

1.)

Kapo 3. Bd.

D Dmaj7

Because you're alive

D7 G Gm
there's always a rainbow in the sky.

D A
Your very presence makes me rise

and fly a little higher.

(überliefert)

2.)

Dm

Guate, linyo, linyo mahote,

C Dm

Hayano, hayano, hayano.

Dm

We are one in the infinite sun,

C Dm

forever and ever and ever.

(Native American)

3.)

Kapo 3. Bd.

C G Am Em

There is so much magnificence

F C

near the ocean.

Dm

Waves are coming in.

G

Waves are coming in.

Halleluja, Halleluja ...

(überliefert)

4.)

Moola Mantra (Wurzel-Mantra)

Kapo 3. Bd.

Am

Om Sat Chit Andanda Parabrahma

Purushothama Paramatma

Dm G

Shri Bhagavathi Sametha

Dm Am

Shri Bhagavathe Namaha

Am

Hari om tat sat

G

Hari om tat sat

F G

Hari om tat sat

F Am

Hari om tat sat

(traditionell)

Om der Urklang des Universums

Sat Wahrheit

Chit reines Bewusstsein

Ananda Glückseligkeit

Parabrahma der Schöpfer

Purushothama die Energie die als Avatar inkarniert
um uns zu leiten

Paramatma die göttliche Präsenz in jedem Sein

5.)

Dm Dm/C Dm/B

Teyata Om Bekanze Bekanze

Dm/A Gm Am Dm

Maha Bekanze Radza Samudgate Soha

(traditionell aus Indien)

Eins der wichtigsten Mantas für Heilung. Es wird um
Heilung von der Illusion der Dualität gebeten wird. Es
wird auch bei der Sterbebegleitung verwendet.

6.)

Kapo 3. Bd.

Am Fmaj7 G Am

Om Tare Tuttare Ture Swaha,

Dm E7 Fmaj7

Om Tare Tuttare Ture Swaha

(traditionell aus Tibet)

Eine Anbetung der Göttin Tara, der weibliche
Bhodisattva des Mitgefühls.

7.)

D

Om Asatoma Satgamaya

Am

Tamasoma Jyotir Gamaya,

D

Mrityorma Amritamgamaya

(traditionell aus Indien)

Führe uns von der Unwahrheit zur Wahrheit
vom der Dunkelheit zum Licht
vom Tod zur Unsterblichkeit

8.)

G C

Sitting silently, doing nothing,

G

spring comes

C

G

and the grass grows by itself.

(überliefert)

9.)

C

The hollow bamboo becomes a flute

F

G

and the hole starts playing on it. (2x)

C

F

C

Like hollow, like a hollow, like a hollow

G C

bamboo.

(Peter Makena)

10.)

Am

Dm

You only ask me to be myself.

Am

Dm

You give me total freedom.

Am

Dm

You only ask me to follow the flow.

Am

G

You give me total Yes.

G

F

Dm

F

Free like an eagle. Loving like the sun.

Dm

F

Dm

G

Flowing like a River. The awakened one.

(frei nach Raji)

11.)

C

As I am I'm perfect right now.

F

C

I can't do anything wrong. (clap).

C

G C

Happy or sad I celebrate my existence. (2x)

C

G

So let the words of my mouth

C

G

and the meditation of my heart

C

G

be acceptable in my sight.

F C

O, it's right. (2x)

(überliefert)

12.)

G

Am

Ich zeige allen mein Gesicht,

G

zeig meinen Schatten, zeig mein Licht.

Am

Das fällt mir manchmal ganz schön schwer,

C

G

Doch ich verstecke mich nicht mehr.

(frei nach Gila Antara)

13.)

Am
I find my joy in the simple things
G Am
coming from the earth.
Am
I find my joy in the sun that's shining
G Am
and the river that sings to me.
Am G
Listen to wind and listen to the water.
Am
Hear how the call.
G Am
With a heya, with a heya, heya-ho.
G Am
With a heya, with a heya, heya-ho.
G
Let me never forget, never forget
Am
never forget,
G
to give thanks, to give thanks,
Am
to give thanks and praise,
G
to give thanks, to give thanks,
Am
to give thanks and praise.

(überliefert)

14.)

(3/4-Takt)
C F G
And we have just begun
C Am
watching the river run,
F
further and further
G
from things to be done,
C Am
leaving them one by one.
F G
And we have just begun
C Am
watching the river run.
F G
Loving and trusting the one.
C
Run river run.

(überliefert)

15.)

C Am Dm G C
A heart like the sun is always shining,
Am Dm G
ever present ev'rywhere.
C Am Dm G
You can try but you won't stop it rising.
C Am F G
So let your love fill the air.
C Am Dm G C Am Dm G
Come on lalalala-a, come on lalalala-a
C Am Dm G
Come on lalalala-a

(Miten)