G
Bless those in need of healing with r'fuah sh'leimah,
C G C Em C D Em C D G
The renewal of body, the renewal of spirit, And let us say, Amen, And let us say, Amen.

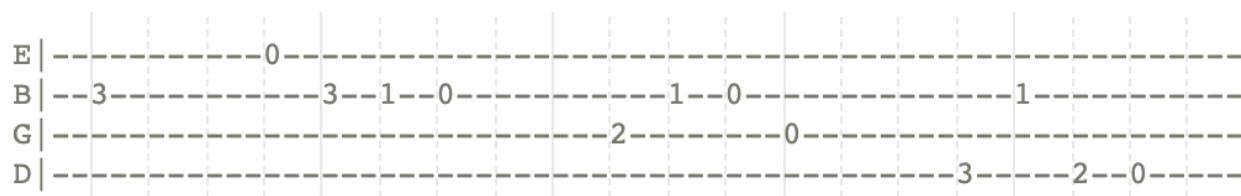
- MOUNTAIN TALL BY ANNIE MAY WILLIS -

FROM HER ALBUM "STEADY ON" IN 3/4, ADDED WITH PERMISSION

C G Am.. C G Am..
Mountain tall, ocean wide
F C G Am.. C G C
Love is loong. Steady on, steady on.
C G Am.. C G Am
Mountain rock, ocean tide
F C G Am.. C G C
Love is strong, Steady on, steady on.

Soulful Singing Sisterhood Songbook 3rd Edition

- NORWEGIAN WOOD BY THE BEATLES - ON "RUBBER SOUL" IN 3/4



G G G G G F G G
I once had a girl, or should I say, she once had me
G G G G G F G G
She showed me her room, isn't it good, Norwegian wood

Gm Gm Gm Gm C C C C
She asked me to stay and she told me to sit any- where
Gm Gm Gm Gm C C D D
So I looked ar- ound and I noticed there wasn't a chair

G G G G G F G G
I sat on a rug, biding my time, drinking her wine
G G G G G F G G
We talked until two, and then she said, it's time for bed

Gm Gm Gm Gm C C C C
She told me she worked in the morning and started to laugh
Gm Gm Gm Gm C C D D
I told her I didn't and crawled off to sleep in the bath

G G G G G F G G
And when I awoke, I was alone, this bird had flown
G G G G G F G G
So, I lit a fire, isn't it good, Norwegian wood

Soulful Singing Sisterhood Songbook 3rd Edition

- OJ DJEVOJKO MOJA -
CROATIAN FOLK LOVE SONG, SUNG IN THE MEDIMURJE DIALECT

Voice 1

Oj dje - voj ko — mo - ja, je - si'l ve - ce - re - la.

Voice 2

Oj dje - voj ko mo - ja, je - si'l ve - ce - re - la.

Voice 3

Oj dje - voj ko mo - ja, je - si'l ve - ce - re - la.

5

Oj dje - voj — ko — mo - ja, je - si'l ve - ce - re - la.

Oj dje - voj — ko mo - ja, je - si'l ve - ce - re - la.

Oj dje - voj ko mo - ja, je - si'l ve - ce - re - la.

Additional lyrics:

Oj djevojko moja, jesil večerala (x2)

Nisem, dragi, nisem, ni to beduvala
jer ve majka moja, bila i karala

Poleg tvoga dragi, gustog dohajanja (x2)

Da bi draga ja znal, da te kara zato,
Ne bi došel draga i zutra k večeru.

Translation:

Oh my girl,
Did you have dinner?

No, my dear (boyfriend), I did not, nothing at
all. Because my mother reproached me
Because of your visits to me

If I had knew, my dear
That she would reproach you for that
I wouldn't be coming in the morning and in the
evening.

Soulful Singing Sisterhood Songbook 3rd Edition

- OD YAVO SHALOM ALEINU BY MOSH BEN ARI/ SHEVA -
HEBREW CHANT - 'PEACE WILL COME TO US'
ARRANGED BY LAUREN ARROW

G C G C / D G
Od yavo' shalom aleinu Od yavo' shalom aleinu Od yavo' shalom aleinu Ve al kulam x2
G C G G
Salaam (Salaam) Aleinu ve al kol ha olam, Salaam, Salaam (x2)

Translation: Peace shall come upon us and everyone/the entire world.

- OE AHO BY ALEXIA CHELLUN -
INVOCATION SONG IN QUECHUA, ADDED WITH PERMISSION

Em . . . Am . . .
O-eaho, eaho, eahoooooooo O-eaho, eaho, eahoooooooo
C . . . Em . . .
O-eaho, eaho, eahoooooooo Oooooooooooooooooooooo
D . . .
Hampue Sachamama Hampue Kenti Hampue Aquila
Am . . .
Hampue Pachamama Wiracocha Hatun Soooooooooon-
C . . . B7....
ko Los Q'eros Munay Sonko Otorongoooooooo (breath) ooooooooo

Hampue - Invocations: Sachamama - Serpent, Kenti - Hummingbird, Aquila - Eagle, Pachamama - Mother Earth, Wiracocha - Father Sky, Hatun Sonko - Big Heart, Los Q'eros- Q'ero people of Peru Munay Sonko- Heart of Love, Otorongo - Jaguar

Letter from Alexia: Dear friends- When learning how to play 'Oeaho' connect within and get into it with your heart and soul, with your essence and energy. I wrote this whilst staring at a fire late one night, captivated by the flames and immersed in the sound. We are all nature, unique and connected. This song is inviting all the elements of the universe and you are the universe. Feel it flowing through you, sing with your body and enjoy. Much love, Alexia

Soulful Singing Sisterhood Songbook 3rd Edition

- OH MOTHER WE ARE READY BY MARIA OWL GUTIERREZ -
ADDED WITH PERMISSION

Oh mother we are ready for you to carry us home.
Oh Great Mother we are ready for you to carry us home.
And when the rain comes, don't hide your face.
Raise your hands up to the sky, give thanks give thanks.
And when the clouds comes, don't hide your face.
Raise your hands up to the sky, give thanks give thanks.
(Exchange Rain/clouds with dark/storm, sun/light, love/peace, etc).

- OH MY BELOVED BY ALI MAYA & WIL NOLAN -
ALSO FOUND IN ALI MAYA'S GAIA SONGBOOK, PAGE 40 ADDED WITH PERMISSION

G	Em	Em	C	C	G	G
All I ask is to	serve yo-	u.	This is	my only	pra-yer.	(x2)
Chorus:	C	C	G	G		
	Oh my be-	loved, you are	always in my	heart	(x2)	
	Em	Em	C	C		
Now and for ever,		I am	yours	-----	(x2)	

Verses: Add 'chorus' between each line, and feel free to make up your own!

G	G	Em	Em	C	C	G	G
La il- ah ha		il al-lah,		La il-lah ha		il al-lah hu	(X2)
She- Ma		Y'Isra- El		Ado-naí		Elohenú	
She- Ma		Y'Isra- El		Ado-naí		Ehad	
Love	is all there	is.....		Love	is why I	live.....	(x2)
We	are calling	in.....		the Healing	of hu-	manity	(x2)
Singing	with my Ladies....			so Joyful...	it's	crazy!	

Chorus, then first verse to end. Translation: 1) La ilah illa Allah (Arabic) - There is no God except Allah, 2) (Hebrew) Sh'ma Yisrael Adonai Eloheinu Adonai Ehad: Hear, O Israel: the LORD is our God, the LORD is One.

Soulful Singing Sisterhood Songbook 3rd Edition

- OH NO! BY LAUREN ARROW -
ON "IT'S HAPPENING!" (CHANGED FROM G TO A)

A

One... two... one two three four!

Oh no! Oh no! It's happening. The earth is... Earth is.... Earth won't stop spinning!

D

A

And I can't hold on anymore.

A

You know- you KNOW! You don't have to fight.

Just let go Let go LET GO! It'll be alright.

D

A

Cause that's what we're all trying to learn.

E

D

Pin me to the ground til I get sober.

E

D

Pin me to the ground til it draws near...

E

D

Pin me to the ground it's almost over-

E

D

Pin me to the ground til I get clear of all my

A

D

A

Fears! My fears! My fears! My fears!

E

D

Pin me to the ground til I get sober.

E

D

Pin me to the ground til it draws near...

E

D

Pin me to the ground it's almost over-

E

D

A

Pin me to the ground til I get clear of all my fears.

(Repeat until you are delirious and/or full of enlightenment).

Soulful Singing Sisterhood Songbook 3rd Edition

- LIGHT IS RETURNING BY CHARLIE MURPHY -

AKA 'ONE PLANET IS TURNING'

PAGAN CHANT, ARRANGED BY LAUREN ARROW

*Note: originally this song starts with "light is returning", but I was taught that it started with "one planet is turning" and that feels mo bettah to me.

Am Em
One planet is turning
F Em
Circles on her path around the Sun
F G Am Em Am
Earth Mother is calling her children home, children home.

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

Am Em
Let's keep it burning
F Em
Let's keep the flame of hope alive
F G Am Em Am
Make safe the journey through the storm, through the storm.

Soulful Singing Sisterhood Songbook 3rd Edition

- OPEN -

BY ILA CANTOR, 2016 ADDED WITH PERMISSION
SIMPLIFIED TABS CHARTED BY LOUISE COTTRELL (!!!)

Open, open, open, open.

As you are, as you walk among us With your love, with your power

As you dance, as you influence your mothers, fathers, sisters, brothers

You (you) are the Bringer, Youuuuuuuuuuuuuuuuuuuuu

Bridges:

1. Find your light and find your peace You have everything that Spirit ever needs
2. If you ever go astray Just remember that your Spirit knows the way
3. Did you know you are the one Living everything this universe has done...

Open: Gmin F6 Bb D/F# (repeating)

Into verse: Gmin F6 Bb G/B

Verse:

Cmín " Cmín/Bb Amín7 " C/Bb

Cmín " Cmín/Bb Amín7 D/F#

[illegible]

x5

Soulful Singing Sisterhood Songbook 3rd Edition

- OPENING THE CIRCLE BY LAUREN ARROW + IO BONES -

IMPROVISED CHANT FROM A VISUALIZATION LED BY LAUREN
& PUT INTO SONG BY IO BONES DURING AN ACTIVATED SONGSTRESS RETREAT (2019)

An	1 Oak tree	2 in the	3 center	4 with
	deep roots	spiraling	down	
And	all	ar-	ound us	river
they	gather	gather	round	rocks
And	high ab-	ove us	sunlight	comes
she's	streaming	streaming	down	
By the	entrance	for pro-	tection	
there	are two	sacred	hounds	
A	silver	thread con-	nects us	
in	sister	hood we're	bound	
	And all	of our	little	ones who've
	been lost	now are	found	
We rel-	ease ever-	othing	we don't	need and
	open	to the	sound	

Soulful Singing Sisterhood Songbook 3rd Edition

- OSEH SHALOM BIMROMAV VERSION 1 - TRADITIONAL JEWISH PRAYER, MUSIC BY NURIT HIRSH

Am E Am
Oseh shalom bimromav
F C
Hu ya'aseh shalom aleynu
G Am
Ve'al kol yisrael
E Am
Ve'imru Amen (x2)

Am G Am
Ya'a seh shalom, ya'a seh shalom
Am Em
Ya'a seh shalom, ya'a seh shalom
G Am
Ya'a seh shalom, ya'a seh shalom

Translation: May the one who makes peace in the
heavens grant peace to us and all our people, and
let us say Amen.

E Am
Shalom aleynu ve'al kol yisrael (x2)
Am Em
Shalom aleynu ve'al kol yisrael (x2)
E Am
Shalom aleynu ve'al kol yisrael (x2)

- OSEH SHALOM BIMROMAV VERSION 2 - TRADITIONAL JEWISH PRAYER, MELODY BY DEBBIE FRIEDMAN ARRANGED BY LAUREN ARROW (CHORDS TO CONSPIRATOR)

Cm7 G7/D
Oseh shalom bimromav
Fm7 Cm7-G
Hu ya'aseh shalom aleynu
Cm7 G7/D
Ve'al kol yisrael
Fm7 Gm7 Cm7
Ve'immeru Amen

Sometimes I'll add the chorus from Conspirator:

Cm7 G7/D Fm7 Gm7
The Universe conspires for our hearts to be broken
Cm7 G7/D Fm7 Gm7
The Universe conspires for our hearts to break open

Soulful Singing Sisterhood Songbook 3rd Edition

- PASSING GRACEFULLY -

BY ILA CANTOR, 2018 IN 3/4, ADDED WITH PERMISSION

(Fmaj7 #11 = F without first finger)

Am	Am	Fmaj7#11....	
Life	show me the	way	
Dm	Dm	C	G
In	this	world of	illusion to
Am	Am	Fmaj7#11....	
find	one resting	place	
Dm	Dm	C	G
Where	for-	ever ext-	ends all the

Am	Am	Fmaj7#11....	
Way	The way to	live	
Dm	Dm	C	G
Through	this	world of ill-	usion to
Am	Am	Fmaj7#11....	
See	all it can	give	
Dm	Dm	C	G Am....
Pas-	sing	gracefully	grateful for lifeeeeee

Am.. Fmaj7#11.. Dm.. C G || To C....
 Ooooooooooooooooooooooooooooooooooooo (x2)

C	C	Bb	Bb	F	F	F	G
Pa-	ssing	gracefully	grateful for	life, for	life, for	liiii—	iiiife! X 3

C	C	Bb	Bb	F	F	F	G
Pa-	ssing	gracefully	grateful for	life, for	life, for	liiii—	iiii—

E7 Am (to beginning)
 iiiiii— fe.

Soulful Singing Sisterhood Songbook 3rd Edition

- QUEEN B BY LAUREN ARROW -
ON "IT'S HAPPENING!" 2016

	G		C
If	I could see the sea	She would	be outstretched in front of me
	Em		Em` D`
	arms wide and glistening	If	I could see the sea and...
	G		C
If	I could be a bee with honey		dripping sweet like candy
	Em		Em` D`
You	know that I would not be	Anything but	your

G		C
Quee-----		
Em	Em`	D`
eeeen.....		Queen
G		C
Bee-----		
Em	Em`	
eeeeeee.....		(rest)

C	G	D	Em
*And the sea she	rises As the	bees goes	flyzes
Over the	ocean	de-----	-ep
And I hear her as she's	calling As the	sea breathes life	into me
C	G	C	G
Oh my	sweet!	Oh my	sweet!
C	G	D	D
Oh my	sweet	honey beeee--	---e...

G		C
Set me freeeeeeee-----		eeeeee---
Em	Em`	D`
-----eeeeee-----		My honey
G	C	Em..
Beeeeeeeeee-----	eeee-----	eee..... (to: *And the sea)

Soulful Singing Sisterhood Songbook 3rd Edition

- RIPPLE BY JERRY GARCIA AND ROBERT HUNTER -
GRATEFUL DEAD ON "AMERICAN BEAUTY"

D.. G.. G G G D
If my words did glow with the gold of sunshine, and my tunes were played on the harp un-strung
D.. G..G D A G D
Would you hear my voice come through the music, Would you hold it near as it were your own?
D.. G.. G G G D
It's a hand-me-down, the thoughts are broken, Perhaps they're better left unsung
D.. G.. D A G D..
I don't know, don't really care, Let there be songs to fill the air

Chorus:

Em Em A A D G E A
Ripple in still water When there is no pebble tossed Nor wind to blow
D.. G.. G G G D
Reach out your hand if your cup be empty, If your cup is full may it be a-gain

D.. G.. D A G D
Let it be known there is a fountain, That was not made by the hands of men
D.. G.. G G G D
There is a road, no simple highway, Between the dawn and the dark of night
D.. G.. D A G D
And if you go no one may follow That path is for your steps alone

Chorus:

D.. G.. G G G D
You who choose to lead must follow, But if you fall you fall a- lone
D.. G.. D A G D
If you should stand then who's to guide you? If I knew the way I would take you home

La-da-da-da the verse chords to end: D/D/G/G/G/G/G/D || D/D/G/G/D/A/G/D

Soulful Singing Sisterhood Songbook 3rd Edition

- RISING UP -
ILA CANTOR, 2016 ADDED WITH PERMISSION

Em.. G.. C Am Em..
Feel me, feel me Go on and heal me I am ready I am here
Em.. G..
Touch my beating heart It's beating blessings
C Am Em..
Breathing courage, meeting fear (x2)

D.. Em..
Rising up to the intelligence guiding my way
D.. Bm..
Waking up to the immaculate wisdom seducing me to play
Em....
Showing all of us our roots are one and the same

Em.. G.. C.. Am Em..
Show me everything I've got inside me I am willing to look in
Em.. G..
Help me Holy One Become your angel
C Am Em....
Speak your message teach your kin (x2)

D.. Em..
Rising up to the intelligence guiding my way
D.. Bm..
Waking up to the immaculate wisdom seducing me to play
Em....
Showing all of us our roots are one and the same

(open)
Em G C Am Em
Come now, Ancestors, with all your troubles to be healed eternally
Em G C Am Em
Come now Ancestors, release your struggles to reveal their artistry x2 (...rising up...)

Soulful Singing Sisterhood Songbook 3rd Edition

- RIVER IS FLOWING -
LINDIE LILA

Am.. Em Am
The river is flowing, Flowing and growing
Am.. G Am
The river is flowing, Down to the sea
Am.. Em Am
Mother carry me, Your child I will always be
Am.. G Am
Mother carry me, Down to the sea

Feel free to make up your own verses!

Soulful Singing Sisterhood Songbook 3rd Edition

- ROSES BY ALEXA SUNSHINE ROSE -
ADDED WITH PERMISSION

C	E	F	C
Roses, sweet	roses	opening all	a-round
Roses, sweet	roses	opening with	Ancient sound
Sweet Mother	Mary guide	my way	on
Sweet Mother	Mary guide	my way	home (through)
C	E	F	C
Music, sweet	music	opening all	a -round
Music, sweet	music	opening with	ancient sound

C	E	F'	G'	C
There you will find the light you seek, there you will find the light that you seek				

C	E	F	E	E7
You will know her by the flowers in her hair&know you're home by the scent in the air of				

C	E	F	C
Roses, sweet	roses	opening all	a-round
Roses, sweet	roses	opening with	Ancient sound
Sweet Mother	Mary guide	my way	on
Sweet Mother	Mary guide	my way	home (through)
C	E	F	C
Music, sweet	music	opening all	a -round
Music, sweet	music	opening with	ancient sound

C	E	F'	G'	C
There you will find the light you seek, there you will find the light that you seek				

C	E	F	E	E7
You will know her by the flowers in her hair&know you're home by the scent in the air of				

C	E	F	C
Rooooooooo— — — — ooooooses (x4) (End)			

Soulful Singing Sisterhood Songbook 3rd Edition

- SEASONS OF THE HEART -
ANNIE MAY WILLIS, 2016 ADDED WITH PERMISSION

C Em F G
Oh the seasons, the seasons of the heart When light begets the dark
C. Em F G
And the darkness gives birth to light And on and on into the night

Chorus:

C Em. Am
Whoa oh oh oh, whoa oh oh oh, whoa oh oh
F C Em Am
*Round and round we go, oh oh oh oh oh (x2)

C Em F G
Well the winter, with its cold embrace Calls us in to face,
C Em F G
face our shadows Face our fears, a lonely waking dream (chorus)
C Em F G
In the springtime, we wake from our dream Hopeful and complete,
C Em F G
sewing seeds of yet to come, seeds of hope to blossom. (chorus)
C Em F G
Summer sun, it warms us to the core, we forget we were ever cold.
C. Em F G
Celebration and Release, singing dancing free. (chorus)
C Em F G
In the autumn, we fall to our knees, with Gratitude for the journey,
C. Em F G
we thank our Family, we thank our friends, coming home Once Again. (chorus)

Whoa oh oh oh, whoa oh oh oh

End with first verse "Oh the Seasons..."

Soulful Singing Sisterhood Songbook 3rd Edition

- SEWEE SEWEE BY MOUNTAIN MAN -

WRITTEN BY ALEXANDRA SAUSER-MONNIG
CREATIVELY ARRANGED BY LAUREN ARROW. I'VE BROUGHT THIS SONG DOWN
TREMENDOUSLY FROM THE ORIGINAL, AND USE CAPO 1

G 4x

Em	Em	G	G
We traveled	far on this	road we're on	From the
Em	Em	G	Em Em X3
great plains	Through the tall, blue grasses of the		lone range

G	G	Em	Em
Cooooooo -	ooooo green	Caroline	You
G	G	Em	Em
Made (you made)	my	bread & wine.	I
C	C	Em	Em
— heeeee—	—ld	your	hand in mine

D	Em	Em
Sewee- Sewee-	Sewee —	Eeee x2
		From a

G	G	C	Em	Em
Rocky stand	I watched your bare feet running over	salty land.	When the	
G	G	C	Em	Em x3
light grew dim	I said “now it's time for you to	come (on) in”.		

To Chorus

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- SHALOM CHAVERIM, HEBREW FOLK SONG -

Am F C
Shalom chaverim! Shalom chaverim! Shalom, shalom!

Am E Am
Le-hit-ra-ot, le-hit-ra-ot, Shalom, shalom!

Am
Goodbye, my friends, goodbye my friends,

F C
Goodbye, goodbye!

Am
Till we meet again, till we meet again,

E Am
Goodbye, goodbye

- SHALOM RAV, JEFF KLEPPER & DAN FREELANDER -

D C G A
Shalom rav al yisrael am'cha tasim l'olam

D C G-A D
Shalom rav al yisrael am'cha tasim l'olam

A G A G
Ki ata hu melech adon L'chol hashalom

A G Em A
Ki ata hu melech adon L'chol hashalom

D C G A
Shalom rav al yisrael am'cha tasim l'olam

D C G-A D
Shalom rav al yisrael am'cha tasim l'olam

C G D C G D
Tasim l'olam Tasim l'ola

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- MELODY TO SHUVI NAFSHI BY RABBI SHLOMO CARLEBACH -
AS FOUND UNCREDITED BY CARIOCA ON HIS ALBUM 'CELEBRATION' AS ISRAEL SONG

Am Lai dai d-	E Dai dai d-	Am Daiiii - - - - -	Am y (x2)
Am Lai dai d-	C Dai dai d-	Dm Daiiii Daiiii d	Am Daii (x2)
Am Lai dai d-	E Dai dai d-	Am Daiiii - - - - -	Am y (x2) Repeat section
Dm Daiiii- - -	Dm Daiiii- - -	G Dai- - -	G Dai - Dai- Dai
C Daiiii- - -	C Daiiii- - -	F Dai- - -	F Dai - Dai- Dai
Dm Daiiii- - -	Dm Daiiii- - -	G Dai- - -	G Dai - Dai- Dai
C Daiiii- - -	C Daiiii- - -	Dm Dai- - -	Dm (to the beginning)

272. Shuvi Nafshi Return My Soul

Am G Am i i G Am i
Shuvi nafshi lim'nuchaychi
Am A7 Dm Am F F Am i
Ki HaShem ki HaShem gamal alaichi
Dm G i G i C i F i
Ki chilatz'ta nafshi mimavet et eini min dim'a
Dm G i C i Dm i
Et ragli ragli midechi

Na nay...

6/8
Lyrics: Psalm: 116:7
Music: Rabbi Shlomo Carlebach

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- SIRENITA BOBINZANA BY ARTUR MENA SALAS-
ADDED WITH PERMISSION ARRANGED BY LAUREN ARROW IN 3/4

C	G	D	Em..
Síre - nita de los	ríos,	danza danza	con el viento (x2)
C	G	D	Em..
Con tus flores.	y a - romas,	perfu - mas los	cora - zones (x2)
C	G	D	Em..
Cura cura	cuerpe - citos,	limpia limpia	espíri - titus (x2)
C	G	D	Em
Canta - remos	íca - ritos,	abue - lita	curan - dera
C	G	D	Em....
Danza - remos muy	jun - titos,	síre - nita	bobín - zana

Yai dai dai dai's that follow the melody pattern for a whole pattern.

Translation Little mermaid of the river, dance, dance with the wind / With your flowers and aromas, perfuming our hearts / Heal, heal our little bodies, cleanse, cleanse our spirits / We will sing ícaros, grandmother, healer / We will dance very close, little mermaid, Bobinsana

- SIRENITA BOBINZANA BY ARTUR MENA SALAS-
REHARMONIZATION ARRANGEMENT BY ILA CANTOR IN 3/4

Em	G	D	Em
Síre - nita de los	ríos,	danza danza	con el viento (x2)
G	G	B7	Em
Con tus flores.	y a - romas,	perfu - mas los	cora - zones (x2)
Am	Em	B7	Em
Cura cura	cuerpe - citos,	limpia limpia	espíri - titus (x2)
G	G	B7	Em
Canta - remos	íca - ritos,	abue - lita	curan - dera
G	G	B7	C....
Danza - remos muy	jun - titos,	síre - nita	bobín - zana
Em....	C....	Em....	
Bobín- zana....	Bobín- zana....	Bobín- zana....	To beginning

Soulful Singing Sisterhood Songbook 3rd Edition

- SIWAR Q'ENTI (HUMMINGBIRD SONG) BY MADHU -

"IN DEEPEST GRATITUDE TO DON OSCAR & THE PACHAKUTI MESA TRADITION
INVOCATION IN QUECHUA, SUNG BY THE SAMI BROTHERS ON CH'ASKA PUNKU, 2017
ADDED WITH PERMISSION

Intro

G.. D.. Am.. C.. (x4)

G.. D.. Am.. C..
I-----lla Siwar Q'enti---i (x4) ||: Qaqya-

G.. D.. Am.. C..
rayu Camayoq Sumaq Hampicamayoq (x4) ||: Qaqya-

Em.. G.. C..
Taytacha churi---i waikicha (x4) (note: on the 1st & 3rd pattern there is a
hard stop on the C: 1 - 2 - 3 - 1 STOP!)

Am .. C.. G.. D..
Hanapachaq Wasinpamanta -----a (x4)

G... (D) Em.. C..
Qanpa paukar sanipa llankaynchiq haywari---y (x4)

G.. D.. Am.. C.. G.. D.. Am.. C..
Luminous royal hummingbird! Beautiful healer you carry the lightningbolt! (x2)
Am.. C.. G.. D..
From your home in the garden and all the worlds beyond (X2) To: Hanapachaq

G... D.. Em.. C..
With your luminous violet resplendence please bless this heal---ing! (x2)

G... (D) Em.. C..
Qanpa paukar sanipa llankaynchiq haywari---y (x4)

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- SOARING PEGASUS, LOUISE COTTRELL -
STUDENT IN THE SOULFUL SINGING SISTERHOOD, ADDED WITH PERMISSION

(All chords are a half measure only)

Em, G, D, C (x4)

Em G
Until now I didn't know what I couldn't see

D C Em G D C
I had to lift the veil to reveal the truth of where I came from.

Em G D C
And now it's time to shed the layers, remove the heavy coat and leave—my baggage at
Em G D C
the door.

Em G D C
To jump into a new dimension, without the weight of what no longer serves—keepin' me
Em G D C
down.

Chorus:

Em G D
And now I leap into the unknown, my cape flapping behind me,
C Em G D C
Like a winged creature on her own.

Em G
Not knowing what awaits me, but knowing I am ready
D C Em G D C
To rise up and merge with what I was meant to become.

Em G
It's scary as shit, I have to admit we're free falling.
D C Em G D C
But did you know?.... There ain't no ground.

Em G
And at the end of my life when all's said and done

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D C Em G D C
I'll remember this fear and laugh as I look behind.
Em G D C
To overcome what doesn't serve, to train my ego to obey my heart and soul's
Em G D C
Every whim...
Em G D C
Takes a lot of work and tenacity. It takes a lot of work and tenacity.
Em G D C
Oh, but to be free! What else should I live to see?

(Repeat chorus)

Em G D C
What I was meant to become...
Em G D C
What I was meant to become...
Em G D
What I was meant to become is all there was there is and all—
C Em G D C
there will ever be
Em G D C Em G
But to be good enough for this one life is the dream I hold, deep inside of me.
D C
Deep inside of me.

(Repeat chorus)

Em G D C
What I was meant to become...
Em G D C
What you were meant to become...
Em G D C
What we were meant to become Ohhhhhh
Em G D C.. Em.
What we were meant to become.

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- SOMEHOWWW, LAUREN ARROW -

A Em D A
I wrote a story and put you in it, boxed you up and then believed it.
A Em D A
It wasn't fair for you- no- it wasn't fair for you!
A Em D A
No, it wasn't fair for you- no- it wasn't fair.

A A Em Em
Fiction! A work of imagi - nation! And we be -
D D A---A---A---A---A---
-lieve it 'cause we need something to hold oooonto. But
A A Em Em
you? You're not telling any stories. You can see
D D A A
clear - ly; that's what you doooooooooo.

A Em D A
It will all work out for us... it will all work out for us (I
A Em D A
said...) It will all work out for us it will all work out...
A Em D A
Somehow everything is perfect. Somehow everything is right.
A Em D A
Open up those windows and let in all the light. (Repeat!)

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- SOMEWHERE OVER THE RAINBOW -

BY HAROLD ARLEN, LYRICS BY E.Y. HARBURG

CHORDS WORK FOR THE ORIGINAL OR THE ISRAEL KAMAKAWIWO'OLE VERSION

Intro: C, Em, F, C, F, C, G, Am-F (2x)

C.	Em.	F.	C.
Somewhere	over the rainbow,	way up	high
F	C	G	Am- F*
Theres a	land that i heard of	once in a	lullaby

C	Em	F	C
Somewhere	over the rainbow	skies are	blue
F	C	G	Am - F*
And the	dreams that you dare to	dream really do come true	

Chorus:

C
Someday ill wish upon a star
Em F C. - G.
And wake up where the clouds are far behind me
C
Where troubles melt like lemon drops
Em
A way above the chimney tops
F F C G
That's where you'll find me

C	Em	F	C
Somewhere	over the rainbow	skies are	blue
F	C	G	Am - F*
And the	dreams that you dare to	dream really do come true (repeat chorus)	

C Dm G C - F x3 ... C
If happy little bluebirds fly beyond the rainbow why oh why can't I?

(F is for the Israel Kamakawiwo'owe aka 'Izzy' version)

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- SOUND OF CREATION BY MARY ISIS -

OFF HER ALBUM, "NECTARIAN", 2013 MARYISIS.BANDCAMP.COM
(ARRANGED BY LAUREN ARROW, ORIGINAL KEY: DM, G, C) ADDED WITH PERMISSION

Am	G"	Dm"
Om Maní	Padme	Hum (x4)
Am	G"	Dm"
All nature is a hum with the	vibra-	tion of the
Am	G"	Dm"
One with the power of the	moon and	sun
Am	G"	Dm"
We re-joice in the Light,	journey through the	darkest night.
Am	G"	Dm"
Breathing in Deep giving	thanks for this	Life.
Am	G"	Dm"
I sur-render and Let Go.	I cannot con-	trol this
Am	G"	Dm"
life and how it flows, I just	nurture how it	grows.
Am	G"	Dm"
I am witness to the miracle, a-	wakened to the	beautiful
Am	G"	Dm"
presence of the spiritual.	Being rooted in the	physical.
Am	G"	Dm"
Like a tree I stand and	Breathe and my	day will come
Am	G"	Dm"
to leave- This body, this form, this	face that you	see and as a
Am	G"	Dm"
star I will shine through	time, to all that	I meet
Am	G"	Dm"
Til the day that I fade back in-	to this cosmic	sea.
Am	G	Dm
Am	G	Dm
Forever, Forever, Forever, Forever	The sound will carry one, the Sound of Creation.	
Am	G	Dm
Am	G	Dm
Forever, Forever, Forever, Forever	We will shine with the light, All together, all together.	

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- SPIRALING INTO THE CENTER BY LORNA KOHLER -
RAINBOW CHANT

Spiraling into the center
Spiraling into the center
I am the weaver
I am the dreamer
I am the weaver
I am the dreamer

The center of the shield
The center of the shield
I am the woven one
I am the dream
I am the woven one
I am the dream

- SWEET SWEET SOUL BY LAUREN ARROW -

Sweet sweet soul, sing your truth
Let it flow, flow through you

Soulful Singing Sisterhood Songbook 3rd Edition

- SWEET VOICE BY CHRISTINA ROCHELLE, 2017 -

STUDENT IN THE SOULFUL SINGING SISTERHOOD, ADDED WITH PERMISSION

Chorus:

Am

Sweet voice I hear you now

G Am

Sweet voice I hear you now

G Am

In this sacred space I kneel

E Am

And to your love and grace I bow

Am

Layer upon layer

G Am

Revealing the raw center

Am

Shy and slightly scared

G Am

The truth of my spirit

G

Am

I peel back the past

Em Am

Of who I am at last

G

Am

I move forward to expose

E Am

And everything that she knows

(chorus)

Am

As my song expresses fully

G Am

And the trappings of my heart

G

Am

All the wounds begin to heal

E Am

Are free to call for what they feel

Am

Letting go of expectation

G Am

Trusting time brings translation

G

Am

Allowing life a sacred space

E Am

Devoting Love to all I face

Chorus to end

Soulful Singing Sisterhood Songbook 3rd Edition

- SZTOJ PA MORU -

ARRANGED BY LABORATORIUM PIEŚNI, TRADITIONAL BELARUSIAN SONG

Shto ee pa moru, Shto ee pa moru		Shto ee pa moru, moru síniamu (x2)
Tam plavala, Tam plavala		Tam plavala stada bielikh liebiadzay (x2)
Sa malimy, Sa malimy		Sa malimy lebiadziatami (x2)
Adkulh uziausia, Adkulh uziausia		Adkulh uziausia, shiza-biely arol (x2)
Razbiyu stadu, Razbiyu stadu		Razbiyu stadu usio pa síniamu moru (x2)
Biely pushok, Biely pushok		Biely pushok pa pad niebieyku paishoyu (x2)

Sample of the notation:

Sample of the notation for the first system, measures 1-6. The notation is in treble clef with a key signature of three sharps (F#, C#, G#) and a 2/4 time signature. The lyrics are: Ad - kulh u - ziau - sia, ah, Ad - kulh.

Sample of the notation for the second system, measures 7-12. The notation is in treble clef with a key signature of three sharps (F#, C#, G#) and a 2/4 time signature. The lyrics are: u - ziau - sia, ad - kulh_u - ziau - sia, shi - za - bie - ly a -.

Sample of the notation for the third system, measures 13-18. The notation is in treble clef with a key signature of three sharps (F#, C#, G#) and a 2/4 time signature. The lyrics are: rol, ad - kulh_u - ziau - sia, shi - za - bie - ly a - rol.

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- THANK YOU MAMMA, AMY BIESEMEYER -
STUDENT IN THE SOULFUL SINGER SISTERHOOD, ADDED WITH PERMISSION

C	F	C	G
Thank you mamma for	loving me	uncon-	ditionally
C	F	C - G	C
Thank you mamma for	loving me and	bringing me back	home (2x)

C	F	C	G
Your streams are a place where I can rest.		your skies are a place where I can soar	
C	F	C	G
Your trees are a place where I can hide,		your mountains are a place where I can roar	

Chorus:

C	F	C	G
So thank you mamma for	loving me	uncon-	ditionally
C	F	C - G	C
Thank you mamma for	loving me and	bringing me back	home (2x)

C	F	C	G
Your beauty shows me my own, your		wonder keeps my	child alive
C	F	C	G
Your wisdom teaches	me to grow, and	your abundance helps me to thrive	

Repeat chorus

C	F	C	G
'Cause home is	grounding, and	home is	peace
C	F	C	G
And home is	love, there's	no other place that I'd	rather be

Repeat chorus

Ending:

C - G C C - G C C - G C
...and bringing me back home, bringing me back home, bringing me back home.

Soulful Singing Sisterhood Songbook 3rd Edition

- THE LIGHT WITHIN BY MELITA - ADDED WITH PERMISSION

C G F..
Every path leads to the center

C G F..
Anywhere you may choose to enter
If you forget where you're going
Turn on the light deep inside you

C G F..
Each little step along the way

C G F..
Nothing can lead you astray...and
When you feel lost out at sea
For by this light shall you see — (G)

Dm C G..
Oooooooooooooooooooooo (x4)

C G F..
Sands are sifting, seeds are drifting
Veils are lifting, times are shifting
Old ways are burning, tides are turning
Our souls are yearning, minds unlearning

C G F..
The only constant is change
Our thoughts are being rearranged
As we embrace ourselves anew
As we adjust our points of view — (G)

Dm C G..
Oooooooooooooooooooooo (x4)

C G F G
Whether you've gained, whether you've lost, Weathered by waves, tumbled and tossed
Whether you left, whether you stayed Whether you quit, whether you played

C G F D..
There is a path, there is a way That leads you back from where you strayed---

C G F..
The light within will guide you home don't be afraid

C G F G
Whether you tried, whether you failed Whether the rocks ripped up your sails
Whether you ran away to hide Whether the brightness made you blind

C G F D..
There is a path, there is a way That leads you back from where you strayed---

C G F..
The light within will guide you home don't be afraid (x2)

C G C
The light within will guide you home don't be afraid (x2) Ending C - G - F - C (x2)

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- THE OCEAN REFUSES NO RIVER-
A.K.A ISHK'ALLAH, TRADITIONAL SUFI CHANT, MELODY BY LILA FLOOD

Am Em Am
The Ocean refuses no River, no river (x2)
Am Em Am F G Am
Ishk'allah ma budlay la, ishk'allah (x2)

(*God is Love, Lover, and Beloved)

The Mountain refuses no Eagle...
The Fire refuses no Ember...
The Love refuses on Lover...
The Dream refuses no Dreamer...
The Rhythm refuses no Dancer...
The Song refuses no Singer...

Also, instead of "Ishk'allah" you can sing "Yemaya, Yemaya, Ochun".

- THE RIVER IS FLOWING BY DIANA HILDEBRAND-HULL -
TRADITIONAL RAINBOW CHANT

Am	Em Am
The river she is flowing,	flowing and growing
Am	Em Am
The river she is flowing	down to the sea
Am	G Am
Mother, carry me	Your child I will always be
Am	Em G Am
Mother, carry me	down to the sea

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- THE SKY BEYOND THE SKY BY ERIC LEVIN -
FRIEND OF THE SOULFUL SINGING SISTERHOOD, ADDED WITH PERMISSION

C`	G`	Am	G	Am
This song is	for the	ground the	ground beneath the	hows
G		Am	G	Am
the	ground beneath the	hows the	ground beneath the	hows

C`	G`	Am	G	Am
This song is	for the	dirt our	bruises and our	hurts
G		Am	G	Am
our	bruises and our	hurts our	bruises and our	hurts

C`	G`	Am	G	Am
And this song is	for the	trees for	all that they have	seen
G		Am	G	Am
for	all that they have	seen for	all that they have	seen

C`	G`	Am	G	Am
This song is	for the	moon wrapping us in her loving	cocoon	
G		Am	G	Am
wrapping us in her loving		cocoon wrapping us in her loving	Cocoon	

C`	G`	Am	G	Am
And this song is	for us	all as we	dance into the	fall
G		Am	G	Am
as we	dance into the	fall Let us	not forget our	call

C`	G`	Am	G	Am
This song is	for the	sky the	sky beyond all	whys
G		Am	G	Am
the	sky beyond all	wise the	sky beyond the	sky

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- THE WIND BLOWS, CARINA YUBERO -
STUDENT IN THE SOULFUL SINGER SISTERHOOD, ADDED WITH PERMISSION

Em..	D..	Am..	Em..
The	wind oh she	blows and I	know this too shall pass.
Em..	D..	Am..	Em..
Your	tears and your	frowns don't you	worry they'll soon turn 'round...
Em..	D..	Am..	Em..
The	fire now	roars, and I	soar over the aaaaash.

Am..	D..	C..	Em..
Your	smiles and your car- -	esses give me	strength, give me hope.
Am..	D..	C..	Em..
Two	souls on their	journeys come to-	gether to learn and grooooow.

Em..	D..	Am..	Em..
The	silence it re-	minds me to look in-	side me for all I am.
Em..	D..	Am..	Em..
The	water, she's ever	flowing, she	teaches me to let go.

Em..
The *earth... The *air... (Improvise with whatever element or anything you want to sing about, repeating as much as you like)

Ending:

Em..	D..	Am..	Em..
The	wind oh she	blows and I	know this too shall pass.

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- THE WOMB SONG BY ILA CANTOR -
ADDED WITH PARMESAN

You come into the world until you see its a womb
You're loving what your mother has begun to create but
Your sisters and your brothers are awakening too
It's time to realize another birthing awaits you!

So come into llllllfeeeee
Come to the soil at the roots of your soul
The essence you find
When loving is beckoning for seedlings to grow

The song repeats but the underlined line changes with the following:

Come to the waters at the well at your soul

Come to the fire at the heart of your soul

Come to the flowers and the fruits of your soul

Soulful Singing Sisterhood Songbook 3rd Edition

- THIS IS MY PRAYER, CHRIS MORALES -

CAPO 2 - YOU CAN ALSO PLAY B7 IN PLACE OF D, ADDED WITH PERMISSION

Em.. G..
This is my prayer, this is my prayer.
C D Em..
I pray I may go slow, this is my prayer.

Em.. G..
This is my prayer, this is my prayer.
C D C D Em..
I pray I may go slow, I pray that I may wander, this is my prayer.

Em.. G..
This is my prayer, this is my prayer.
C D C D C D Em..
I pray I may go slow, I pray that I may wander, I pray that I may tend, this is my prayer.

Bridge:

C D Em Em
This is my pray- - yay- yaer... (x4)

Repeat, adding your prayers, e.g. I pray I walk in beauty, I pray I may let go, etc.

You can ask around what peoples prayers are
and weave it in the song

Soulful Singing Sisterhood Songbook 3rd Edition

- THREE LITTLE BIRDS BY BOB MARLEY-

G....	C..	G..
Don't worry, about a thing	Cause' every little thing, gonna be alright.	X2
G G	D D	
Rise up this mornin'	Smile with the rising sun	
G G	C C	
Three little birds	pitch by my doorstep	
G	D7	
Singin' sweet songs	of melodys pure and true	
C (open)	G G	
SINGIN',	this my message to you-oo-oo	

- THREE LITTLE BIRDS BY BOB MARLEY-

FOR THOSE LEARNING RHYTHM: / = 1 BEAT

G	G	G	G
Don't worry, / / /	about a thing / / /	/ / /	cause
C	C	G	G
every little thing / /	Is gonna be al-right / / /	/ / /	singin'
G	G	G	G
Don't worry, / / /	about a thing / / /	/ / /	cause
C	C	G	G
every little thing, / /	Is gonna be al-right / / /	/ / /	
G	G	D	D
Rise up this mornin' / / /	Smile with the rising sun / / /		
G	G	C	C
Three little birds / / /	pitch by my	doorstep. / / /	/
G	G	D	D
Singin' sweet songs / / /	of melodies	pure and true / / /	
C (open)	C	G	
SINGIN', / this my	message to you-oo-oo (strum)	singin'...	
		(to the top)	

Soulful Singing Sisterhood Songbook 3rd Edition

- TONIGHT YOU BELONG TO ME -

COMPOSED BY BILLY ROSE AND LEE DAVID (1926), ARRANGED BY LAUREN ARROW

D	D7	G	Gm
I know (I know) you be-	long to	somebody	new
D	A	D	A
But to-night You	belong to	me	

D	D7	G	Gm
All- though (although) we're a-part	you're a-	part of my	heart
D	A	D	A
But to-night	you be-	long to	me.

Gm....
Wait down by the stream, How sweet it will seem
D Bm7 E7 A
Once more just to dream in The moonlight My honey!

D	D7	G	Gm
I know (I know) with the	dawn that	you	will be gone
D	A	D	A
But to-night You	belong to	me	

Gm....
Wait down by the stream, How sweet it will seem
D Bm7 E7 A
Once more just to dream in The silvery moonlight My honey!

D	D7	G	Gm
I know (I know) with the	dawn that	you	will be gone
D	A	D'' A'' D' A' D' —	
But to-night You	be- long to	me (Just a little ol' me)	End

Soulful Singing Sisterhood Songbook 3rd Edition

- UNFOLDING BY LAUREN ARROW-
ON "IT'S HAPPENING!" 2016

I play this with my D dropped to B, then I play all the open strings and walk down starting on the 5th fret D string.

5 3 1 0 5 3 1 0

Far away in inner spaaaaaaace She

5 3 1 0 5 3 1 0

calls to meeeeeeeee e- ternallyyyyyyyyyyyyyyy (x2)

5 3 1 0 5 3 1 0

Let her growwwwwwww / Let her unfoldddddddddd

5 3 1 0 5 3 1 0

Let yourself be lost in the mystery / Nothing to hoooooold (x2)

5 3 1 0 5 3 1 0

Please forgive me for forgetting / Your life, your love, is always with me

5 3 1 0 5 3 1 0

Please forgive me for forgetting / Your life, your love, are always in me.



Soulful Singing Sisterhood Songbook 3rd Edition

- VUELA CON EL VIENTO BY AYLA SCHAFER -
CAP 3, ARRANGED BY LAUREN ARROW IN 3/4, ADDED WITH PERMISSION

Am , G/B, (F or Dm), G G/B Baritone: Play a G with your 4th string 2nd fret add

Am . G/B .	Dm . G .
Llévame con tus alas de luz	águila tráenos medicina del
Am . G/B .	Dm . G .
viento del aire, a las estrellas del sol	brillando, me guía mi camino

Am . G/B .

Cura, cura, cura cúrame, sana todo lo que yo llevo

Dm . G .

agradesco por mi vida Pachamama yo te amo (x2)

Am.. G/B.. Dm.. G..
Vuela con el viento... Vuela con el viento... (X2)

Am . G/B .	Dm . G .
Llévame con tus alas de amor	Condorcito tráenos medicina del
Am . G/B .	Dm . G .
cielo, ilumina mi interior	volando en- seña mi camino

Cura...

Translation: Carry me with your wings of light , Eagle bring us the medicine
of the wind, of the air, of the stars, of the sun shining, you guide the way

Cure, cure, cure me heal everything I carry giving gratitude for my life
Mother Earth I love you

Fly with the wind, fly with the wind carry me with your wings of love, Condor bring us the
medicine of the sky, illuminate my interior flying, you show me the way

Soulful Singing Sisterhood Songbook 3rd Edition

- VUELA VUELA BY HANNA LEIGH-
DRUMS/ RATTLES/ ACAPELLA, ADDED WITH PERMISSION

Vuela vuela, vuela vuela, vuela vuela Mujer Águila/Condor
Respira, respira, y confía en tu sabiduría

Vuela vuela, vuela vuela, vuela vuela Señor Águila/Condor
Respira, respira, y confía en tu sabiduría

Heya hey, hey hey, hey hey hey hey haíyo (2x)

La altura te da la perspectiva Y la perspectiva te da el alegría (x2)

Translation: Fly, fly Eagle Woman/Man, Breathe, breathe, and trust in your own wisdom
These heights give you perspective, and this perspective brings you JOY!

- VUELA VUELA BY HANNAH LEIGH-
ARRANGED BY ILA CANTOR, I USE CAP 3

Em G G D C
Vuela vuela, vuela vuela, vuela vuela Mujer Águila/Condor
Em G G D C
Respira, respira, y confía en tu sabiduría

Em G G D C
Vuela vuela, vuela vuela, vuela vuela Señor Águila/Condor
Em G G D C
Respira, respira, y confía en tu sabiduría

Em G G D C
Heya hey, hey hey, hey hey hey hey haíyo (2x)

G Bm Bm Am C
La altura te da la perspectiva Y la perspectiva te da el alegría (x2)

Soulful Singing Sisterhood Songbook 3rd Edition

- WARRIORS OF THE LIGHT BY ILA CANTOR -
ADDED WITH PERMISSION

Sacred healing fill up this heart
Wisdom teaching fillin' up this heart
We have walked through the shadow to illuminate the dark
We have walked through the shadow to illuminate the dark

We are warriors of the light
We are warriors of the good fight!
We are warriors of the light

Bringing truth from the inside
Bringing truth to all who come by the strength of this light

(Sing it with more and more powaaahhhh!)

Soulful Singing Sisterhood Songbook 3rd Edition

- WASH MY SOUL WITH LIGHT BY ALI MAYA -
ADDED WITH PERMISSION

G.. C.. C... G..
Wash my soul with light x4 With light, with light x2

G G G Bm D D G G
Walking upon this earth, so many heartbreaks, so many times I've fallen down
G G Bm D7.. D7 D G G
And every time I stumble I pray to remember (The love that will bring me back round x3)

G.. C.. C... G..
Wash my soul with light x4 With light, with light x2

G G G Bm D D G G
Walking upon this earth, amongst the humans, our lessons to learn, our karma to burn
G G Bm D7.. D7 D G G
And every time we stumble I pray we remember (The love that will bring us back round x3)

G.. C.. C... G..
Wash my soul with light x4 With light, with light x2

G G G Bm D D G G
Walking upon this earth, with my soul tribe, opening our hearts and raising the vibe
G G Bm D7.. D7 D G G
And every time we stumble I pray we remember (The love that will bring us back round x3)

G.. C.. C... G..
Wash my soul with light x4 With light, with light x2

Soulful Singing Sisterhood Songbook 3rd Edition

- WATERS OF FORGIVENESS BY ALI MAYA -
ADDED WITH PERMISSION

	C..	G/B..	Am7..	G/B
May the	waters of for-	giveness wash	over	you
May the	flame of	purity	burn your soul	free
May the	winds of	Grace	blow away all that does not	<u>serve</u>
May the	earth be strong	beneath your feet +	guide your steps into the	<u>Light</u>

	Dm..	C..	G..	Am..
Re-	member why you	came here	The seed of Light that was planted in your	soul
	Fmaj7..	C..	G..	Am..
In the moment of Love you were created			Your offering of healing to the whole	

	Am	C	G..	Am..
You have a gift to bring you have a song to sing, You have			medicine for those in strife	
You have wisdom to share and a		<u>heart</u> that cares	There's a reason and purpose for your	<u>life</u>
I thank God you're alive may you		flourish and thrive	May your <u>heart</u> be abundantly	<u>fulfilled</u>
May the wind lift your wings and		blow in all the things	Your deepest prayers have	willed.

	C..	G/B..	Am7..	G/B
May the	waters of for-	giveness wash	over	us
May the	flame of	purity	burn our soul	free
May the	winds of	Grace	blow away all that does not	<u>serve</u>
May the	earth be strong	beneath our feet +	guide your steps into the	<u>Light</u>

-To "Remember why you came here"

	Am	C	G..	Am..
We have a gifts to bring we have		songs to sing, We have	medicine for those in strife	
We have wisdom to share and		<u>hearts</u> that cares	There's a reason and purpose for our	<u>lives</u>
I thank God we're alive may we		flourish and thrive	May our <u>hearts</u> be abundantly	<u>fulfilled</u>
May the wind lift our wings and		blow in all the things our	deepest prayers have	willed.

	C..	G/B..	Am7..	G/B
May the	waters of for-	giveness wash	over	all
May the	flame of	purity	burn all soul	free
May the	winds of	Grace	blow away all that does not	<u>serve</u>
May the	earth be strong	beneath our feet +	guide our steps into the	<u>Light</u>

Soulful Singing Sisterhood Songbook 3rd Edition

- WAY TO THE WELL BY STARHAWK AND ROSE MAY DANCE -

PAGAN CHANT WITH MELODY ADAPTED FROM A SOUTH AFRICAN FREEDOM SONG

Like the grasses, through the dark, through the soil, to the sunlight we shall rise again.

We are searching- for the waters of life, we are moving- we shall live again. (x2)

We will never, never lose our way to the well of her memory (or 'of remembering')

And the power- of her living flame- it will rise- it will rise again. (x2)

- WE ARE OPENING UP IN SWEET SURRENDER -

CHRISTIAN PRAYER FROM THE FOURTH MYSTERY OF THE UNION OF ST. SYMEON +
RECLAIMING PAGAN CHANT, ARRANGED BY LAUREN ARROW

Verse 1:

Am

We are opening up in sweet surrender

G

Am

to the luminous love light of the one (x2)

Am

G Am

We are opening, we are opening (x2)

Verse 2:

Am

"We are rising up like a phoenix from the fire

G

Am

Brothers and sisters, spread your wings and fly higher (x2)

Am

G Am

We are rising up, we are rising up. (x2)



Original prayer- Fourth Mystery of the Union of Saint Symeon

"Mother of Grace, we are opening up in sweet surrender to the luminous love-light of the Lord, who in turns opens to us and with open arms welcomes us home. Aid us in awakening to our true nature in the Body of Christ. Amen."

Soulful Singing Sisterhood Songbook 3rd Edition

- WE ARE RISING (WOMEN OF THE WORLD), MARY ISIS -
FROM "ELEMENTAL BEING" MARYISIS.BANDCAMP.COM, ADDED WITH PERMISSION

Em Em D C D
Oh women of the world, may your stories be told and your voices be heard. May you shine like
D C C D C* - Em
the moon, fly like a bird on wings of liber- ation; daughter of love, Mother of cre- ation.

Em Em D C
Oh women of the world, may your stories be told and your voices be heard.
D D C C D
May you shine like the moon, fly like a bird on wings of liber- ation we will rise...
D C* - Em
when we listen to the heart and the (ways of the wise. x3)

C C D D C* - Em
On the flames of transformation we will rise... from out of the shadows, into the light.

Em Em D C
May all our wounds be healed. May our love, truth and beauty be revealed.
Em Em D C* - Em
May our mind-bodies be respected. May our sisters, daughters, mothers, all be protected.
Em.. Em.. D.. C.. Em.. D.. C..
Let us rise... Hear our cries... Let us rise... Hear our cries...

Em.. Em.. D.. C..
We are rising... We are rising up.... We are calling ... We are calling (out)... (x4)

Em Em D C
Oh women of the world, may your stories be told and your voices be heard.
D D C C D D
May you shine like the moon, fly like a bird on wings of liber- ation we will rise- - - - e
D C* - Em D C
humble to the Earth to (hear her cries x2). Let us join our hearts and voices and unite.

D C Em Em
(It's time to take a stand for the sacredness of life- - - - e x2)

Soulful Singing Sisterhood Songbook 3rd Edition

- WE GO ON & WOMAN OR WOLF BY IO BONES -
STUDENT IN 'ACTIVATED SONGSTRESS' / SOULFUL SINGING SISTERHOOD
ACAPPELLA SONG - GOOD WITH SNAPPING, BODY PERCUSSION, OR SHAKERS
ADDED WITH PERMISSION

WE GO ON:

1	2	3	4
When we move forward,	sometimes we	stumble.	
When we stumble,	sometimes we	fall.	
1	2	3	4
When we move forward,	sometimes we	stumble.	
When we stumble,	sometimes we	fall.	
1	2	3	4
But we go on, we go	on, we go	on, we go	on.
But we go on, we go	on, we go	on, we go	on.
1	2	3	4
Lift yourself up	little one, there's no need to be ash-	amed.	
The Earth has touched yooooo	-----	uuuuu	
and you've touched	her the	same.	
1	2	3	4
And we go on, we go	on, we go	on, we go	on.
And we go on, we go	on, we go	on, we go	on.

WOMAN OR WOLF:

Are you a woman or a wolf?
Let it remain unclear - to those who come to take your secrets.
But if they come just to revel in your glory
Let them see you as you really have become
Let them see you as you really have become

Note: the timing on this song is tricky! Tune into the portal to find future recordings.

Soulful Singing Sisterhood Songbook 3rd Edition

- WE HOLD THE LOVE BY MELITA -

ADDED WITH PERMISSION

Em..	C	D	Em
I hold the moon in my <u>womb</u>		I hold the <u>skies</u> in my <u>eyes</u>	
I hold the trees in my <u>breath</u>		I hold destr <u>uction</u> in my <u>cries</u>	
You hold the sun in your <u>smile</u>		You hold the <u>darkness</u> in your <u>brow</u>	
You hold the ocean in your <u>dreams</u>		You hold comp <u>assion</u> in your <u>bow</u>	
We hold tomorrow in our <u>touch</u>		We hold refl <u>ection</u> close at <u>hand</u>	
We hold our elders in our <u>wake</u>		And in their <u>distant</u> prayers we <u>stand</u>	

Em..	C	D	Em	Em..	C	D	Em
Oooooooooo	We hold it all within			Oooooooooo	The only place to begin		
Em..	C	D	G	Em	C	D	
Oooooooooo	As travellers inside...			there is no place to hide			

Em	C	D	Em		
Cause we hold the love,	We hold the Love is holding us inside the love				
C	D	Em			
Inside the love we learn to trust that we can fall					
C	D	G	Em	C	D
That we can fall into the all-encompassing	Place to which we're all returning				
(end: Spirit Welcomes Everything)					

Em..	C	D
Our prayers they rise sprouting <u>wings</u> like butterflies, Our spirits		
<u>Sing</u> , we recognize The <u>divine</u> in each others <u>eyes</u> and in every		
<u>Thing</u> And come what may, <u>as</u> we pull these <u>masks</u> away in		
<u>Witness</u> of whats real, <u>it</u> is the <u>way</u> to heal		

Em..	C	D	Em	Em..	C	D	Em
Oooooooooo	We hold it all within			Oooooooooo	And in surrendering		
Em..	C	D	G	Em	C	D	
Oooooooooo	We learn how to just let things be...			it's how we become free			

Cause we hold the love...
(At the very end of song replace "Place to which..." with "Spirit Welcomes Everything")

Soulful Singing Sisterhood Songbook 3rd Edition

- WE SHALL BE KNOWN BY KARISHA LONGAKER OF MAMUSE -

Arranged by Lauren Arrow

G C D G
We shall be known by the company we keep, by the
C D G G
ones who circle round to tend these fires
G C D Em
We shall be known by the ones who sow and reap the seeds of
C D G G
change, alive from deep within the earth It is

C G
time now,
C G
it is time now that we thrive
C D G
It is time we lead ourselves into the well... it is
C G C G
time now, and what a time to be alive
C D Em
In this Great Turning we shall learn to lead in love
C D G
In this Great Turning we shall learn to lead in love
C D Em
In this Great Turning we shall learn to lead in love
C D G
In this Great Turning we shall learn to lead in love

Soulful Singing Sisterhood Songbook 3rd Edition

- WIND WHISPERS, MELENA SMITH -
STUDENT IN THE SOULFUL SINGING SISTERHOOD, ADDED WITH PERMISSION

Dm A Dm
The wind whispers a song of possibility
Gm A
She says all that I am is within you

Dm A Dm
I teach the birds to fly and the leaves to dance
Gm A
I have a voice that all can hear
Gm A
I am felt by the roots buried within soil
Gm Dm
I whisper there too

Dm A Dm
All of earth can relax in my turbulent breath
Gm A
Because all that I am is within you

Dm A Dm
The wind whispers a song of possibility
Gm A
She says all that I am is within you

Gm A
She's singing and she's calling to me now
Gm Dm
and she is heard when I soften and listen

Dm A Dm
The wind whispers a song of possibility
Gm A
She says all that I am is within you

Soulful Singing Sisterhood Songbook 3rd Edition

- WITCHY WAYS BY LAUREN ARROW -
1 PLAY WITH CAPO 2 IF I'M FEELING IT

Am Em Dm G
She's birthing a new way, the new dawn is coming

Am Em Dm G

She's been out underground and now she is rising

Am Em Dm G
Her heartbeat beats the drum, we know where we come from

Am Em Dm G

The Earth is our mother and now we must find home

Chorus:

Am Em Dm
We're bringing back those witchy ways that they burned at the stake

Bringing light to our lives ignite the will to survive

Em D
Those witchy ways that they tried hard to take

But our light can not die, their memory remains aliveeeeeeeeeeeeeeeee

Am Em Dm G
And its burning bright

Am Em Dm G

Therapists, priestesses, sex workers, teachers

Am Em Dm G
As women we rise up to heal earth's creatures

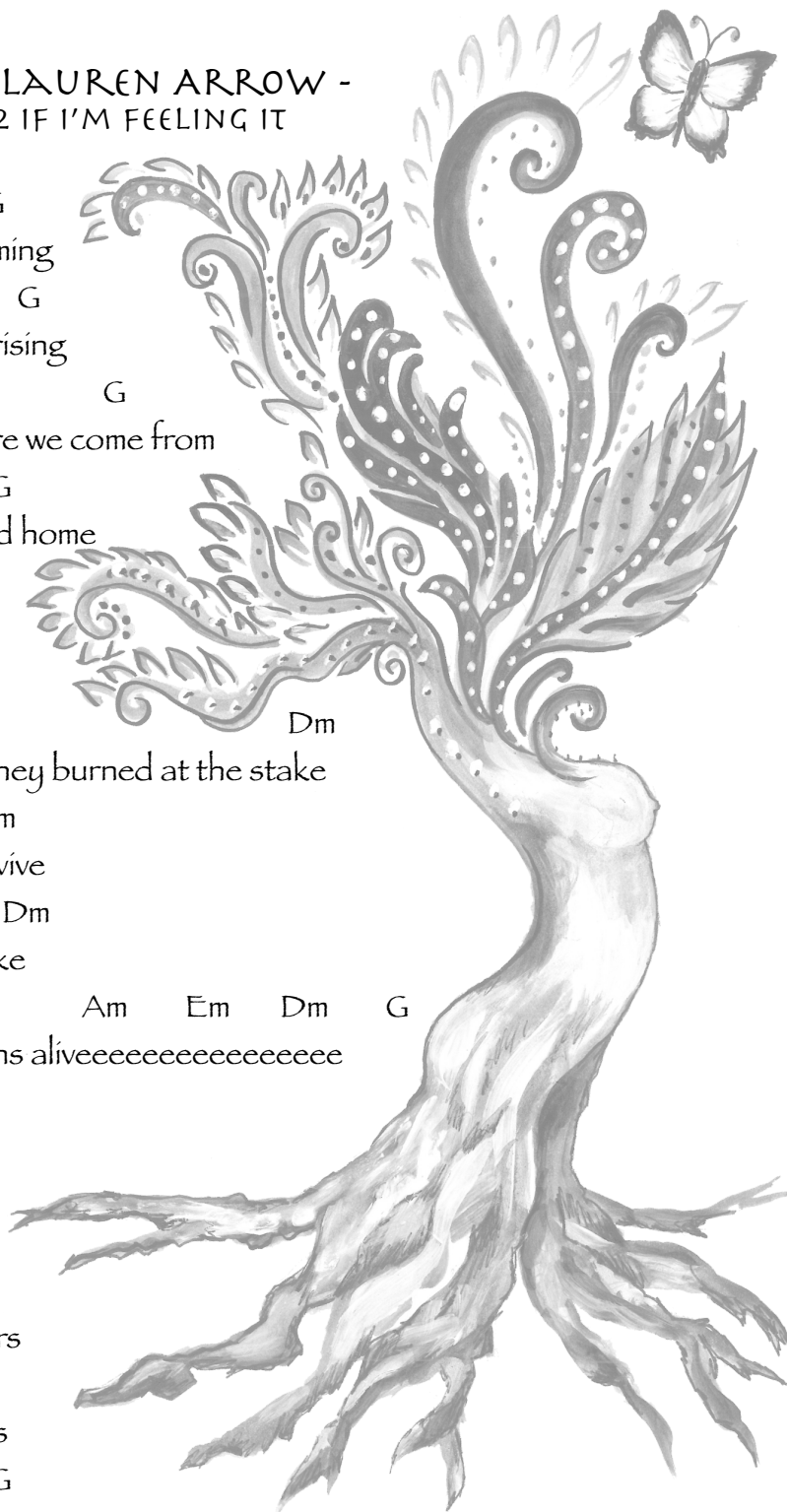
Am Em Dm G

In your eyes we are one on one earth round one sun

Am Em Dm G

The heavens awaken to guide everyone home

..... To Chorus



Soulful Singing Sisterhood Songbook 3rd Edition

- WOMEN WHO RUN WITH THE WOLVES BY MARYA STARK -
CHANT WITH RATTLES, ADDED WITH PERMISSION

Ch: I am a woman who runs with the wolves
A brave heart shatterin' shatterin' walls
A woman who follows follows the call of
The wild one dancing dancing it all

I have stood naked in front of the judge
I bared my body my breasts and my blood
I heard their whispers of disrepair
I choose to leave all of it there!

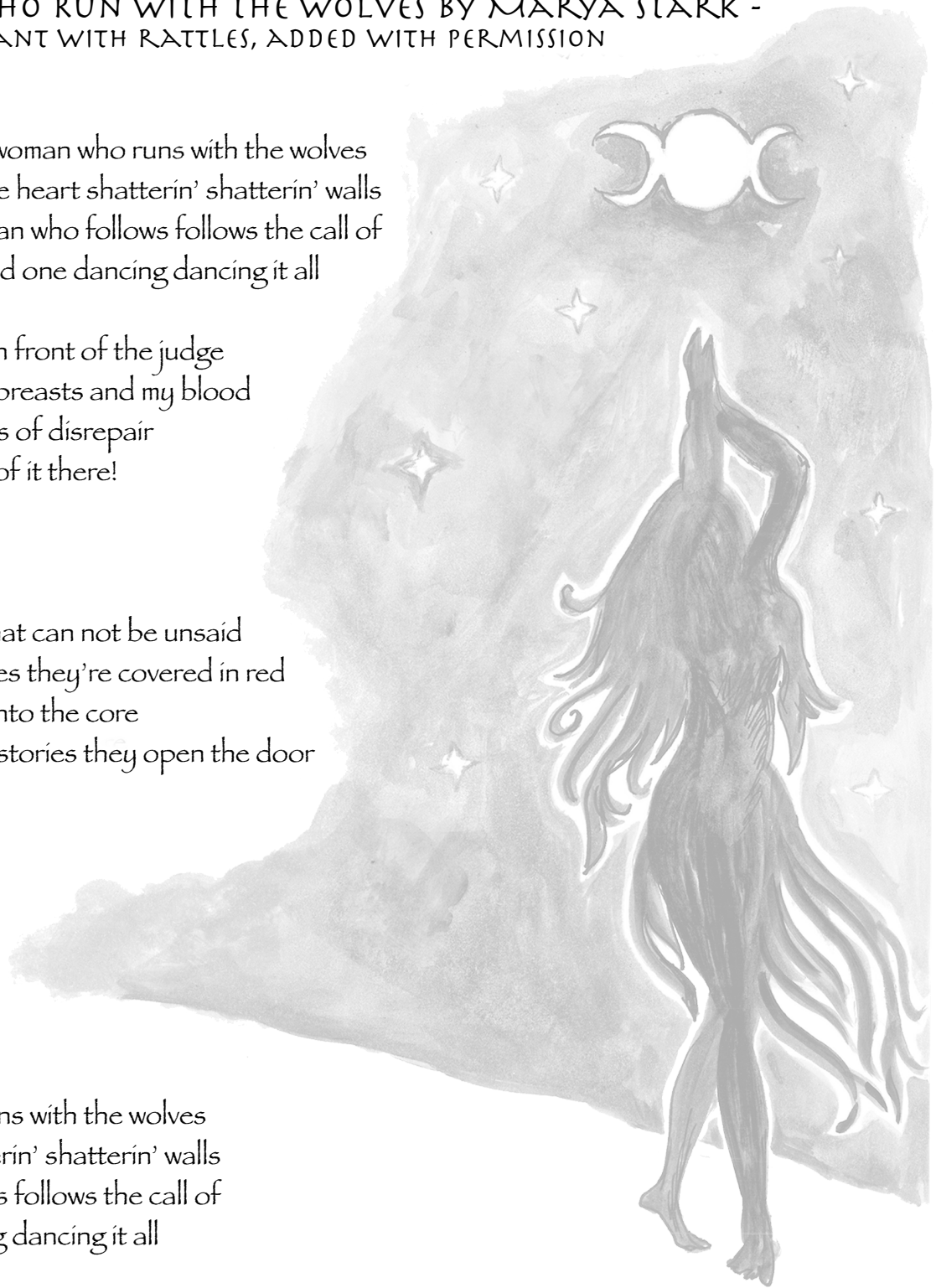
Ch.

I have spoke truth that can not be unsaid
I have found treasures they're covered in red
I have gone deeper into the core
Where the oldest of stories they open the door

Ch.

I am a Woman!
I am a Wild One!
I am a Woman!
I am a Wild One!

I am a woman who runs with the wolves
A brave heart shatterin' shatterin' walls
A woman who follows follows the call of
The wild one dancing dancing it all



Soulful Singing Sisterhood Songbook 3rd Edition

- WRITE LIFE BY THE SONGS-
ROBBIE RYAN, ILA CANTOR & LAUREN ARROW

Lets Write Life together:

Cause together forever we can make it much better than

Eternity has ever been (x2)

Love, life, begin. (x4)

Through perfecting insight, collaborating with life,

we can make it our rite to create paradise. (x2)

Who are you- life- and how can I love you more?

- YAVO BY GABRIEL MEYER HALEVY & CHANDRA LACOMBE-
MADE POPULAR BY SHIMSHAI
I EITHER CAPO THIS 3, OR OPTIONAL TRANSPOSE BELOW:

F Am Dm G
Shalom Aleíchem, Malacheí Ha Shalom

F Am Dm G
Shalom Aleíchem, Malacheí El Yon (x2)

F Am F G
Yavo Michael, Yavo Gavriel

F Am F G
Yavo Uriel, Yavo Rafael

Optional Transpose:

A / C# / F# / B

Translation

Peace be with you, Angels of Peace

Peace be with you, Angels of the Most High

We invoke Michael, we invoke Gavriel

We invoke Uriel, we invoke Rafael

Soulful Singing Sisterhood Songbook 3rd Edition

-YEMAJA BY ILA CANTOR -
ADDED WITH PERMISSION

Gm
Cura cura yemaja
Gm/F
Tranquilidad de la matriz
C9
Hermana de la mar, agua sirena

Gm
Pinta pinta yemaja
Gm/F
Paraíso de tu alma
C9 C13
Acompañarnos Yemaja mama

F C Dm - C
La enseñanza del oceano Yemajaaaaaaa
F C Dm - A7
La libertad de tu cuerpo vivo Yemajaaaaaaa
Dm A7 Bb C
Traenos sabiduríaaaaaaaaaa
F C Dm - A7
La enseñanza de tu belleza Yemajaaaaaaa

Dm` A7` Bb Bb` C` F` A7`
Yem—a—jaaaaaaa, Ye-ma-jaaaaaaa (x3)
Dm` A7` Bb Bb` C` F.... Gm
Yem—a—jaaaaaaa, Ye-ma-jaaaaaaa (x3) aaaaaaaaaahhhh

(Alternate F and G to end)

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-YESHUA BY ILA CANTOR -
ADDED WITH PERMISSION

F#m....

Confianza en la canción

D.. F#m..

En el ritmo de la sangre desde el corazón

E.. F#m.. E.. F#m

Viene Yeshua, subiendo! Para Yeshua, canto!

F#m....

Confianza en el despertar

D.. F#m

En la luz del sol naciente desde la aurora

E.. F#m.. E.. F#m

Viene Yeshua, subiendo! Para Yeshua, canto!

F#m....

Yeshua -da Yeshua -da -ye

D.. F#m..

Yeshua -da Yeshua -da -ye

E.. F#m

Yeshuaaaaa, yesua -da -ye

E.. F#m

Yeshuaaaaa, yesua -da -ye

F#m D A Bm E F#m
naí naí naí naí naí naí naí naí naí x4

Soulful Singing Sisterhood Songbook 3rd Edition

- YOU HAVE A CHOICE BY LAUREN ARROW -
ON "IT'S HAPPENING!" 2016

Intro: Am, F, G x2

Am...

You have a choice: to be free or to live in captivity.

F..

The walls are in your mind-

G..

Thanks for the reminder!

Am....

Feel your body in the breeze

The sunlight in the trees

F..

G..

Touches everything.

Am....

Whats stopping you

from being a vessel clear and true?

F..

This is not a test

G..

It is up to no one but yourself.

Am....

You have a choice: to be free or to live in captivity.

F..

The walls are in your mind-

G..

Thanks for the reminder!

Soulful Singing Sisterhood Songbook 3rd Edition

-YOU'VE GOT A FRIEND, CAROLE KING -
CAPO 3

Am E7 Am E7 Am-E7-Am
When you're down and troubled and you need some loving care,
Dm G7 C E7
and nothing, oh, nothing is going right,
E7 Am E7 Am-E7-Am
close your eyes and think of me and soon I will be there
Dm Em G7
to brighten up even your darkest night.

Chorus:

C F
You just call out my name, and you know wherever I am,
C G
I'll come running to see you again.
C F Am
Winter, spring, summer, or fall, all you got to do is call
F
and I'll be there, yeah, yeah, yeah.
C F C E7
You've got a friend.

Am E7 Am E7 Am E7 Am
If the sky above you should turn dark and full of clouds,
Dm G7 C
and that old north wind should begin to blow,
Am7 E7 Am E7 Am E7 Am
keep your head together and call my name out loud.
Dm Em G7
Soon I'll be knocking upon your door.

Soulful Singing Sisterhood Songbook 3rd Edition

F
Hey ain't it good to know that you've got a friend when
C F
people can be so cold. They'll hurt you and desert you.
Am D7
Well, they'll take your soul if you let them.
G7 G
Oh yeah, but don't you let them.

C F
You just call out my name, and you know wherever I am,
C G
I'll come running to see you again.
C F Am
Winter, spring, summer, or fall, all you got to do is call
F
and I'll be there, yeah, yeah, yeah.

C F C
You've got a friend yeah baby. You've got a friend.
F C
Ain't it good to know you've got a friend?
F C
Ain't it good to know you've got a friend?
F C
Oh, yeah, yeah. You've got a friend.

Soulful Singing Sisterhood Songbook 3rd Edition

Info on some of my favorite BIPOC Led Organizations dedicated to serving the Earth and it's co-inhabitants. You are invited to dive in and learn how to support organizations intent on co-creating a just, balanced, and life-giving world!

Sogorea-Te Land Trust

The Sogorea Te Land Trust is an urban Indigenous women-led community organization that facilitates the return of Chochenyo and Karkin Ohlone lands in the San Francisco Bay Area to Indigenous stewardship. Sogorea Te creates opportunities for all people living in Ohlone territory to work together to re-envision the Bay Area community and what it means to live on Ohlone land. Guided by the belief that land is the foundation that can bring us together,

Sogorea Te calls on us all to heal from the legacies of colonialism and genocide, to remember different ways of living, and to do the work that our ancestors and future generations are calling us to do. sogoreate-landtrust.org

KAHEA Land Defense

KAHEA is a community-based organization working to improve the quality of life for Hawai'i's people and future generations through the revitalization and protection of Hawai'i's unique natural and cultural resources. We advocate for the proper stewardship of our resources and for social responsibility by promoting cultural understanding and environmental justice. We focus on issues that impact cultural rights and the 'āina (land). We are cultural activists and practitioners, including kuma hula (teachers of dance, language, chants, history, and healing), environmental activists and people concerned about social justice. We are on every island. We are 'ōpio (youth), mākuā (adults) and kūpuna (elders) Together, we envision a truly just and sustainable Hawai'i in a world where people, culture and native ecosystems survive and thrive. kahea.org

ATP (Anti Police-Terror Project)

The Anti Police-Terror Project is a Black-led, multi-racial, intergenerational coalition that seeks to build a replicable and sustainable model to eradicate police terror in communities of color. We support families surviving police terror in their fight for justice, documenting police abuses and connecting impacted families and community members with resources, legal referrals, and opportunities for healing. ATP began as a project of the ONYX Organizing Committee. www.antipoliceterrorproject.org

RAICES

RAICES is a nonprofit agency that promotes justice by providing free and low-cost legal services to underserved immigrant children, families, and refugees. With legal services, social programs, bond assistance, and an advocacy team focused on changing the narrative around immigration in this country, RAICES is operating on the national frontlines of the fight for immigration rights. www.raicestexas.org

Liberation Spring

Liberation Spring is a freedom school. Freedom schools are often associated with the Freedom Summer educational programs that thrived during the U.S. civil rights movement as intellectual hubs for political education to equip organizers to effectively serve their communities thru crafting activist strategies. Liberation Spring infuses this legacy with the best of the 1960s/1970s U. S. feminist movement's consciousness-raising tradition, the practicality of skill-sharing common within DIY free schools, the intellectual rigor of underground graduate schools, & the camaraderie of radical study groups. liberationspring.com

Index of songs by Author

	Written/ Received By / Lineage	Song Name	Page
Legend: * Direct permission to share song in book, ** Recorded & published by artist, *** Trad. songs from my lineage (American /European /Jewish)			
28	Akron/Family	Don't Be Afraid **	33
58	Albert E. Brumley / Christian Hymn	I'll Fly Away **	60
105	Alexa Sunshine Rose	Roses *	98
6	Alexander Kugler / Sami Brothers	All Our Relations *	15
12	Alexandra Danieli	Bird Wolf Human *	19
91	Alexia Chellun / Quechua	Oeaho *	86
18	Ali Maya	Calling upon the Angels *	23
41	Ali Maya	Forever Remembering *	44
49	Ali Maya	Healing Waters *	53
93	Ali Maya	Oh My Beloved *	87
136	Ali Maya	Wash my Soul with Light *	126
137	Ali Maya	Waters of Forgiveness *	127
9	Alma	Ayala **	17
79	Alonso Del Rio / Ali Maya	Madre Tierra *	77
122	Amy Biesemeyer	Thank You Mamma *	113
26	Andrés Córdoba	Cura Sana *	31
87	Annie May Willis	Mountain Tall *	83
106	Annie May Willis	Seasons of the Heart *	99
30	Arielle Brown	Down to the Ground *	35
121	Arranged by Laboratorium Pieśni, Belarusian Folk	Sztoj Pa Moru **	112
29	Arthur Keves & Teddy Schwartz	Donna Donna **	34
111	Artur Mena Salas	Sirenita Bobinzana *	103
112	Artur Mena Salas, Reharmonization by Ila Cantor	Sirenita Bobinzana (Reharm) *	103
45	Assorted Rainbow Goddess Chants	Goddess Chant Page **	48
133	Ayla Schafer	Vuela Con El Viento *	123
66	Ayub Ogada / African song in Dhuoluo	Kothbiro **	65
67	Bill Withers	Lean On Me **	66

131	Billy Rose + Lee David	Tonight you Belong to Me **	121
130	Bob Marley	Three Little Birds **	120
127	Carina Yubero	The Wind Blows *	117
53	Carol A. Johnson	I Am an Acorn **	55
55	Carole King	I Feel The Earth Move **	57
154	Carole King	You've Got A Friend **	140
59	Cat Stevens	If You Want To Sing Out **	61
95	Charlie Murphy (AKA Light Is Returning)	One Planet is Turning ***	89
38	Chris Morales	Flow *	42
72	Chris Morales	Letting Go *	70
129	Chris Morales	This Is My Prayer *	119
36	Christian Bollmann	Evening Rise *	40
120	Christina Rochelle	Sweet Voice *	111
89	Croatian Folk Song, sung in the Međimurje dialect	Oj Djevojko Moja ***	85
25	Danit	Cuatro Vientos *	30
44	Dave Carter & Tracy Grammer	Gentle Arms of Eden **	47
84	Debbie Friedman/ Hebrew Prayer	Misheberach **	83
99	Debbie Friedman, Music by Lauren Arrow	Oseh Shalom Bimromav *	92
125	Diana HildebrandHull	The River Is Flowing **	115
10	Edward Mills	Beauty *	18
126	Eric Levin	The Sky Beyond the Sky *	116
150	Gabriel Meyer Halevy & Chandra Lacombe	Yavo **	136
4	German Virquez	Alas en mis Pies *	13
63	Go to "Goddess Chant Page"	Isis, Astarte ***	48
85	Go to "Goddess Chant Page"	Mother I feel You Under my Feet ***	48
86	Go to "Goddess Chant Page"	Mother of Darkness ***	48
139	Go to "Goddess Chant Page"	We All Come From The Goddess ***	48
134	Hanna Leigh + Reharmonization by Ila Cantor	Vuela Vuela *	124
33	Hannah Senesh / Hebrew Prayer	Eli Eli ***	38
116	Harold Arlen & E.Y. Harburg	Somewhere Over The Rainbow **	108

108	Hebrew Folk Song	Shalom Chaverim ***	101
2	Ila Cantor	Aeioua *	11
11	Ila Cantor	Between the Beat *	19
14	Ila Cantor	Body Of The Earth *	20
19	Ila Cantor	Canto Cacao! *	24
40	Ila Cantor	Forever Lives The Ocean *	44
46	Ila Cantor	Gratitude Song *	49
96	Ila Cantor	Open *	90
100	Ila Cantor	Passing Gracefully *	93
103	Ila Cantor	Rising Up *	96
128	Ila Cantor	The Womb Song *	118
135	Ila Cantor	Warriors of the Light *	125
151	Ila Cantor	Yemaya *	137
152	Ila Cantor	Yeshua *	138
81	Ila Cantor & Lauren Arrow	Mama Songa *	79
54	India.Arie	I Am Light **	56
16	Io Bones	Bring Water *	21
142	Io Bones	We Go On *	130
147	Io Bones	Woman or Wolf *	130
35	Isabel Ruiz	En El Cielo, En La Tierra*	39
83	Janis Joplin with Michael McClure & Bob Neuwirth	Mercedes Benz **	82
109	Jeff Klepper & Dan Freeland	Shalom Rav ***	101
102	Jerry Garcia & Robert Hunter of The Grateful Dead	Ripple **	95
78	Jewish Song	Ma Tovu ***	76
23	Juan Luis Pereira (of El Polen, Peruvian rock band)	Concordancia / Cuando La Luna **	28
17	Kate Wolf	Brother Warrior **	22
82	Kris Kristopherson	Me and Bobby McGee **	80
8	Lauren Arrow	Ashes *	16
42	Lauren Arrow	Full Belly Breath *	45
61	Lauren Arrow	In Our Hands *	63

77	Lauren Arrow	Lover Earth *	75
94	Lauren Arrow	Oh No! *	88
101	Lauren Arrow	Queen B *	94
115	Lauren Arrow	Somehowww *	107
119	Lauren Arrow	Sweet Sweet Soul *	110
132	Lauren Arrow	Unfolding *	122
146	Lauren Arrow	Witchy Ways *	134
153	Lauren Arrow	You Have A Choice *	139
68	Lauren Arrow / Prayer by Rabbi Alkabets	Lecha Dodi *	67
97	Lauren Arrow & Io Bones	Opening the Circle *	91
70	Lauren Ashley Brown	Let Our Voices Rise *	69
124	Lila Flood / Sufi chant	The Ocean Refuses No River **	115
104	Lindie Lila	River is Flowing **	97
118	Lorna Kohler / Rainbow Chant	Spiraling Into The Center ***	110
32	Louise Cottrell	Duality Dissolves *	37
114	Louise Cottrell	Soaring Pegasus *	105
62	Maddi Lucas	In Time *	64
113	Madhu / The Sami Brothers	Siwar Q'enti *	104
20	MaMuse	Chico Gospel **	25
144	MaMuse	We Shall Be Known **	132
47	MaMuse (in 2 different keys)	Hallelujah **	50/51
92	Maria Owl Gutierrez	Oh Mother We are Ready *	87
117	Mary Isis	Sound Of Creation *	109
141	Mary Isis	We Are Rising (Women of the World) *	129
51	Mary Isis / Hawaiian Prayer	Ho' Oponopono *	54
148	Marya Stark	Women Who Run With The Wolves *	135
145	Melena Smith	Wind Whispers *	133
21	Melita	Circle *	26
37	Melita	Everlasting One *	41
123	Melita	The Light Within *	114

143	Melita	We Hold the Love *	131
15	Michael Stillwater	Body Of The Goddess *	20
3	Miguel Molina	Agua De Estrellas*	12
90	Mosh Ben Ari/ Sheva / Hebrew Song	Od Yavo Shalom Aleinu ***	86
107	Mountain Men	Sewee Sewee **	100
5	Naomi Nash	Alive *	14
56	Naomi Nash	I Feel the Strength in My Voice *	58
98	Nurit Hirsh / Trad. Jewish prayer	Oseh Shalom Bimromav ***	92
52	Pagan Chant	Humble Yourself ***	55
140	Pagan Chant	We Are Opening Up ***	128
138	Pagan Chant by Starhawk & Rose May Dance	Way To The Well **	128
13	Peia	Blessed We Are *	19
73	Pia Luz	Life Lovers *	71
80	Pura Fe	Mahk Jchi *	78
65	Rabbi Nachman / Hebrew Folk Song	Kol Haolam Kulot ***	65
71	Rich Stillwell	Let the Way Of The Heart **	69
27	Rivka Wendy Faith	Divine You *	32
24	Robert James Ryan III / The Songs	Coyote *	29
22	Rumi Poem adapted by Sudhananda	Come Again *	27
74	Shalom Altman	Lo Yisa Goy ***	72
1	Shimon LevTahor	Adamah Veshama'yim *	10
110	Shlomo Carlbach	Shuvi Nafshi **	102
64	Shotei Han'vuah / Hebrew	Kol Galgal **	64
75	Stoddard King, 'Zo Elliott, Ernest Ball & JK Brennan	Long Long Trail Mashup**	73
43	Sundew Amber Mosher	Gaia's Form *	46
34	Tara Divina	Ember *	39
39	The Beatles	Fool on the Hill **	43
60	The Beatles	In My Life **	62
69	The Beatles	Let it Be **	68
88	The Beatles	Norwegian Wood **	84

149	The Songs: Robbie Ryan, Ila Cantor, Lauren Arrow	Write Life *	136
76	Tiana Cicco	Love Will Find A Way *	74
57	Traditional blues song (as sung by the Grateful Dead)	I Know you Rider **	59
50	Traditional Hebrew Song	Hine Ma Tov ***	54
31	Traditional Negro Spiritual	Down to the River to Pray	36
7	Wil Nolan, recorded by Jaya Lakshmi & Ananda	Altar Of Love **	16
48	Windsong	Heal The Nation **	52

BARITONE DGBE TUNING

C	D	E	F	G	A	B
C7	D7	E7	F7	G7	A7	B7
Cm	Dm	Em	Fm	Gm	Am	Bm
Cm7	Dm7	Em7	Fm7	Gm7	Am7	Bm7
Cdim	Ddim	Edim	Fdim	Gdim	Adim	Bdim
C6	D6	E6	F6	G6	A6	B6

Ukulele Chord Chart (Baritone DGBE) v1.0

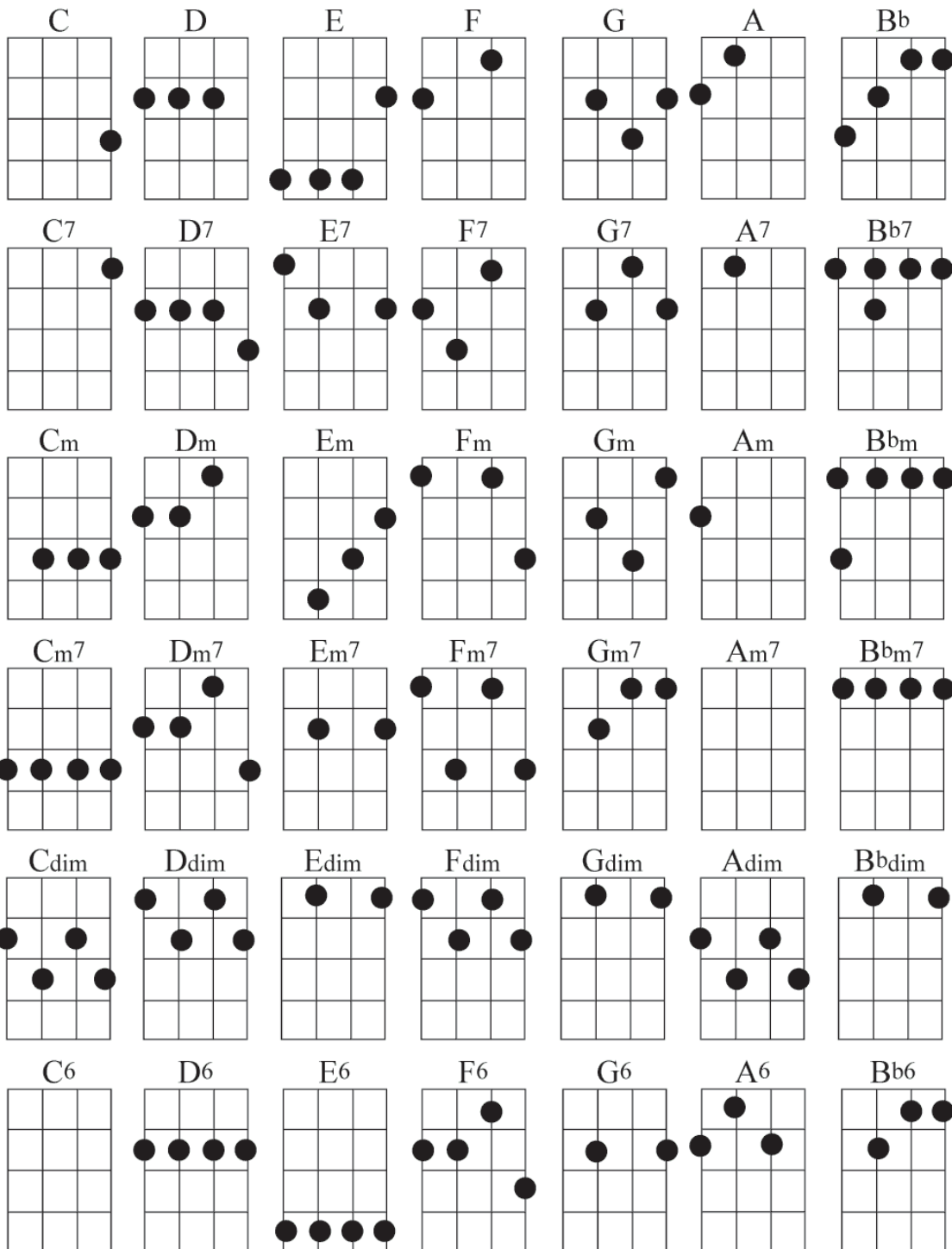
A^b 	A^bm 	A^baug 	A^bdim 	A^b6 	A^bm6 	A^b7 	A^bmaj7 	A^bm7 	A^b9
A 	A^m 	A^{aug} 	A^{dim} 	A6 	A^m6 	A7 	A^{maj}7 	A^m7 	A9
B^b 	B^bm 	B^baug 	B^bdim 	B^b6 	B^bm6 	B^b7 	B^bmaj7 	B^bm7 	B^b9
B 	B^m 	B^{aug} 	B^{dim} 	B6 	B^m6 	B7 	B^{maj}7 	B^m7 	B9
C 	C^m 	C^{aug} 	C^{dim} 	C6 	C^m6 	C7 	C^{maj}7 	C^m7 	C9
D^b 	D^bm 	D^baug 	D^bdim 	D^b6 	D^bm6 	D^b7 	D^bmaj7 	D^bm7 	D^b9
D 	D^m 	D^{aug} 	D^{dim} 	D6 	D^m6 	D7 	D^{maj}7 	D^m7 	D9
E^b 	E^bm 	E^baug 	E^bdim 	E^b6 	E^bm6 	E^b7 	E^bmaj7 	E^bm7 	E^b9
E 	E^m 	E^{aug} 	E^{dim} 	E6 	E^m6 	E7 	E^{maj}7 	E^m7 	E9
F 	F^m 	F^{aug} 	F^{dim} 	F6 	F^m6 	F7 	F^{maj}7 	F^m7 	F9
G^b 	G^bm 	G^baug 	G^bdim 	G^b6 	G^bm6 	G^b7 	G^bmaj7 	G^bm7 	G^b9
G 	G^m 	G^{aug} 	G^{dim} 	G6 	G^m6 	G7 	G^{maj}7 	G^m7 	G9

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Basic 'Ukulele Chords



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Arabic Guitar Chords Cheat Sheet

Root	Major	Minor	7th	Minor 7th
C Do	 C E G C E	 C G C E G	 C E B C E	 E B C G
D Re	 D A D F	 D A D F	 D A C F	 D A C F
E Mi	 E B E G B E	 E B E G B E	 E B D G B E	 E B D G B E
F Fa	 F C F A C F	 F C F A C F	 F C E A C F	 F C E A C F
G Sol	 G B D G B G	 G B D G B G	 G B D G B F	 G D F B D G
A La	 A E A C E	 A E A C E	 A E G C E	 A E G C E
B Si	 B F B D F	 B F B D F	 B D F A B F	 D A B F

This sheet shows diagrams for the **most common Arabic guitar chords** used in Arabic songs

Guitarabia is an online community for Arab guitarists and music lovers. We are the first site on the web which offers guitar tabs, chords, and rhythms for Arabic songs. We also offer free lessons and articles on Arabic guitar rhythms, chords and tabs.



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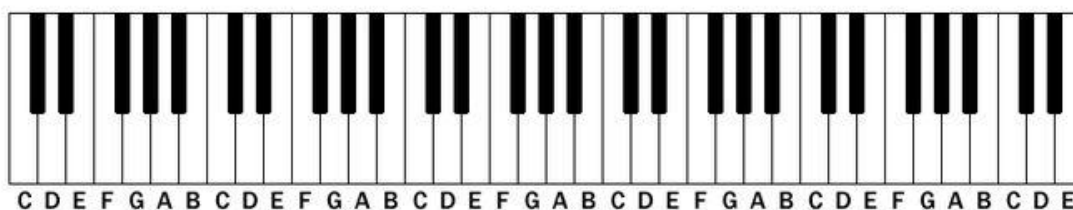


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Do you know any Arabic songs chords or tabs? Please **share them** on Guitarabia!



Piano Chords

KEY: MAJOR MINOR SEVENTH AUGMENTED DIMINISHED

A					
B					
C					
D					
E					
F					
G					
Ab G#					
Bb A#					
Db C#					
Eb D#					
Gb F#					

Music Theory

E G B D F

Treble Clef

F A C E

G B D F A

Bass Clef

A C E G

A B C D E F G A B C

C D E F G A B C D E

Dynamic Abbreviation	Italian Term	Meaning
<i>pp</i>	Pianissimo	Very soft
<i>p</i>	Piano	Soft
<i>mp</i>	Mezzo-piano	Medium soft
<i>mf</i>	Mezzo -forte	Medium Loud
<i>f</i>	Forte	Loud
<i>ff</i>	Fortissimo	Very Loud
	Crescendo	Gradually Louder
	Decrescendo	Gradually Softer

Name	Note	Rest	Beats	1 4 measure
------	------	------	-------	-------------

Whole			4	
Half			2	
Quarter			1	
Eighth			1/2	
Sixteenth			1/4	

Tempo term

grave
largo
adagio
andante
moderato
allegro
presto

meaning

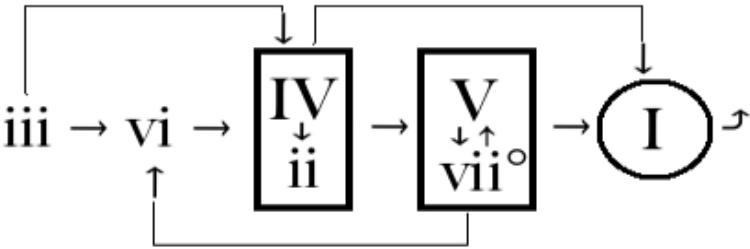
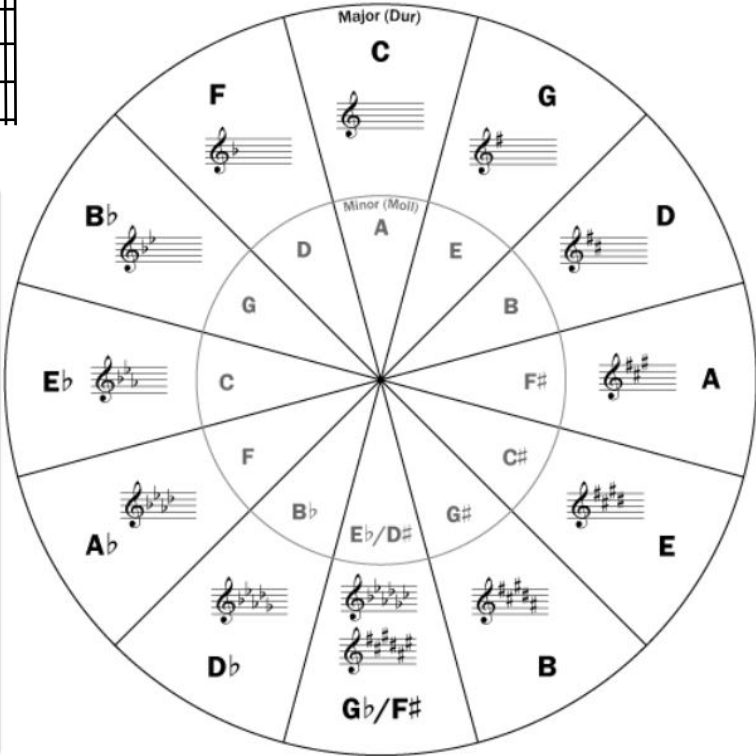
very slow
very slow
slow, but faster than largo
walking pace
moderate speed
quick, lively
very quick

approximate BPM

40 or slower
40-60
60-80
80-100
100-120
120-160
160-200

I	ii	iii	IV	V	vi	vii
Major	Minor	Minor	Major	Major	Minor	Dim.
A	B	C#	D	E	F#	G#
B	C#	D#	E	F#	G#	A#
C	D	E	F	G	A	B
D	E	F#	G	A	B	C#
E	F#	G#	A	B	C#	D#
F	G	A	Bb	C	D	E
G	A	B	C	D	E	F#

Common Chord Progressions				
I	VI	IV	V	I
C	Am	F	G	C
D	Bm	G	A	D
I	II	VI	V	I
C	Dm	Am	G	C
D	Em	Bm	A	C
I	VI	II	V	I
C	Am	Em	G	C
D	Bm	Em	A	D
I	III	VI	V	I
C	Em	Am	G	C
D	F#m	Bm	A	D



Triads

SIMPLE TIME

	Duple Time: Two beats in each bar	Triple Time: Three beats in each bar	Quadruple Time: Four beats in each bar
A Quarter Note = 1 beat/count	2 4	3 4	4 4
A Half Note = 1 beat/count	2 2	3 2	4 2
An Eighth Note = 1 beat/count	2 8	3 8	4 8

Theory & Transposing Guide™

Table of Keys™

MAJOR
SCALE
1 2 3 4 5 6 7 1

DO RE MI FA SO LA TI DO

whole-step whole half-step whole whole whole half

UNIVERSAL
KEY
(scale degrees)

1 (9) 2 (9) 3 (11) 4 (11) 5 #5 (13) 6 7 7 1 (8)

TONIC 12 half-steps in each octave (chromatic scale) OCTAVE

Key of C
Key of D \flat
Key of D
Key of E \flat
Key of E
Key of F
Key of F \sharp
Key of G \flat
Key of G
Key of A \flat
Key of A
Key of B \flat
Key of B

C	D \flat	D	D \sharp E \flat	E	F	F \sharp G \flat	G	G \sharp A \flat	A	B \flat	B	C
D \flat	E \flat	E	E \sharp F \flat	F	G \flat	G \sharp A \flat	A	A \sharp B \flat	B \flat	C \flat	C	D \flat
D	E \flat	E	E \sharp F \flat	F \sharp	G	G \sharp A \flat	A	A \sharp B \flat	B	C	C \sharp	D
E \flat	F \flat	F	F \sharp G \flat	G	A \flat	A \sharp B \flat	B \flat	B \sharp C \flat	C	D \flat	D	E \flat
E	F	F \sharp	F \times G \flat	G \sharp	A	A \sharp B \flat	B	B \sharp C \flat	C \sharp	D	D \sharp	E
F	G \flat	G	G \sharp A \flat	A	B \flat	B \sharp C \flat	C	C \sharp D \flat	D	E \flat	E	F
F \sharp	G	G \sharp	G \times A \flat	A \sharp	B	B \sharp C \flat	C \sharp	C \times D \flat	D \sharp	E	E \sharp	F \sharp
G \flat	A \flat	A \flat	A \sharp B \flat	B \flat	C \flat	C \sharp D \flat	D \flat	D \sharp E \flat	E \flat	F \flat	F	G \flat
G	A \flat	A	A \sharp B \flat	B	C	C \sharp D \flat	D	D \sharp E \flat	E	F	F \sharp	G
A \flat	B \flat	B \flat	B \sharp C \flat	C	D \flat	D \sharp E \flat	E \flat	E \sharp F \flat	F \flat	G \flat	G	A \flat
A	B \flat	B	B \sharp C \flat	C \sharp	D	D \sharp E \flat	E	E \sharp F \flat	F \sharp	G	G \sharp	A
B \flat	C \flat	C	C \sharp D \flat	D	E \flat	E \sharp F \flat	F \flat	F \sharp G \flat	G	A \flat	A	B \flat
B	C	C \sharp	C \times D \flat	D \sharp	E	E \sharp F \flat	F \sharp	F \times G \flat	G \sharp	A	A \sharp	B

UNIVERSAL
KEY
(chord function)


I II III IV V VI VII I

THE UNIVERSAL KEY is a musical numbering system based on the major scale that uses numbers instead of letters to identify the notes of the scale: DO=1, RE=2, MI=3, FA=4, SO=5, LA=6, TI=7, DO=8(1).
ROMAN NUMERALS: Professional studio musicians, who must be able to play on sight from chord charts in any key, often use a handy system of music notation known as "the Nashville system" for writing and playing chord charts. The Roman numerals (I, IV, V, etc.) represent major chords built off any scale degree; other chords are shown by a Roman numeral followed by the abbreviation for that chord type. For example, IVm is a minor chord with the fourth degree of the major scale as the root. In the Key of D, the IVm chord is G-minor; in the Key of B, the IVm chord is E-minor.

Guitar Strumming Patterns

Pattern 1




1	and	2	and	3	and	4	and
↓		↑		↓		↑	
							


This pattern sounds better when played a bit loose on the strum up and when missing stroking the lower string.

Pattern 2



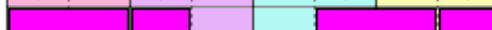
1	and	2	and	3	and	4	and
↓			↑	↓			↑
							

Legend:

- ↓ - strumming down
- ↑ - strumming up
- ↓ ↑ - easier strums
- ↓ ↑ - muted strums
-  - chord duration

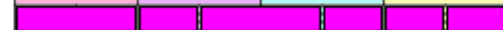
Pattern 3



1	and	2	and	3	and	4	and
↓		↓			↑		↑
							

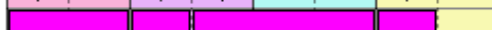
Pattern 4



1	and	2	and	3	and	4	and
↓		↓	↑		↑	↓	↑
							


Pattern 5



1	and	2	and	3	and	4	and
↓		↓	↑			↓	
							


Pattern 6



1	and	2	and	3	and	4	and
↓	↑	↓	↑				
							


Pattern 7



1	and	2	and	3	and	4	and
↓	↑	↓	↑	↓	↑	↓	↑
							


Pattern 8



1	and	2	and	3	and	4	and
↓	↑	↓	↑		↓	↑	
							

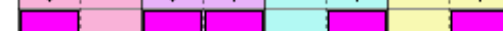
Pattern 9



1	and	2	and	3	and	4	and
↓	↑	↓	↑		↑	↓	↑
							

Pattern 10



1	and	2	and	3	and	4	and
↓		↓	↑		↑		↑
							

Soulful Singing Sisterhood Songbook 3rd Edition

Info on some of my favorite BIPOC Led Organizations dedicated to serving the Earth and it's residents. You are invited to dive in and learn how to support organizations intent on co-creating a just, balanced, and life-giving world!

Sogorea-Te Land Trust

The Sogorea Te Land Trust is an urban Indigenous women-led community organization that facilitates the return of Chochenyo and Karkin Ohlone lands in the San Francisco Bay Area to Indigenous stewardship. Sogorea Te creates opportunities for all people living in Ohlone territory to work together to re-envision the Bay Area community and what it means to live on Ohlone land. Guided by the belief that land is the foundation that can bring us together,

Sogorea Te calls on us all to heal from the legacies of colonialism and genocide, to remember different ways of living, and to do the work that our ancestors and future generations are calling us to do. sogoreate-landtrust.org

KAHEA Land Defense

KAHEA is a community-based organization working to improve the quality of life for Hawai'i's people and future generations through the revitalization and protection of Hawai'i's unique natural and cultural resources. We advocate for the proper stewardship of our resources and for social responsibility by promoting cultural understanding and environmental justice. We focus on issues that impact cultural rights and the 'āina (land). We are cultural activists and practitioners, including kuma hula (teachers of dance, language, chants, history, and healing), environmental activists and people concerned about social justice. We are on every island. We are 'ōpio (youth), mākuā (adults) and kūpuna (elders) Together, we envision a truly just and sustainable Hawai'i in a world where people, culture and native ecosystems survive and thrive. kahea.org

ATP (Anti Police-Terror Project)

The Anti Police-Terror Project is a Black-led, multi-racial, intergenerational coalition that seeks to build a replicable and sustainable model to eradicate police terror in communities of color. We support families surviving police terror in their fight for justice, documenting police abuses and connecting impacted families and community members with resources, legal referrals, and opportunities for healing. ATP began as a project of the ONYX Organizing Committee. www.antipoliceterrorproject.org

RAICES

RAICES is a nonprofit agency that promotes justice by providing free and low-cost legal services to underserved immigrant children, families, and refugees. With legal services, social programs, bond assistance, and an advocacy team focused on changing the narrative around immigration in this country, RAICES is operating on the national frontlines of the fight for immigration rights. www.raicestexas.org

Liberation Spring

Liberation Spring is a freedom school. Freedom schools are often associated with the Freedom Summer educational programs that thrived during the U.S. civil rights movement as intellectual hubs for political education to equip organizers to effectively serve their communities thru crafting activist strategies. Liberation Spring infuses this legacy with the best of the 1960s/1970s U. S. feminist movement's consciousness-raising tradition, the practicality of skill-sharing common within DIY free schools, the intellectual rigor of underground graduate schools, & the camaraderie of radical study groups. liberationspring.com

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♥♥♥ Notes ♥♥♥

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