



Sally Grace and Kate ~ 1993

41/ Lullaby

Like a ship in the harbor; Like a mother and child;  
Like a light in the darkness I'll hold you awhile  
We'll rock on the water; I'll cradle you deep  
and hold you while angels sing you to sleep

© Chris Williamson Olivia Records [www.chriswilliamson.com](http://www.chriswilliamson.com)

42/ Driving Alert

43/ Relax And Let Go

44/ Safe Place Guided Visualization

Words by Sally Strosahl; Music by Steven Halpern, Gifts of the Angels

© Open Channel Sound Company [www.innerpeace.com](http://www.innerpeace.com)

45/ Crystal Singing Bowl Meditation

Tuned to D-second Chakra

# Spirit Song

Chants for healing, inspiration, and fun  
Guided Visualizations for Relaxation  
Crystal Singing Bowl Meditation



Mother-Daughter

Sally Grace Strosahl and Kate Strosahl-Johnson

### 1/ Ancient Mother

Ancient Mother, I hear you calling  
Ancient Mother, I hear your song  
Ancient Mother, I hear your laughter  
Ancient Mother, I taste your tears

Native American

### 2/ The Earth Is Our Mother

The Earth is our Mother, she will take care of us  
Hey yanna, Ho yanna, Hey, yan yan  
Her sacred ground we walk upon with every step we take  
The Earth is our Mother. We must take care of Her

Native American



Kate and Sally Grace

### 3/ Return Again

Return again. Return to the the land of your soul.  
Return to what you are. Return to where you are  
Return to who you are when you are at one within.

© Rabbi Schlomo Carlebach, BMI soul@neshamacarlebach.com

### 4/ Spirit Of The Living God

Spirit of the living God, fall afresh on me.  
Melt me, mold me, fill me, use me.  
Spirit of the living God, fall afresh on me.

© Daniel Iverson Birdwing Music

### 5/ Gentle Chant

I will be gentle with myself; I will love myself  
I am a child of the Universe being born each moment

Kate Marks; Libana

### 37/ Deep Peace

Deep peace of the rolling waves to you  
Deep peace of the silent stars  
Deep peace of the blowing air to you  
Deep peace of the quiet earth  
Let peace, let peace, let peace fill your soul  
May peace, may peace, may peace keep you whole.

Gaelic Text; Arr by Sara Thomsen

### 38/ This Pretty Planet

This pretty planet, spinning in space,  
You're a garden, you're a harbor, you're a holy place.  
Golden sun going down,  
Gentle blue giant spin us around.  
All through the night,  
Safe 'til the morning light.

© Tom Chapin Sun Dance Music [www.tomchapin.com](http://www.tomchapin.com)

### 39/ May The Longtime Sun

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

Traditional Gaelic Tune Arranged by Sara Thomsen

### 40/ Holy Angels

You are held by holy angels; Holy angels all around you  
"Hush now, sleep child," sing the holy angels.  
We are holding you. You can rest.  
Morning will come, child. The dawn will break through the darkness  
We are holding you through the light of the newborn day.

Words and Music by Sara Thomsen [www.sarathomsen.com](http://www.sarathomsen.com)

### 35/ No One Is Alone (From Into The Woods)

No one here to guide you.

Now you're on your own.

Only me beside you

Still you're not alone

No one is alone. Truly.

No one is alone.

Sometimes people leave you.

Halfway through the wood.

Others may deceive you.

You decide what's good.

You decide alone.

But no one is alone.

People make mistakes.

Fathers, Mothers,

People make mistakes,

Holding to their own,

Thinking they're alone.

Honor their mistakes Everybody makes

One another, terrible mistakes

Witches can be right, Giants can be good.

You decide what's right,

You decide what's good.

Just remember: Someone is on your side

Someone else is not

While you're seeing your side

Maybe you forgot: they are not alone.

No one is alone.

Hard to see the light now.

Just don't let it go

Things will come out right now.

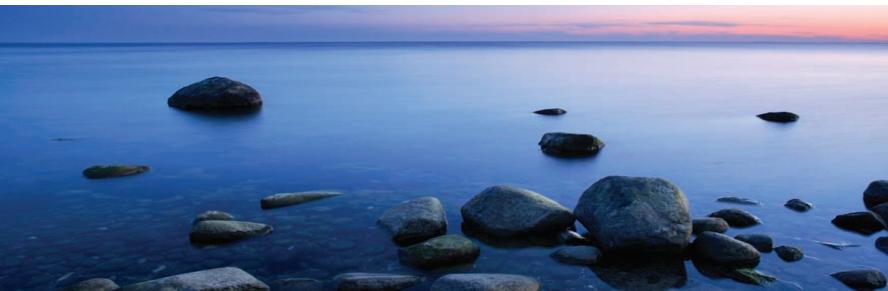
We can make it so.

Someone is on your side

No one is alone.

Music and Lyrics by Stephen Sondheim

### 36/ Russian Lullaby Traditional



### 6/ In Beauty

In beauty I walk

With beauty above me; With beauty below me

With beauty inside me; With beauty all around me

Navajo-Blessing Way

### 7/ See Me Beautiful

See me beautiful, look for the best in me

That's what I really am and all I want to be.

It may take some time; it may be hard to find, but see me beautiful

See me beautiful each and every day. Could you take a chance?

Could you find a way to see me shining through in everything I do

and see me beautiful?

© Red and Kathy Grammar; Red Note Records

### 8/ Miracle Song

How could anyone ever tell you

you are anything less than beautiful

How could anyone ever tell you

You are less than whole

How could anyone fail to notice that your loving is a miracle

And how deeply you're connected to my soul

© Libby Roderick, 1988 Turtle Island Records

### 9/ Belly Button Song

Belly button, belly button, Oh my belly button, Oh my belly button, I love you

Connie Kaldor [www.theseecretmountain.com](http://www.theseecretmountain.com) and Tom Pease [www.tompease.com](http://www.tompease.com)



All tracks are Sally solo or Kate and Sally in harmony except songs 34/ and 35/ with Kate solo.

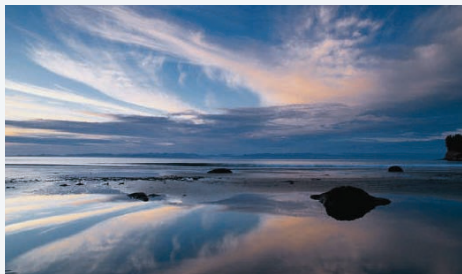
Abby sings the rounds on tracks:

15/ 23/ 24/ 25/36/38/

10/ **My Body's**  
My Body's nobody's body but mine  
You run your own body  
Let me run mine  
My hands were made to hold other hands  
For peace and for love all over the land  
My heart was made to be filled up with love

Not to be ordered, broken or shoved  
This is my body, it's one of a kind  
I know what I need for this body of mine  
Our body's one body, one voice is heard  
We each sing for freedom when we sing these words  
© Pete Alsop (Arr. Strosahl) [www.peteralsop.com](http://www.peteralsop.com)

11/ **Spirit Of The Wind**  
Spirit of the wind carry me  
Spirit of the wind carry me home  
Spirit of the wind carry me home to myself  
Spirit of the ocean, depth of emotion  
Spirit of the sea, set my soul free  
Spirit of the storm, help me be reborn  
Spirit of the rain, wash away my pain  
Spirit of the sun, warm my deep in me  
Spirit of the sky, spread my wings and fly  
Spirit of the river, blessed forgiver  
Spirit of the shore, show me more and more  
Spirit of the earth, help me with my birth



Spirit of the land, hold me in your hand  
Star Williams

12/ **The River She Is Flowing**  
The river She is flowing, flowing and growing  
The river She is flowing down to the sea

Oh Mother carry me, your child I will always be  
Oh Mother carry me down to the sea  
Diana Hildebrand-Hull

13/ **We All Come From The Goddess**  
We all come from the Goddess and to Her we shall return  
Like a drop of water returning to the ocean  
Like a ray of light returning to the sun

Z. Budapest

31/ **Thank You For This Day**  
Thank you for this day, Spirit; Thank you for this day  
This beautiful, this beautiful, this healing day  
Thank you for my friends, Spirit; Thank you for my friends  
My wonderful, my wonderful, my loving friends.  
Karen Drucker ©Tay Toones Music BMI

32/ **Every Day Is A Day Of Thanksgiving**  
Every day is a day of Thanksgiving; My Lord's so good to me  
Every day God blesses me. Take the time to celebrate TODAY!  
Sweet Honey in the Rock

33/ **You're A Blessing To The World**  
You are the heart. You are the hands  
You are the voice of Spirit on Earth  
And who you are and all you do,  
Is a blessing to the world  
Karen Drucker ©Tay Toones Music, BMI

35/ **How Can I Keep From Singing**  
My life goes on in endless song  
above earth's lamentations  
I hear the real though far-off hymn  
That hails a new creation  
Through all the tumult and the strife  
I hear its music ringing  
It sounds an echo in my soul  
How can I keep from singing?

While though the tempest loudly roars,  
I hear the truth, it liveth.  
And though the darkness 'round me close,  
Songs in the night it giveth.  
No storm can shake my inmost calm,  
While to that rock I'm clinging.  
Since love is lord of heaven and earth  
How can I keep from singing?  
© Robert Lowry - Quaker Hymn



Kate

## 28/ You Are My Sister

You are my sister, you are my mother, you are my lover and my friend;  
You are the center, the beginning, you go far beyond the end; I love you so;  
You help me see; See me in all; See all in me; For I'm in you and you're in me  
(Brother, Father, Creator ...)

Sufi Dances for International Peace

## 29/ Sister Healing Song

Sister, I'm ready to make peace with you  
Sister, I want to heal my heart with you  
There is enough to go around: In healing us, we heal the earth  
(Mother, Brother, Father ...)

Kenna del Sol



## 30/ I Am Healed, Whole And Healthy

I am healed, whole and healthy; I relax and visualize  
I am healed, whole and healthy; I am well; all is well

Karen Drucker ©Tay Toones Music BMI  
[www.karendrucker.com](http://www.karendrucker.com)

Sally Grace, Abigail and Kate

## 14/ Neesa

Neesa, neesa, neesa. Neesa, neesa neesa, Neesa, neesa, neesa.  
Gaiweo, Gaiweo (Translation: We sing to the divine light of the moon)  
Native American - Seneca

## 15/ Deep Down

Deep down in the belly of the night, dream deep winter dreams  
And lie safe in your grandmother's arms, still as a seed. Still as a seed.  
Becky Reardon

## 16/ Be Like A Bird

Be like a bird who halting on her flight on a wing too slight  
Feels it give way beneath her, but sings, sings, knowing she has wings  
Arthur Frakenpohl. Text: Victor Hugo. Arr Libana

## 17/ Secret One

There is a Secret One inside; all the stars and all the galaxies,  
Run through Her hands like beads  
(Zuleika- Rumi)

## 18/ Be Thou Still And Know I Am God

Psalms 46, adapted by Sally Strosahl

## 19/ By Breath

By Breath, by blood, by body, by spirit; we are all one  
And the air that is your breath is the air I am breathing  
And the air that is my breath is the air you are breathing  
Breathing in, breathing out  
©Sara Thomsen, adapted by Sally Strosahl



Sally Grace and Kate

20/ **God In The DNA** unknown

I am as near and deep within you as the air you breathe  
Fill yourself up with my refreshment, take all the air you need  
I am as near and deep within you as the blood in your veins  
I give you life with every heartbeat; life that will remain  
I am as near and deep within you as you will allow  
I have been here since time's beginning and I am with you now.

21/ **Let Go, Let Go**

When I breathe in, I let go: When I breathe in, I let go  
Let go, Let God, let go, let God, let go, let God, Let love.  
When I'm grateful ... When I feel stressed ... When I'm loving ...  
When I open ... When I'm tired ... When I'm grieving ...  
When I sing out ...

Kathy Zavada. Thanks also to Susan Lincoln

22/ **All I Ask of You Is Forever To Remember Me As Loving You** Sufi

23/ **Would You Harbor Me?**

Would you harbor me? Would I harbor you?  
Would you harbor a Christian, a Muslim, a Jew  
A heretic, convict, or spy?  
Would you harbor a runaway woman or child?  
A poet, a prophet, a king?  
Would you harbor an exile or a refugee,

A person living with AIDS?  
Would you harbor a Tubman, a Garret, a Truth?  
A fugitive or a slave?  
Would you harbor a Haitian, Korean, or Czech?  
A lesbian or a gay?  
Would you harbor me? Would I harbor you?

Ysaye M. Barnwell, © Barnwell Notes, BMI [www.sweethoneyintherock.com](http://www.sweethoneyintherock.com)

24/ **Dona Nobis Pacem** W.A. Mozart  
Translation: Give Us Peace

25/ **Tallis Canon**

Let those who live in every land  
Declare that fear and war are done  
Joined by the labor of their hands  
In love and understanding one

Music by Thomas Canon; Words by Kenneth Patton

26/ **Ave Generosa**

Ave generosa (I bow to you, whose heart is as a rose)

Hildegard von Bingen; arr. Susan Lincoln [www.susanlincoln.com](http://www.susanlincoln.com)

27/ **O Gloriosissimi** from "De Angelis"

O gloriosissimi, lux vivens angelis  
(O most glorious, life-giving living-light angels)  
Hildegard von Bingen, arr. Susan Lincoln

