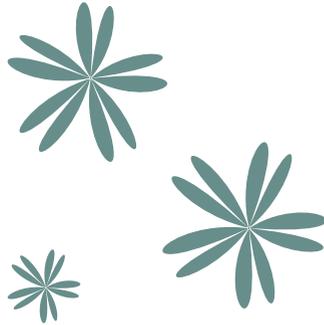


*Ahisha
& Dasi*

KIRTAN

SONG BOOK



Ganesha Invocation



We sing **Gam** (pronounced Guhm) as a Biha mantra to cultivate the vibrational energy of what Ganesh represents.

To be grounded in truth and presence and out of the minds incessant chatter.

To balance and nourish our root chakra so we can feel safe in our bodies and available to be present in the NOW

To invite in spiritual support the balance our nervous system and give us clarity of mind.

Sharanam - reside with in me

Kali Ma



Jai Mata Kali Kali Ma Jai Ma

Praise the Divine Mother destroyer of all false concepts
of self.

We chant this mantra to liberate ourselves from our ego
mind. To see clearly from the eyes of love and not the
eyes of our imagined selves.

This mantra brings us into the frequency of surrender
and as we chant, we offer up our false selves to the
great Mother, Kali Ma.

Hey Govinda - Silence



Chords:

Am, G,

Am, G, F, G, Am

F, G Am

**Hey Hey Govinda, Hey Hey Gopāla
Hey Nityānanda, Hey Vāsudeva**

**Heaven holds a sense of wander, I know I believe
I am raised up, when the rage in me subsides**

**Hey Govinda, Hey Gopāla, Nityānanda
Hey Govinda, Hey Gopāla, Vāsudeva**

We sing **Hey Govinda, Hey Gopāla** to call in protection so that we can be tender with ourselves, joyous and playful, to see the world without our own self perception blocking our expression.

Nityānanda is the state of eternal bliss full surrender the moment. and **Vāsudeva** recognising the indwelling ALL pervading light of divinity.

Jai Radha Krishna



Chords:

Am, C, G, F

Jai Jai Rādhā-Ramaṇa Hari Bol
Jai Jai Rādhā-Ramaṇa Hari Bol

Krishna Krishna Krishna aaaaaa
Krishna Krishna Krishna aaaaaa

We sing **Jai** to raise our energy in full acceptance as we receive. **Rādhā-Ramaṇa** which is to align ourselves to Divine Love and eternal joy.

When we say **Hari Bol** we ask to speak Gods perspective, to be clear of suffering, ignorance, and the obstacles that keep us from love.

To sing the word **Krishna** is calling out to be in Love

Maha Mantra



**Hare Krishna, Hare Krishna
Krishna Krishna Hare Hare
Hare Rama, Hare Rama
Rama Rama, Hare Hare**

Hare is calling the divine energy of love and devotion, the feminine aspect of life, nature and all created reality is **Hare**

Krishna all-attractiveness, pure Love and **Rama**, endless reservoir of bliss. Combining these words in a chant brings us into unity with all things.

It's known as the Great Mantra

Maha, meaning Great and **Mantra** meaning tame the mind. When our mind is free of thoughts we go beyond our ego's imaginings and become present to Loves reality

Bholenāth



**BOM BOM HARA HARA
BOM BOM HARA HARA
BOM BOM HARA HARA**

**Bole Bole Nāth
Bole Bole Nāth**

This mantra is the destroyer of self shame! there is nothing that we can not give to Shivaji nothing too shameful for his forgiveness and his Love,

It invites us to connect with our sweet innocent nature and let go of any self punishing beliefs or patterns.

BOM (*pronounced Bam*) calls in the destroying energy of Shivaji to **HARE**, destroy our illusionary mind so we can rest in the all sweet innocents of **Bolenāth**

Amma Amma Tāye



Amma Amma Tāye
Akhila Deśvari Niye
Anna Pūrṇeśvari Tāye
Ādi Pāra Śakti Niye

Amma means Mother and **Tāye** is Tamil for 'Mother'.

Akhila Deśvari Niye – “You are the ruler of all worlds” **Akhila** means entire, **Deśa means** world/country and **Vari** means queen/ruler, **Niye** means 'you are'.

Anna Pūrṇeśvari Tāye means “O Mother, you are Anna Pūrṇeśvari”, the Goddess of nourishment and fullness, literally the one who fills everyone's bowls.

Ādi Pāra Śakti Niye means, you are the primordial supreme power. **Ādi** means first, primordial; **Pāra Śakti means** supreme energy and **Niye** means, you are.