

# MANTRAS & CHANTS

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VOCAL SOUND HEALING  
WEBSITE: WWW.THECHANTINGQUEEN.COM

## 1. GANESHA: OM GAM GANAPATAYE NAMAH

Opening Chant. Ganesha is the elephant-headed god of auspicious beginnings and the Remover of Obstacles who opens doors, both material and spiritual.

## 2. OM NAMO GURU DEV NAMO

OM NAME GURU DEV NAMO.  
OH OH OH OH OH.  
OM NAMO GURU DEV NAMO.

I AM MINDFUL  
I SPEAK MY TRUTH  
I AM HONEST  
I ALLOW MYSELF TO BE SEEN  
I AM AWARE  
I AM PURE CONSCIOUSNESS  
I AM LOVE, I AM ME AND I DESERVE TO BE.

Opening Chant for Kundalini Yoga. I bow to the divine teacher within. Great mantra to open throat Chakra and to send ourselves love, trust and worth.

## 3. A. OM MANI PEME HUNG (PALI) B. OM MANI PADME HUM (SANSKRIT)

Buddha of Infinite Compassion, embodiment of love, compassion, wisdom. The essence of these teachings is to bring more peace, calm, and joy to all living beings.

## 4. MEDICINE BUDDHA

TEYATA OM BEKHANZE BEKHANZE  
MAHA BEKHANZE RAMDZA SAMUNGATE SOHA

Mantra for empowerment, dynamic healing energies and blessings. A balancing force to heal ourselves & others.

## 5. AMITABHA: OM AMI DEWA HRI

Buddha of limitless light & infinite life is luminous & shines like a mountain of rubies in the light of 1000 suns. We invoke Amitabha for support in grief or in transition from darkness to light.

## **6. TARA**

**OM TARE TUTTARE TURE SWAHA (SANSKRIT)**

**OM TARE TUTARE TURE SOHA (PALI)**

**THERE'S ALWAYS BE THOSE ROADS NOT TAKEN  
SO LEAVE YOUR REGRETS HOME AND KEEP WALKING**

**THERE'S MAGIC IN THE NOW CAN YOU FEEL IT  
SO LEAVE THOSE FEARS ALONE AND JUST BRAVE IT**

Mother of all Buddhas; relieves mental, physical, spiritual suffering. Brings abundance. Known to protect from fear, danger, illness. Reciting this mantra increases longevity and prosperity and supports in challenging situations.

## **7. PALDEN LHAMO**

**JO RAMO JO RAMO JO JO - RAMO THUN JO - KALA RA CHEN MO -  
RAMO ACHA DACHA THUN JO - RULU RULU - HUNG JO HUNG -  
JO RAMO JO RAMO JO - JO RAMO JO RAMO JO**

Protectress Bodhisatva, Saraswati in wrathful form. She has been described as the "deity of Tibet", protectress of the Dalai Lama.

## **8. SARASWATI: OM AIM SARASWATI NAMAHA OM**

we recognize Saraswati in mantras, flowing speech, inspired writing, creative projects. We invoke her for study, musical skill, communication problems, intuition.

## **9. SITA / RAMA**

**A. SRI RAM JAI RAM, JAI JAI RAM JAI JAI RAM**

**B. SITA RAM, JAI JAI RAM, SITA RAM JAI JAI RAM  
SITA RAM, JAI JAI RAM, SITA RAM, JAI JAI RAM**

Sita: feminine aspect of Universal Source as Light, Virtue, Fertility. Ram: masculine aspect of Universal Source as Light, Strength, Loyalty. We invoke this cosmic couple for balance of our Divine sacred feminine & masculine.

## **10. ASATOMA SAT GAMAYA TAMASOMA**

**JYOTIR GAMAYA MRITYARMA AMRITA GAMAYA  
LEAD ME, LEAD ME, FROM DARKNESS TO THE LIGHT**

Lead me from Ignorance to Truth, from Darkness to light, from Death to Immortality.

**11. SING, DANCE, LAUGH, LOVE** (CHANGE SING FOR DANCE, LAUGH, LOVE)

**SING, SING FOR THE PEOPLE FOR YOURSELF, SING  
SING FOR HEALING FROM YOUR HEART SING  
SING UNTIL YOU FORGIVE, SING AS A GIFT SING  
SING FOR PEACE ON THE EARTH SING**

**12. LAKSHMI**

**OM SHREEM MAHA LAKSHMYAI NAMAHA**

**OM HREEM SHREEM KLEEM MAHA LAKSHMI NAMAHA**

**OM SHRI LAKSHMI MAHA DEVI NAMAHA**

Goddess Lakshmi is abundance, fertility, good fortune, creativity & manifestation. She is Goddess of Wealth & associated to Solar Plexus Chakra.

**13. KALI**

**A. JAI MATA KALI JAI MATA DURGE KALI DURGE NAMO NAMAH**

**B. O AMBE MA O AMBE MA O AMBE MA, JAI MA  
OM KALI MA, OM KALI MA, OM KALI MA, JAI MA  
O MA KALI, O MATA DEVI, O MA KALI, AMRITIANANDAMAYI**

We invoke Kali (Durga) for strength and help in challenging situations. She is the Goddess of Destruction and Creation.

**14. GAYATRI MANTRA**

**OM BHUR BBUVAHA SVAHA TAT SAVITUR VARENYAM  
BHARGO DEVASY DHIMAHI DHIYO YONAH PRACHODAYAT**

Life enhancing mantra that helps remove blockages of this life & past lives.

**15. SHAKTI**

**A. ADI SHAKTI, ADI SHAKTI, ADI SHAKTI, NAMO NAMO  
SARAB SHAKTI SARAB SHAKTI, SARAB SHAKTI, NAMO NAMO  
PRITHUM BAGAVATI, PRITHUM BAGAVATI, PRITHUM BAGAVATI, NAMO NAMO  
KUNDALINI, MATA SHAKTI, MATA SHAKTI, NAMO NAMO**

“I bow to the divine mother, I bow to the all encompassing power & energy. I bow to that through which God creates. I bow to the creative power of the kundalini, the divine mother power.” Invoking Shakti eliminates fears & fulfils desires.”

**B. SHAKTI OM SHAKTI**

**WELCOME HOME TO MY POWER SHAKTI OM SHAKTI**

**SHAKTI OM SHAKTI**

**FUELLED BY CENTERED ENERGY SHAKTI OM SHAKTI**

**16. KRISHNA**

**A. HARE KRISHNA, HARE KRISHNA, KRISHNA KRISHNA, HARE HARE  
HARE RAMA, HARE RAMA, RAMA RAMA, HARE HARE**

Energy of the male form and the entire Universe. Rama/Krishna: Vishnu, Principle of Growth and Preservation of Life. Krishna reminds us to trust the journey and know that we are guided & protected.

**B. GOPALA, GOPALA, DEVAKI NANDANA GOPALA**

Youthful Krishna calls upon his birth mother Devaki for nurturing & love. Blissful Chant for Holding Space.

**C. GOVINDA JAYA JAYA, GOPALA JAYA JAYA,  
RADHA RAMANA HARI, GOVINDA JAYA JAYA**

Radha is the beloved queen of the youthful Krishna, and by invoking this cosmic couple, we begin to see the divine in the world and in other people.

**17. VISHNU:**

**OM NAMO NARAYANAYA**

**OM NAMO BHAGAVATE VASUDEVAYA**

The preserver of the universe- 'resting place for all living beings'. Naraya is Lakshmi, one of his consort. To Lord Vishnu. Known as a liberating mantra for attaining spiritual freedom. "Om is the name of that inside me, which is aware of the Oneness of all"

**18. BUVANESHWARI**

**AUM SHRIM HRIM SHRIM BHUVANESHWARAYAI NAMAHA**

"I offer salutations to the auspicious Lady of Space, manifest of worlds". We invoke her to create the power of Love & Space. She offers Freedom & keeps us free from attachment & suffering. She is called upon for strength & achievements. She is Shiva's consort.

**19. WE ALL COME FROM THE GODDESS AND TO HER WE SHALL RETURN  
LIKE A DROP OF RAIN FLOWING THROUGH THE OCEAN**

## **20. SAT NAM**

(From the Kundalini tradition) Sat: truth Nam: Identity : Truth is my identity.  
A powerful throat mantra. It reaffirms and encourages to follow your truth.

## **21. LOKAH SAMASTAH SUKINOH BAVANTUH**

**THERE'S A PLACE IN MY HEART FOR YOU  
LITTLE GIRL YOU'VE BEEN HURT  
NOW WASH AWAY YOUR BLUES  
TAKE A BREATH, USE YOUR VOICE AND LET YOURSELF BLOOM**

**THERE'S A PLACE IN MY HEART FOR YOU  
LITTLE GIRL YOU'VE BEEN HURT  
NOW LIGHTEN UP YOUR HEART  
RAISE YOUR HEAD, DON'T BE SCARED  
BE YOUR OWN SPARK IN THE DARK**

May all beings everywhere be happy & free, & may the thoughts, words, & actions of my own life contribute in some way to that happiness & to that freedom for all. Chant for deep love and compassion & opening the heart space.

## **22. SHIVA**

**A. SHIVA SHIVA SHIVA SHAMBHO, SHIVA SHIVA SHIVA SHAMBHO  
MAHA DEVI SHAMBHO, MAHA DEVI SHAMBHO**

"Great God, auspicious one". God of Consciousness.

**B. OM NAMO SHIVAYA OM NAMO SHIVAYA**

"Hey Lord Shiva, I bow to you, to the peaceful one who is embodiment of the entire universe".

**C. SACHARA CHARA PARA PURNA SHIVOHAM SHIVOHAM  
NITYANANDA SWARUPA SHIVOHAM SHIVOHAM  
ANANDOHAM ANANDOHAM ANANDOHAM ANANDOHAM**

"I am that which prevails everywhere...complete in itself. I am Shiva; the deity of eternal bliss. I am Joy itself...I am Bliss itself". Supreme Lord who creates, protects and transforms the universe. Goddess Shakti is his consort. Chanting Shiva keeps our mind calm and balanced & keeps sorrows away.

## **23. LAKINI: OM LAKINI NAMAH** "I activate my power"

Lakini is benefactress of All. . God Rudra is her consort. We invoke Lakini to protect against negative energies & to promote positive change. She is Goddess of the Solar Plexus Chakra.

#### **24. EK ONG KAR SAT GURU PRASAT SAT GURU PRASAT EK ONG KAR**

Mantra to reverse negative energy to positive energy. "The Creator and the Creation are One". All is a blessing of the one creator. This mantra can balance all of the chakras and open the solar plexus chakra and liberate you from the cycle of time and karma and unite you with the Divine.

**25. A. RA MA DA SA SA SAY SO HAM (IN SANSKRIT) -**

**B. RA MA DA SA SA SAY SO HUNG (IN PALI)**

Kundalini Yoga Mantra: "Sun, Moon, Earth, Infinity, All that is in Infinity, I am Thee". Recent mantra extremely powerful & use of earthly elements helps the healing energy travel to others.

#### **26. HOLD YOURSELF - JAI CHANG & GRAYSON**

**HOLD YOURSELF HERE, HOLD YOURSELF HERE.**

**IN THIS SPACE, IN THIS CENTER.**

**IN THIS TIME AND NO OTHER.**

**AND ONE HAND ON TOP OF THE OTHER.**

**HOLD YOURSELF HERE, HOLD YOURSELF HERE.**

**CLOSE YOUR EYES, AND SURRENDER.**

**RELEASE YOUR MIND AND REMEMBER.**

**IN THIS SPACE IN YOUR CENTER.**

**HOLD YOURSELF HERE. HOLD YOURSELF HERE.**

**WITH ALL THE PAIN AND ALL OF THE ANGER.**

**AND ALL OF THE JOY, FEELING ALL TOGETHER.**

**IN THIS SPACE, IN YOUR CENTER.**

**HOLD YOURSELF HERE. HOLD YOURSELF HERE.**

**HOLD YOURSELF HERE. HOLD YOURSELF HERE.**

#### **27. A CHANT FOR REASSURANCE - MALIKA SELLAMI**

**CALLING MY ANGELS, CALLING MY GUIDES**

**THEY WHISPER THROUGH THE WIND THAT I'LL BE JUST FINE.**

#### **28. A CHANT FOR LETTING GO - MALIKA SELLAMI**

**I AM LOST IN THE FOREST AND ALL I SEE ARE TREES AND THE RIVER.**

**I FOLLOW HER CURVES, COUNTER COURANT FIRST.**

**THEN I LET GO, AND LET HER LEAD THE WAY.**

### 29. A CHANT FOR CHANGE - MALIKA SELLAMI

THE WIND IS CALLING ME  
MY SPIRIT WILD AND FREE  
I HEAL WITH LOVE FOR ME  
I RECEIVE THE WISDOM WITHIN

### 30. A PRAYER FOR PROTECTION - MALIKA SELLAMI

I SLEEP WELL AT NIGHT (x2)  
MY GUIDES ARE HERE I'M PROTECTED (x2)  
MY DREAMS SPEAK TO ME (x2)  
MY ANCESTORS ARE WATCHING OVER ME (x2)

### 31. A CHANT FOR FOCUS - MALIKA SELLAMI

I'VE BEEN MEANING TO SIT DOWN AND USE MY VOICE TO GROUND  
CONNECT TO MOTHER EARTH AND LET MYSELF REBIRTH

TO CLOSE MY EYES TO SEE THE LIGHT INSIDE OF ME  
SURRENDER TO LOVE AND RECEIVE FROM ABOVE

THERE'S A WAY TO OUR INNER POWER  
THERE'S A WAY TO FIND OURSELVES

THERE'S A WAY TO OUR INNER POWER  
THERE'S A WAY TO FIND OURSELVES

### 32. LET ME BE LIKE WATER - LO WOLF

LET ME BE LIKE WATER MOVING AND FORGIVING  
LET ME BE LIKE WATER (x4)

### 33. PRAYER FOR THE WATERS - KATARINA RAIN

WE PRAY TO THE WATERS (x4)

I'M SORRY, PLEASE FORGIVE ME THANK YOU, I LOVE YOU (X2)

TEACH ME YOUR WAYS SHOW ME YOUR GLORY  
HELP ME TO REMEMBER ALL THAT I AM (X2)

RAIN TRUTH, RAIN LIGHT, RAIN PURITY AND MIGHT (x2)

WE PRAY TO THE WATERS (x4)

### 34. I STAY LUCKY - BEAUTIFUL CHORUS

I STAY LUCKY, EVERYTHING IS ALWAYS WORKING OUT FOR ME  
I STAY LUCKY, EVERYTHING IS ALWAYS WORKING OUT

### 35. IN MY WOMB - SCARLET CROW

I'M HOLDING THESE KEYS  
IN MY WOMB, IN MY WOMB, IN MY WOMB (x3)  
AND I LET THEM GO (x2)

I'M HOLDING THESE SEEDS  
IN MY WOMB, IN MY WOMB, IN MY WOMB (x3)  
AND I LET THEM GO (x2)

I'M HOLDING THESE DREAMS  
IN MY WOMB, IN MY WOMB, IN MY WOMB (x3)  
AND I LET THEM GO (x2)

I'M HOLDING THESE KEYS  
IN MY WOMB, IN MY WOMB, IN MY WOMB (x3)  
AND I LET THEM GO (x4)

### 36. GRANDMOTHER (I AM THE EARTH) - AYL A SCHA FER

GRANDMOTHER SPEAK TO ME  
I AM THE EARTH AND THE EARTH IS SINGING  
THE WATER FLOWS AROUND THIS ROCK,  
THE ANCIENT WAYS I CARRY FORTH, THE RIVER CARRIES ME

I AM THE EARTH AND THE EARTH IS SINGING THROUGH ME  
I AM THE EARTH AND THE EARTH ITS FEELING THROUGH ME  
I AM THE EARTH AND THE EARTH ITS BREATHING THROUGH ME  
I AM THE EARTH AND THE EARTH IS HEALING THROUGH ME  
THE EARTH IS HEALING WITH ME

I WELCOME IT ALL I WELCOME ALL THESE FEELINGS  
I WELCOME IT ALL I WELCOME ALL THESE TEACHINGS  
I WELCOME IT ALL I WELCOME ALL THESE HEALINGS  
I WELCOME ALL THAT LIFE BRINGS

ALL THESE TEACHINGS THAT THIS LIFE BRINGS OWEY OWE AYO  
WE ARE HEALING, WE ARE HEALING WE ARE HEALING, WE ARE HEALING  
WE ARE HEALING WITH THE EARTH (x4)

### 37. BREATHE IT IN - BEAUTIFUL CHORUS

BREATHE IT IN LET IT OUT BREATHE IT IN LET IT GO

### 38. PACHA MAMA (BEAUTIFUL CHORUS VERSION)

ALEXANDRA ELIZABETH SARTON

I WANNA BE FREE SO FREE  
LIKE A FEATHER BLOWING THROUGH THE BREEZE  
LIKE A BIRD IN A TREE, LIKE A DOLPHIN IN THE SEA  
I WANNA FLY HIGH SO HIGH, LIKE AN EAGLE IN THE SKY  
AND WHEN MY TIME HAS COME, I'LL LET IT ALL GO WITH A SIGH

PACHAMAMA, I'M COMING HOME TO THE PLACE WHERE I BELONG PACHAMAMA,  
I'M COMING HOME TO THE PLACE WHERE I BELONG

I WANNA BE FREE, TO BE ME  
BE THE ONLY BEING THAT I SEE NOT TO RISE AND NOT TO FALL  
BE AT ONE WITH LOVE AND ALL THERE IS NO HIGH, NO LOW  
THERE IS NOWHERE ELSE TO GO EXCEPT INSIDE WITHIN YOUR HEART AND BE  
JUST WHO YOU ARE

PACHAMAMA, I'M COMING HOME TO THE PLACE WHERE I BELONG PACHAMAMA,  
I'M COMING HOME TO THE PLACE WHERE I BELONG

### 39. WINDS OF THE WEST - AYLA NEREO (FALL CHANT)

I FEEL THE WINDS OF THE WEST, OUTBREATH  
LETTING GO OF MY LEAVES, ALL I DO NOT NEED  
INTO THE DARKNESS OF THE FALL SUNSET  
I RELEASE, RECEIVE, GETTING READY FOR THE SILENCE

### 40. SUCCESS - BEAUTIFUL CHORUS

I HAVE EVERYTHING I NEED,  
I AM WHO I WANT TO BE, I AM WHO I WANT TO BE

### 41. BLESS UP - BEAUTIFUL CHORUS

THANK YOU FOR PLEASURE  
THANK YOU FOR PEACE  
THANK YOU FOR LOVE  
THANK YOU FOR EASE

#### 42. MOTHER I FEEL YOU

MOTHER I FEEL YOU UNDER MY FEET MOTHER I FEEL YOUR HEARTBEAT  
YAHEYA HEYA HEYA, YAHEYA HEYA HO  
YAHEYA HEYA HEYA HEYA HO

#### 43. INTO THE WILD - SHYLAH RAY SUNSHINE

INTO THE WILD I GO, INTO THE WILD I AM  
ITS BEEN A WHILE, FREEDOM CHILD  
SINCE I LEFT MY ROOTS BACK HOME (X2)

I ONCE TRIED TO RUN AWAY LIKE A WILD ANIMAL'S PREY  
RUNNING, HIDING I WAS RIDING HIGH INTO THE SUNSET SKY

HEYA HEY HEYA HEY HEYA HEYA HEYA HEY  
HEYA HEY HEYA HEY HEYA HEYA HEYA HEY O WEY

ALL MY LIFE, ALL THIS TIME  
I'VE BEEN A WARRIOR AND I KNOW WHY  
I'VE BEEN GIVEN THE TORCH OF LIGHT  
TO WALK IN THE DARKNESS OF THE NIGHT

YEARS WE FOUGHT FOR THIS FREEDOM  
YEARS I THOUGHT I HAD WISDOM  
NOW I SEE WITH NEW EYES FROM THIS TRUTH I CANNOT HIDE

HEYA HEY HEYA HEY HEYA HEYA HEYA HEY (X2) O WEY

I GOTTA BELIEVE I'M HERE, TO MAKE A DIFFERENCE, WITHOUT FEAR  
OF BEING SEEN OR HEARD, LIKE THE BIRD WHO FLIES AT NIGHT  
LIKE THE LION STRONG AND FIERCE  
LIKE THE WHALE SINGING, I'D LIKE TO BE BRINGING PEACE  
TO YOU TO ME, TO YOU TO ME

INTO THE WILD I GO, INTO THE WILD I AM  
IT'S BEEN A WHILE, FREEDOM CHILD  
SINCE I LEFT MY ROOTS BACK HOME (X2)

#### 44. EASTERN SUN - AYLA NEREO (SPRING CHANT)

EASTER SUN MELTS THE COLD FROM THE BONES CURTAIN RISE, TAKE  
THE DARKNESS FROM MY EYES BREATHING IN, PULLING LIFE INTO MY  
LUNGS, AS A CHILD, I AM BORN, AGAIN

**45. IN THE STILLNESS - LEANNE RIMES**

IN THE STILLNESS I AM SAFE IN THE STILLNESS  
I AM FREE I AM COMING HOME TO ME

**46. GRANDMOTHER SONG - SHERRY OREN BACH**

I HEAR THE VOICE OF MY GRANDMOTHERS CALLING ME  
I HEAR THE VOICE OF MY GRANDMOTHER'S SONG

SHE SAYS STAND IN YOUR POWER WOMEN, STAND IN YOUR POWER,  
LISTEN, LISTEN

SHE SAYS GIVE BIRTH, GIVE LIFE MOTHERS GIVE BIRTH, GIVE LIFE,  
LISTEN, LISTEN

SHE SAYS TEACH THEM, BE WISE CRONE, TEACH THEM, BE WISE,  
LISTEN, LISTEN

SHE SAYS WAKE UP, WAKE UP CHILD, WAKE UP, WAKE UP,  
LISTEN LISTEN

**47. EARTH MY BODY - MAGGIE CLIFFORD**

EARTH MY BODY, WATER MY BLOOD  
AIR MY BREATH AND FIRE MY SPIRIT  
OH BABY YOU ARE THE ONE  
HOLD YOU CLOSE, WATCH YOU GROW UNDER THE SUN  
OH MY SWEETNESS, ANCIENT LOVE A NEW  
IN YOUR EYES, IN YOUR SMILE, EVERYTHING YOU DO.

**48. WE ARE THE WOMEN - LISA DANCING-LIGHT**

WE ARE THE WOMEN, WE'VE COME TO DRUM  
WE ARE THE CHANNEL BETWEEN THE EARTH AND THE SUN  
WE HOLD THE WISDOM OF THE ANCIENT WAYS  
WE WILL BRING PEACE TO THESE TROUBLED DAYS

**49. NEW MOON - FIA**

NEW MOON, NEW ME  
I AM PLANTING MY SEEDS  
NEW MOON, NEW ME  
NEW ENERGY

**50. I LOVE MY LIFE - VIBE THE RAPPER (KOA)**

I LOVE MY LIFE, IT FEELS SO GOOD

**51. ROOTED BY AISHA BADRU**

PLANT YOUR FEET UPON THE EARTH  
KNOW YOUR VALUE, KNOW YOUR WORTH  
TAKE A BREATH THAT'S LONG AND DEEP  
YOU'RE CARRIED BY THE GROUND BENEATH

FEEL THE SUNSHINE ON YOUR SKIN  
A LOTUS FLOWER BLOSSOMING  
YOUR JOURNEY IS YOUR OFFERING  
YOU ARE HERE FOR A REASON

SEND YOUR ROOTS DOWN THROUGH THE DIRT  
ANCHORING YOU THROUGH THE HURT  
WITH EVERY BREATH LENGTHEN YOUR SPINE  
REACHING STEADY TOWARDS THE LIGHT

FEEL THE SUNSHINE ON YOUR SKIN  
TURN UP THE WISER VOICE WITHIN  
YOUR STORY IS YOUR OFFERING  
YOU ARE HERE FOR A REASON

**52. ALGONQUIAN ARAPAHOS LAMANT CHANT**

ANI KOUNI, CHAOUNANI ANI KOUNI, CHAOUNANI  
AWAWA, BIKANA, KAÏNA AWAWA, BIKANA, KAÏNA  
ÉAOUNI, BISSINI ÉAOUNI, BISSINI

TRANSLATION:

“FATHER PLEASE HAVE MERCY I CRY MY THIRST  
EVERYTHING HAS DISAPPEARED I HAVE NOTHING TO EAT”

**53. ANCHOR (MALIKA SELLAMI)**

MY VOICE IS MY ANCHOR  
MY BODY A VESSEL  
FOR MY WOMB TO REMEMBER  
ALL THE WISDOM SHE HOLDS

**54. TEMPLE (MALIKA SELLAMI)**

I LOVE MY BODY  
I LOVE MYSELF  
EVERY PORTAL ON ME  
IS SERVING ME WELL

**55. RELEASE (MALIKA SELLAMI)**

LET IT GO, LET IT GO, LET IT GO  
LET IT ALL GO  
LET THEM GO. LET THEM GO, LET THEM GO  
LET THEM ALL GO

**56. I RELEASE CONTROL (ALEXA SUNSHINE ROSE)**

I RELEASE CONTROL  
AND SURRENDER TO THE FLOW  
OF LOVE THAT WILL HEAL ME

**57. GROUNDED (EARTH CHANT) (MALIKA SELLAMI)**

STAY GROUNDED IN YOUR BODY  
STRONG IN YOUR VOICE  
WALK PROUD TALK LOUD  
BE YOURSELF AT ONCE

**58. PRESENCE (MALIKA SELLAMI)**

DON'T LOOSE YOURSELF IN THE NOISES OF THE CROWD  
IT'S EASY TO ERASE OUR ESSENCE

CHOOSE TO ANCHOR IN THE BEAUTY OF WHO YOU ARE  
BY PRACTICING PRESENCE

ACCEPT THE GIFTS YOU RECEIVE IN THIS LIFE  
WITH GRATITUDE AND REVERENCE

ALLOW YOURSELF TO PAUSE AND LISTEN  
YOUR INNER VOICE IS YEARNING SILENCE