

AYLA SCHAFER



SONGBOOK

Dear friends,

Welcome to this songbook, a precious collection of songs from over the past ten years of my life.

They each carry their own profound prayer, expressed from deep within my heart and soul and from the depths of my healing journey. They are gifts from the Spirit of life itself singing through me, from the Earth and Sky, from the Plant medicines, and from the Invisible Kingdom.

Every song is its own spirit and has its forces that are called upon when sung. Enjoy getting to know each song as a living being, a companion and loving friend for you; as they have been and are for me. I hope they bring you much healing, guidance, peace, beauty and inspiration.

It touches me so deeply to imagine you are singing, praying and healing with these songs and to know that they are receiving your breath of life and are alive even without me!

So much blessings to your journey with these songs, to your voice and to the song of your soul...

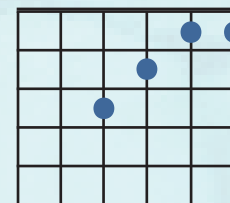
All my love,

AYLA

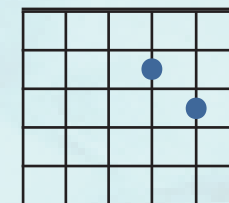
Chord Index

Please note for many of the songs I play slight variations of basic chords. Below you will see an index of these chord variations as well as some bar chords (in case these are new for you) that you can refer to for the relevant songs.

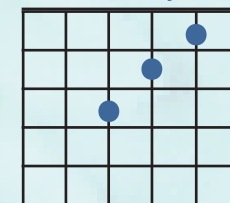
F/C



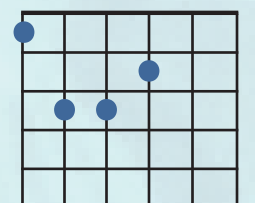
Dsus2



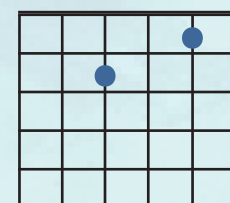
Fmaj 7



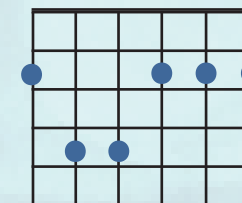
F* (Fmaj7 B5)



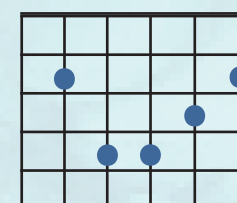
Am 7



F#m



Bm





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ADAMA

Written by:

'The ocean...' - unknown

'We are one...' - Zahira P. Clement

These were the very first two medicine songs I learned and their simplicity still remains a beautiful medicine for me, gathered on my travels in Mexico and Peru.

Capo IV

Am Em Am

The ocean is the beginning of the Earth

Am G Am

| All life comes from the sea

Am

We are one with the Mother, one with the Mother

G Am

We are one with the Mother Earth

Am G Am

| Adama, Adama - aa



AGUA DEL AMOR (LIVERPOOL, UK)

Written beside a small stream in the morning after a beautiful Tipi ceremony. I had spent all night singing with my brothers and sisters, together united as family and giving thanks for Life. My heart was so purified in innocence, sweetness and remembrance of the simplicity of the prayer and gratitude of being alive.

Capo I

Dm F/C Am
El amor es el agua infinita
Dm F/C Am
Divinidad fluyendo pura vida
Em Am
El río libre es mi sangre
Em Am
Mi sangre roja es el camino

CHORUS

Am Em
Por mi vida voy agradeciendo
G C Em Am
Me das la fuerza para seguir caminando
Am Em
Escucha me a ti yo te llamo
G C Em Am
Wakantanka, Abuelas y Abuelos



Am C

Con mi familia voy agradeciendo

G C Em Am

Rezamos a la vida juntos vamos curando

Am Em

Escucha nos, estamos llamando

G C Em Am

Wakantanka, Abuelas y Abuelos

Am Em

Canta a la luna y a la madre Tierra

G C Em Am

Canta dando vueltas al padre sol (x 4)

Am Em G C Am

Yaho yahe, yahe yaho, Yaho yahe, yahe, yaho

Am Em G

Yaho yahe, yahe yaho, Yaho yahe

C Em Am

Yahe ya heyana ho

Dm F/C Am

Mi aliento es mi rezo

Dm F/C Am

Con el agua del amor yo voy llegando

Em Am

En mis venas tus ríos corriendo

Em Am

Mi sangre roja es el camino

CHORUS



Translation

Water of love

Love is the infinite water
Divinity flowing, pure life
The free river is my blood
My red blood is the path

For my life I am grateful
You give me the strength to keep walking
listen to me, I call you
Wakantanka, Grandmothers and Grandfathers
With my family I am grateful
We pray to life, together we heal
Listen to us, we're calling
Wakantanka, Grandmothers and Grandfathers
Sing to the moon and mother earth
Singing around the father sun

My breath is my prayer
With the water of love I'm coming
In my veins your rivers running
My red blood is the path





ASHAMA (SWITZERLAND)

During this time I was studying and immersed deeply in 'Womb Wisdom'. It brought me much healing as I prayed to offer myself as a vessel for love and life to flow through me; stepping beyond my story and observing the great master plan of divinity, hearing the Earth calling us to return to our place in the sacred web of life. I came across a very powerful language of the ancients that invokes the force of the Great Mother.

E-ya chey- We are all Related
A-shama - A name for the Great Mother
(Ancient language channelled from the times of Atlantis)

Capo VI

Em Dsus2
I am here, I choose life, I am opening
C Em
I am following the drum that is calling
Em Dsus2
I know I am held by the truth of life
C Em
I am love being born a flower blooming
Em Dsus2
We are the seeds of our Ancestors dreams
C Em
Prayers that were given to creation



C Em
Prayers that were given to creation

Em Dsus2
We are life flowing through us, Love pouring through us
C Em
We hear the Earth that is calling

CHORUS

Em Dsus2 C Em
|Return, return, return, return
Em Dsus2 C Am Em
|Return, return, return, return, returning to the Earth

Em Dsus2
I allow my breath to be a prayer
C Em
I allow all life to breath through me
Em Dsus2
I surrender in Trust to a higher knowledge
C Em
Dancing its rhythm through me
Em Dsus2 C Em
I am connected to all, I am Earth, I am Sky, I am woman
Em Dsus2
I am a vessel for Love, a Chalice for Life
C Em
The womb of the Earth that is calling

CHORUS





Em C
Hako, hako E-ya chey A-shama x 4

Em C G D
| Hako, hako, E-ya chey A-shama, Hako, hako, E-ya chey A-shama

Em C G D
| Hako, E-ya chey A-shama, E-ya chey A-shama (repeat)

Em C G D
| I honour my place in this sacred web, I honour my Life, I honour all Life

Em C G D
| Hako, E-ya chey A-shama, E-ya chey A-shama (repeat)

CHILDREN'S FIRE

(UK/ BRAZIL)

The children's fire is an ancient concept that enabled our ancestors to live in balance and harmony with the natural world. It prioritised the continuation of Life and assisted them in safeguarding what was most precious to them – their children and their future generations.

Our ancestors understood that the balance and wisdom observed in nature should be reflected by our systems of governance and institutions of power. In the very centre of their circles they placed a small fire which was to remind them that the most important consideration should always be the continuation of life when making decisions of any kind. They called this, The Children's Fire. The Children's Fire represented nature-aligned 'laws' that were held sacred by the people ... Life First! To hold the question.. "will this action, this purchase or this statement, truly support a healthy, life-affirming future for our children and their children's children?"





Bm F#m
I call you in behind me

A D Bm
My Ancestors, wise women and men, Medicine Woman, Spirit Man

Bm F#m
Those who walked here before us all

A D Bm
Fire carriers, wisdom keepers, guardians of the sacred teachings

Bm F#m A D Bm
You are my wings spread out behind me, carrying me, Oh carrying me

Bm F#m
Give me strength, teach me faith

A
And trust in these changing times

D Bm
To feel my connection to the Divine

CHORUS

Bm D
There are voices speaking on the wind

A Em
They say "Come listen close to us, listen to the wisdom of the Earth"

Bm D
We are guided by a knowing from within,

A
That we are a part of the web of life

Em
We are all related, we are all related, we are all related

Bm D A Em
| For all my relations, Heyeah, Aho

Bm F#m
Grow your roots, Drink from the source

A D Bm
We are a thread in the web of creation, Creators inspiration

Bm F#m
We are woven together by an invisible force

A D Bm
Glowing with eternal light, made from Earth, Air, Water and Fire

Bm F#m A D Bm
Spirit breathes through us all, holy is this life, holy is this altar

Bm F#m
Our blessed Earth is our temple our home

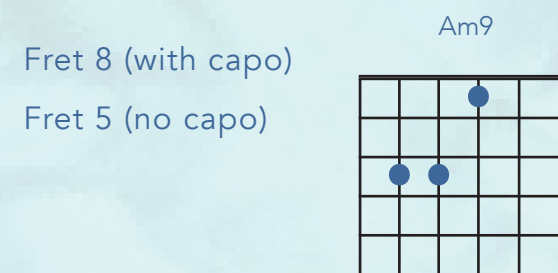
A D Bm
We must take care with honour of our Mother, of our Mother

CHORUS

Bm D A Em
| We gather around the Childrens Fire x4

CUATRO DIRECCIONES (COLOMBIA)

After returning from a 4 day Vision Quest and incredibly powerful prayer, this song came through very clearly and directly while I was beside the fire. An honouring dance and dissolving into all the elements of creation, the four directions and the guiding presence of Great Spirit.



Capo III

Am Em
Hay una voz dentro mi corazón, la voz que canta la canción

Am Em
Del Dios que sabe mi camino, sigo adelante siempre sigo

Am Em
El viento que me lleva por el cielo, la flecha de mi alma va volando

Am Em
Mi fe es la fuerza que me da vuelo, a las cuatro direcciones los llamo

Am Em Am Em
| Qooooo, oooooo, oooooo, oooooo x4

F/C Am/ Am9
Wiyokpiyata, Wiyokpiyata heya heya heya (West)

F/C Am/ Am9
Waziyata, Waziyata heya heya heya (North)

F/C Am/ Am9
Wioheumpata, Wioheumpata heya heya heya (East)

F/C Am/ Am9
Itokagata, Itokagata heya heya heya (South)

Am Em
| Heya, heya, heyaheyaheya x4

F/C Am/ Am9
Pachamama pachamamita heya heya heya

F/C Am/ Am9
Tata wari, abuelo tata wari heya heya heya

F/C Am/ Am9
Mama killa, tu luz que brilla heya heya heya

Em

Wayra wayra, espíritu que baila, soplando y curando cuando

Am Em

| Canto, canto heya heya heya x4

F/C Am/ Am9

Canto, canto, canto por el fuego heya heya heya

F/C Am/ Am9

Canto, canto, canto por el agua heya heya heya

F/C Am/ Am

Canto, canto, canto por la tierra heya heya heya

Em

Canto, canto, canto por el aire y los elementos y las cuatro direcciones

Am Em

| Canto, canto heya heya heya x 4

(Repeat first verse)



Translation

There's a voice inside my heart
The voice that sings the song
From God who knows my path
I keep going, I always keep going.
The wind that carries me to the sky
The arrow of my soul is flying
My faith is the force that gives me flight

I call the four directions

West (Lakota)

North (Lakota)

East (Lakota)

South (Lakota)

Mother Earth (Quechua)

Grandfather Fire (Nawat)

Mother Moon (Quechua)

Wind, dancing spirit, blowing and healing when

I sing

I sing, sing, sing for the fire

I sing, I sing, I sing for the water

I sing, I sing, I sing for the earth

I sing, I sing, I sing for the air and the elements and the four
directions

I sing, I sing



DEEP CALLS TO DEEP

(SPAIN)

This song was born from perhaps the most painful and broken time of my life so far. I was utterly devastated and moved by such deep grief. During this time I began to understand that the only way through was in surrender to what is, and to not fear or fight the sorrow. From here some incredibly profound teachings came through. I began to see that the pain in my heart was a hidden blessing and contained a gift of gold, the possibility of alchemical transformation to transcend into a higher consciousness of truth and understanding. That I came here to experience exactly this grief so that I may learn from it and realise that the essence of my being is a place beyond the pain, it is a golden, untouchable light.

Capo III

Am

Em

Hold to the light that is born of the dark

F*

Em

Go now my child set this free

Am

Em

Tattered are my wings but now I fly stronger

F*

Em

I will allow this healing

Am

Em

The howl of the wolves urges me onwards



F* G
 Feathers that open the clouds
 Am Em
 In the waters of this river I will be carried
 F* G Am
 In the shaking of my heart I'll stand proud, I stand proud

CHORUS

Am C
 Keep my heart strong, hold my head up high
 G
 Open my wings in my breaking
 Am C
 I'm collecting firewood, I'll be back at dawn
 G
 I'll stand strong in my shaking
 Am Em
 I remember to remember I came here to learn this
 F* Em
 Be still with what moves deep in me
 Am Em
 I am a place beyond the pain, I am eternal
 F* G
 I am the light I see
 Am Em
 I know nothing else, I am only this
 F* G
 In the truth of my being there is only peace

Am Em
 So I welcome you for I know that I know
 F* G
 You've come here to teach me to spin straw into gold
 G Am Em F* G
Sorrow into go...ld — — x 3

CHORUS

Em C Em
 Deeper and deeper, the deep calls me deeper
 Em C G
 Deeper and deeper, the deep calls me deeper
 Am Em F* Em
 |Deeper and deeper I go, deeper and deeper I go
 Am Em F* Em
 Into the water I go, into the water I go
 Am Em F* G
 Into the water I go, into the wat-er
 Am Em F* G
 |I'll not back away, not be afraid, I'll not back away, not back away from the pain
 Am Em F* G Am
 I'll not back away, not be afraid, not back away, not back away from the pain
 Am Em F* Em
 |The deep calls to de-ee-ep
 Am Em F* G
 |The deep calls to de-ee-ep (repeat)

FLUYENDO (ITALY)

Written in a stunning river valley where the water flows turquoise and crystal clear. From where I slept I could hear the waters always dancing and singing to me. So I listened to this magical song. This is a conversation with the river and a prayer of devotion and honour to the sweet waters; to learn to flow, surrender and trust, be pure and transparent, to be like water.

Capo IV

Am Fmaj7
Agua Hermosa, permiso para orar
Am Em
A tus aguas cristalinas, espíritu divina
Am Fmaj7
Llevando tu bendición, curandera femenina
Am Em
Sangre de la Tierra, agua es la vida

CHORUS

C Fmaj7
Fluyendo, fluyendo, fluyendo
Am Em
Cantando tu canción misteriosa
C Fmaj7
Celebrando, alegrando, enseñando con movimiento

Am Em
Bailando los ciclos de la vida

Dm Fmaj7 Am Em
Yo sere como el agua, como el agua
Dm Fmaj7 Am Em
Transparente como el agua, como el agua
Dm Fmaj7 Am Em
Flu-ida como el agua, como el agua
Dm Fmaj7 Am Em
Clara y pura como el agua, como el agua

Am Fmaj7
Agua, escuchando tu voz
Am Em
Hablando en la lengua de la creación
Am Fmaj7
Madre enséñame, guía mi camino
Am Em
A fluir con confianza, ser como el río

CHORUS

Am Fmaj7
Vengo a escuchar a los secretos del agua
Am Fmaj7
Vengo a cantar con el misterio del agua
Am Em Fmaj7 Dm
| Madre agua, Yakumama, Agua Sagrada, Mni Wakan (Repeat)

Translation

Beloved Water, permission to pray
To your crystal waters, divine spirit
Carrying your blessing, female healer
Blood of the Earth, water is life

Flowing, flowing, flowing
Singing your mysterious song
Celebrating, joyfully, teaching with movement
Dancing the cycles of life

I'll be like water
Transparent as water
Fluid as water
Clear and pure as water

Water, listening to your voice
Speaking in the language of creation
Mother teach me, guide my path
To flow with trust, to be like the river

I come to listen to the secrets of water
I come to sing with the mystery of water
Mother Water, Mother Water (Quechua), Sacred Water, Sacred
Water (Lakota)

FOLLOW THE LIGHT

(DEVON, UK)

A very sweet, pure and simple moment in the quietness of my heart. I felt the light of
my own Soul calling me and I found such peace and trust in my own heart and inner
light as my guide.

C G D C G D
_You know_where you're going,_listen how the silence calls
C G D C G D
Just_follow you're inner knowing,_for in the heart you'll find it all

CHORUS

C G D
| Follow the light of your soul
C G D
| Just follow the light of your soul

C G D
_Your glowing soul is a flaming fire
C G D
_Have courage to dance within your flames
C G D C G D
Ooh the spirit never tires to whisper the sound of your name

CHORUS

C G D
| For you shine so bright, Holy Spirit, beautiful soul
C G D
| Just trust in your light, you know your way, you're coming home

CHORUS

GRANDMOTHER (I AM THE EARTH) (PORTUGAL/ SWITZERLAND)

In the early hours of the morning after a ceremony and challenging journey had finished, I asked for help and I found my voice coming out of my being and into the space. I felt the knowing that I am the Earth and She is I. I felt how we are healing with her, breathing, feeling, singing with her. She helped me in that moment to open myself to welcome all of life, the challenges and beauty all equal in gifts.

Capo II

Am C G
Grandmother speak to me, I am the Earth and the Earth is singing
Am C G F*
The water flows around this rock, the ancient ways I carry forth
Am
The river carries me
Am C G
Grandmother speak to me, I am the Earth and the Earth is singing
Am G F* Em
The water flows around this rock, the ancient ways I carry forth
Am
The river carries me
F* G Am
I am the Earth and the Earth is singing through me

F* G Am
I am the Earth and the Earth is breathing through me
F* G Am
I am the Earth and the Earth is feeeling through me
F* G Am
I am the Earth and the Earth is healing through me
G Am
The Earth is healing with me

Fmaj7 C G Am
I welcome it all, I welcome all these feelings
Fmaj7 C G Am
I welcome it all, I welcome all these teachings
Fmaj7 C G Am
I welcome it all, I welcome this healing
Fmaj7 C G
I welcome it all, I welcome all that

Am Em Am
| Life brings, all that life brings, A wey ya wey ya ho
Am Em Am
| All these teachings that this life brings, A wey ya wey ya ho

Am Fmaj7
| We are healing, We are healing x 4
Am Em Am
| We are healing_with the Earth (repeat)



GUIDING AND PROTECTING YOU (CALIFORNIA, US)

Surrounded by wild lands, rocks, dry, red earth... this song poured through. After a night ceremony where I so distinctly felt and saw the circle of ancestors gather around us with feathers in their hair and in their hands. They spoke this song very clearly through me, this is their words and their message to us.





Capo III

Am Em
Here we enter, I feel you gather
Fmaj7 Em Am
Feathers in your hair and in your hands
Am Em
Holding this circle, timelessly woven
Fmaj7 G Am
Keepers of the invisible kingdom
Dm Am
Then I hear you say to me, 'We are the Ancestors
Dm Em Am
We are the spirit beings of this land
Dm Am
Lean into us, for we are holding you
Fmaj7 Em Am
Weaving the threads of your life and guiding your hand
Dm Am
We speak to your soul
Dm Am
We sing through your blood and we drum through your bones
Dm Am
This memory that you've known
Dm Am
You know what your spirit came here for
Am Em C G Am Em C G
We are wa- a- a-lking you home, we are gui- ii- ii-ding you home
Am G Am Dm Am
Weya weya weya ho, weya weya hai hai hai ho
Am G Fmaj7 Dm Am
Weya weya weya ho, weya weya hai hai hai ho



Am Em
We are the force that shows the way
Am Em
We are the light shining upon your path
Am Em
We are the spirit woven within this all
Am Em
We are the future the present and past
Dm Am
We are the song lines of the ancestors
Dm Am
We are the light that shines eternal
Dm Am
We are the flaming fire within the Earth
Dm Am
We are the memory of all tribal people
Am Em C G Am Em C G
We are gui-ding and protecting you, we are breathing life through you

Am Em Am Fmaj7 Em
Guiding and protecting you, we are the breath of life breathing through you
Am Em Am Dm Em
Guiding and protecting you, we are the spirit of life that moves through you

Am G Am Dm Am
Weya weya weya ho, weya weya hai hai hai ho
Am G Fmaj7 Dm Am
Weya weya weya ho, weya weya hai hai hai ho
C G Fmaj7 Am Fmaj7 Dm Am
Weya weya hey, weya weya ho, weya weya hai hai hai ho x 3



GYPSEY SOUL

(PISAC, PERU)

After travelling for almost two years in South America, I landed in the Sacred Valley in Peru and made a camp alone in nature, beside a stream. I lay on the Earth and in the roots of a tree, feeling my soul as a gypsy traveller, travelling between my different lives and incarnations here on this planet. I recognised the true freedom of my soul and felt such love and adoration for being alive.

Capo V

Am Em F*

_I was born free and that will never change

C Em

It will never be taken away from me

Am Em F* C Em Am

_So I'll live my life in search of that which makes me most alive

Em F* C Em Am

My roof_is the open skies, my bed is within these roots

Em F* C Em Am

I_have no home, my home is in the land I roam

CHORUS

Am G Am

I am a gypsy soul wandering free and bold

Am G Am

I am a gypsy soul my spirit is life times old

Am C

I am a gypsy soul and I've been here before

G Em

And I'll come back again and again

Am G F*

I am a gypsy soul wandering free and bold

Am Em Am

Wandering free and bold

Am Em F*

_Drink from the source, there's honey in the water

C Em Am

Drink from the source, there's honey in your heart

Em F*

Feel the earth beat beneath your bare feet

C Em Am

Oh remember where you came from

Em F* C Em

Spi_rit I adore you as much as you adore me

Am Em F*

I hear your call say 'dive into the wilderness'

C Em Am

The Spirit says dive into the heart

CHORUS

Am Fmaj7 C

Of all _I've learnt the most is

G Am

Just remember you are perfectly free x 3

Am Fmaj7 C

Of all _I've learnt the most is

G Am Fmaj7 C

| Just be the love you se - eee - ek

G Am Fmaj7 C

| You are the love you se - eee - ek

G Am Fmaj7 C G

And remember you are perfectly free-eee- eee_

CHORUS

HIHANNI WASTE

Written and shared by a dear sister and beautiful medicine woman, Stephanie Kersley.

Thanking her beauty for birthing this song, the pure prayer from which it came from, and for sharing it with us. This is a version of a Lakota inspired 'Good Morning' song that celebrates and expresses the desire to live and be alive, and gives gratitude to the water, medicines, the heart and to life. May we carry this in honour to the spirit who brought it forth. In the deepest

bowing to the Lakota Native American people whose ways remind us to remember our nativeness and stand clear in the truth of why we have come here. My deepest respect to the ancient lineages of this world and their sacred understanding of Life.

Am

| Hihanni Waste x3 hey ney (Good morning)

Am

C

G

Am

| Cante Wasteya Nape Ciuzape, Heyana heyana hey ney (I greet you with a good heart)

Am

C

G

Am

| Waniwaciyelo, waniwaciyelo, waniwaciyelo, Hey ney (I want to live)

Am

C

G

Am

| Wopila Tanka anpetu waste, Lila Waste, Hey ney

Am

C

G

Am

| Waniwaciyelo, waniwaciyelo, waniwaciyelo, Hey ney

Am

C

G

Am

| Wopila Tanka mni wiconi, Heyana heyana, Hey Ney (Thank you water of life)

Am

C

G

Am

| Waniwaciyelo, waniwaciyelo, waniwaciyelo, Hey ney

Am

C

G

Am

| Wopila Tanka Pejuta Wakan, Heyana heyana, Hey Ney (Thank you Holy Medicine)

Am

C

G

Am

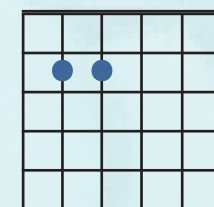
| Waniwaciyelo, waniwaciyelo, waniwaciyelo, Hey ney



I CALL YOU (PORTUGAL)

Another profound night time ceremony. We sat around a huge fire, in a dry, sandy valley, surrounded by fig trees and rocks. While the spirit of the sky and stars watched over us, the winds wildly blew dust and smoke around us all night long. I was so touched and humbled to feel the forces of nature and the presence of all spirits, ancestors, guardians, animals and elements of creation holding me, speaking and breathing through me. My heart called and called to them in this deep moment of prayer.

Em* (Em add 10)



Em

Dsus2

I call upon my ancestors as I bow to the earth

C

Em

I call upon my ancestors 'Come speak to me'

Em

Dsus2

I ask for the wisdom of the elders and from those who walked here before

C

Em

I call to the wind and the stars and the moon 'Come breathe through me'

Em

Dsus2

I call to the buzzard and the hawk 'Teach me to ride on the wind'

C

Em

The waves pounding at my shore teach me what surrender means





Em* D C Em
Spirit of the deer 'I call you-u, I call upon you'
Em* D C Em
Spirit of the trees 'I call you-u, I call upon you'
Em* D C Em
White Buffalo Woman 'I call you-u, I call upon you'
Em* D C Em
Spirit of the breeze 'I call you-u, I call upon you'

Fmaj7 Am
Wind blow through me, you remind from where I came
Fmaj7 Am
I am born from thee and Spirit is my name
Dm Am
These rivers run through me from deep within the ground
Fmaj7 Am
I remember this dance as the ancient drum beat sounds

Am Em
Que me cura, que me guía, que me llena con la Vida
Am Em
Me cura, que me guía, poderosa medicina
Am Em
Me cura, en sus brazos no hay duda que me ama
Am Em Am
Mama — —



Em Dsus2
I call upon the spirit of the horse, with you I know freedom
C Em
I ask for the guidance of my guardians that walk beside me
Em Dsus2
I summon the earth, air, fire and water; to you I shall return
C Em
To our Mother the Earth, my life is a prayer, my breath your eternal song

Em* D C Em
Al Gran Misterio, 'te amo-oo a ti estoy llamando-oo
Em* D C Em
Tunkasila, te amo-oo a ti estoy llamando-oo
Em* D
I call you, I know you hear me
C Em
I feel you breathing through me x3
Em* D
I call you, I know you hear me
C Em
I feel you-oo

LIKE THE RIVER (BRASIL)

I was living on a stunning land and area of Brazil that was incredibly abundant in sweet, crystal clear flowing waters. I sat by the river feeling very stuck in myself and prayed for the water to help me. The tears began to flow and I felt myself release and let go of trying to control. The water taught me so many things as I realised that all flowing waters are returning to the Ocean, no matter how its path may go. We are like Water, returning home.

Yemanja is the Orisha (Goddess) of the Ocean and Oshun is the Orisha (Goddess) of Sweet Waters from the Yoruba religion.

Capo VI

C G
Go with the water, no more holding on
D Em
Release, let go and surrender
C G
Her waters will carry you to the ocean
D Em
Deep within your heart you'll remember

CHORUS

Em C
We are made of water, like the river we know
G D
How to release our fears and let go
Em C
We are made of water, like the river we know

G D
How to trust that our path brings us home
Em C G D
| __Yemanja, __Mamae Oshun
Em C G D
| __ Ooo ooo ooo oooooooo

C G
See how she goes the way of least resistance
D Em
See how she moves with the land
C G
Carving her path with a heart of forgiveness
D Em
Acceptance and compassion

CHORUS

C G
I receive your messages into my being
D Em
I learn to listen, I pray to heal
C G
I return and I welcome back all of me
D Em
I am whole, I am complete and I am
C G D Em
Free-ee-ee __ like water
C G D Em
I am free-ee __ like water



C Em
| like water, like water x4
Dsus Em
| We return to the Ocean like water x4
C Em
| like water, like water x4



MOTHER OF PEACE (SWITZERLAND)

During a very difficult period of my life where I was very stuck in doubt and absence of faith and trust in life and God. I made a very strong offering and prayer that my being could surrender fully to Love. I saw my patterns of running away, escaping, fighting and resisting what is and I asked the Mother of Peace to help me to let go and lean back into the arms of love holding me. I found a stillness in my heart, a peace in the present moment and began to slowly come home to Love, where I belong and come from.

Capo VI

Bm Em C Em
Stillness, there is calm within
Bm Em
Peace you will not be found
C Em
For no searching with ever land me on your shore
Bm D
I can search the earth and cross all of the oceans
C
But I'll only return to the home land, return to the home land
G
within me
Em Am
So I give thanks for this prayer in motion





C G
For all the lessons that guide me here, all of the blessings that
brought me here

CHORUS

C G
Mother of pea-ce
Am Em
No more searching for you, no more searching for you
C G
Mother of happiness and joy
Am Em
No more looking for you, no more looking for you
C G
Mother of freedom and wildness
Em Am
No more running to make me feel free, no more running to
make me feel free
C G
Mother of sweet surrender
Em Am
Only giving myself to you, only giving myself to you
C G D Em
| Oooooooooooooooooo
Bm Em C Em
My hands release, let go of control and free fall
Bm Em C Em
Open my wings, allow the grace of spirit to carry me



Bm D C
I am the light that I long for, and in my heart is the door
G
In my heart is the door
Em Am
Deep acceptance in the present moment
C G
No more trying to change what is, no more allowing fear to win

CHORUS

C G D Em
In the stillness and the quiet and the calm of my mind
C G D Em
I feel the presence of spirit breathing into me life
C G D Em
In the stillness and the quiet and the calm of my heart
C G D Em
I feel the warmth of the light illuminating my path

C G D Em
I come ho-me _ to love
C G D Em
Where I belo-ng _ _ (repeat)



MUSIC PLANTS TREES

(DEVON, UK)

Written during one of the large forest fires in the Amazon rainforest. I was devastated and heartbroken to see what we as human kind are doing to our forests and Trees. In my helplessness all I knew to do was to write a song for the trees. From this 'Music plants trees' was born with a vision of exactly that, that music itself can plant trees through giving donations from every ticket, download, album sale etc. towards Tree planting projects. In doing so both planting more trees on this earth and raising awareness of deforestation and the importance of Trees for our planet and our survival.

Dm Am C Fmaj7 Am
| Na na na nana na nanana na nana, na na na nana na nanana na nana

Dm Am C Fmaj7 Am
Protect our forests, the trees are our ancestors

Dm Am C Fmaj7 Am
The lungs of our planet, our elders and wisdom carriers

Dm Am C Fmaj7 Am
Guardians of the visible and the underworld, bridgemakers between Earth and Sky

Dm Am C Fmaj7 Am
Great givers of the breath we breathe, deeply rooted branches open wide

Fmaj7 C G Am
'We will grow again, we will grow again, but we need you to serve the land

Fmaj7 C G Am
We will renew, we will renew the Earth, but we need you to understand

Fmaj Am Em Am Fmaj Am Em Am
| Without us there is no li-i-fe, without us you can't survi-i-ve

Dm Am C Fmaj7 Am
| Na na na nana na nanana na nana, na na na nana na nanana na nana

C Fmaj7 Am C Fmaj7 Am
| Plant more trees don't cut us all down, plant more trees don't watch us burn

Dm Am C Fmaj7 Am
| Na na na nana na nanana na nana, na na na nana na nanana na nana

Fmaj Am Em Am Fmaj Am Em Am
| Be like us grow your ro-ots, be like us know your ro-ots

Dm Am C Fmaj7 Am
| Na na na nana na nanana na nana, na na na nana na nanana na nana

PLUMAJERA (COLOMBIA)

Written in the rainforest, sitting in a hammock surrounded by singing birds and lush trees. After a night with Grandmother medicine I felt the force of her feminine, healing spirit of the forest, a queen with her crown of feathers, the mystery, secrets, magic and force of creation of the Earth and plant spirits.

Capo III

Em Am Fmaj7 Am
Venimos a aprender yanahey, venimos para ver yanahey
Em Am Fmaj7 Am
La obscuridad yanahey, el misterio de la verdad yanahey
Em Am Fmaj7 Am
Pinta, canta, cura medicina, Sana, sana, planta curandera
Em Am Fmaj7 Am
Rezando con la madre tierra, Cura, canta maestra de la selva
Fmaj7 Am Fmaj7 Am
De la selva, de la selva
Em Am
De la naturaleza nacen los secretos
Fmaj7 Am
Escondido en los brazos del misterio
Em Am
Que la sabiduría de la tierra

Fmaj7 Am
| Siempre vibre, siempre viva
Fmaj7 Am
| Siempre vibre, siempre me guía
Fmaj7 Am
Que quieren decir a través de mi
Fmaj7 Am
Que quieren cantar a través de mi
Fmaj7 Am
Que quieren sentir a través de mi
Am Fmaj7 Am Em
Trabajando con el espíritu, cura, canta plumajera
Am Fmaj7 Am Em
Con las plumas del arco iris, oraciones curan la tribu
Am Fmaj7 Am Em
Despertando la memoria, cantando las canciones
Am Fmaj7 Am Em
Siete flechas del destino, abriendo el camino
Am Fmaj7 Am Em
Las abuelas viven en mi, las curanderas respirando
Am Fmaj7 Am Em
Sabiduría de mi sangre, curandera cura mi gente
Am Fmaj7 Am Em
Cura-aa mi gente dai dai dai dai dai
Am Fmaj7 Am Em
Cura-aa mi sangre dai dai dai dai dai
Am Fmaj7 Am Em
Cu- ra... curande- ra...



ROSE (ITALY)

I wrote this after being part of a Women's retreat where the Rose was a potent medicine for me, teaching me about strength and softness. This is a song that honors the beauty, innate power and wisdom of the feminine and the strength we can find as women when we hold each other's hands in this journey of remembering how strong we are in our gentle, feminine and soft nature... like the Rose.

Capo VII

F* Am
Softening, softening, softening all the hardness
G Am
Melting, melting, melting all that's frozen
F* Am
Letting go, letting go of the sorrow
G Am
Dissolving into love all the shadow
F* Am
We are woman, we are bringers of life
G Am
We are vessels of love, expressions of the divine

CHORUS

C G Am
Sisters hold my hand, you are stronger than you know



C G Am
We are opening to love, we are learning how to grow
C G Dm Fmaj7
We hear the call, we are returning we remember
C G Am
| We are like the rose we are stronger than we know x 2

F* Am
Ancient mother, moving through us
G Am
Roots growing deep in our ancestry
F* Am
Medicine woman, daughter, mother and lover
G Am
Reclaiming the power of our ancient memory

CHORUS

F* Am
Sisters holding hands, in this circle we are held
G Am
Sisters holding hand, in this circle we are strong
F* Am
Sisters holding hands, in this circle we remember
G Am
Sisters holding hands, in this circle we belong
C G Am
| We are like the rose we are stronger than we know x4



SILENT VOICES (COLOMBIA)

Another song that came after a vision quest. Four days of solitude in nature, with no food, no water and no movement. What happens in these days is indescribable, a powerful magic and dissolving into the mystery of creation. I heard the whispers of the Silent Voices of the invisible world. I felt them speak so directly to my spirit. I surrendered into the ancient memory of my bones and the land and heard the drum call me to remember, to remember...

Capo V

Em Dsus2
From the Earth there are voices
Am7 Em
They say listen closely to the wind
Em Dsus2
The elders live within me
Am7 Em
I carry a river of ancient blood in my veins
Em Dsus2
Prayers are carried on the smoke
Em Am7
I follow the course of this river's flow

Em Dsus2
I remember the call and I call to remember
Em Am7
May the old ways always live on in me
Dsus2 Em
Live on in me, live on in me

Em Dsus2
I (We) remember, I (we) remember, I (we)remember, I (we)remember
Am7 Em
I (We) remember ,I (we)remember, I (we)remember, I (we)remember

CHORUS

Em Dsus2
I (we) remember your songs, I (we)remember your stories
Am7 Em
I (we)remember the drum beat of this land
Em Dsus2
I (we)remember the wise ones who live in the silence
Am7 Em
Los voces que hablan en el silencio
(Los dioses que hablan en el silencio)
Em Dsus2
I (we) remember timeless fires, heya heya heya
Em Am7
I (we) will follow silent voices, heya heya ho



Em Dsus2
Wisdom Keepers whisper guidance, heya heya heya
Em Am7
Ancient songs stir my (our) memory, heya heya ho
Em Dsus2 Am7 Dsus2
Yo recuerdo los seres que viven en el cielo, la memoria
Em Dsus2 Am7 Dsus2
De las plantas, las canciones de mis ancestros, que cantan
Em Dsus2 Am7 Em
| en el viento o-o-o-o-o-o-o-o-o-o x 4

Em Dsus2
We are spirit, we have always been here
Am7 Em
and here we always shall be
Em Dsus2
This wisdom was born from the Earth and the sky
Am7 Em
and within them the secrets are held and never can die
Em Dsus2
I sow these seeds for my children's children
Em Am7
within our lives our ancestors breathe again
Em Dsus2
For with each breath this prayer becomes woven



Em Am7
We all carry an ancient wisdom
Dsus2 Em
An ancient wisdom, an ancient wisdom

CHORUS



SONG OF THE DRUM

(ITALY)

I sat with my drum in a wild and beautiful Nature. My heart open with love for my drum and how it has been a good friend, companion and teacher for me.

I felt her power as a living spirit. I asked my drum to speak to me, to teach me and I listened carefully with my heart. I recognised the potent medicine the drum gifts us in helping us to connect with creation, with ourselves, with our inner, ancient voice and with our ancestors..

Capo VI

Am

C

Spirit of the drum come speak in your tongue

G

Am

The language of the song of the soul

Am

C

It's the spirit of the drum that sings the song

G

Am

Of creation of life in my bones

Am

C

It's the beat of my heart, it's the sound of my ancestors

G

Am

Singing their memory through me

Am

C

For they live on in the beat of the drum

G

Am

Awakening when we call them

Em

Am

We call with the drum, Haiyeaaa

Em

Am

We call to heart, Haiyeea-yo

Em

Am

We call to the drum, Haiyeaaa

Em

Am

We call with the heart, Haiyeea-yo

Dm

Fmaj7

Calling, we're calling, we're calling, we're calling

Am Em

Am

We're call-ing, Hai yai yai yai-yo

Am

C

Return to the Earth, the elders dreamed this

G

Am

Our grandfathers dreamed us, the ancient ones saw this

Am

C

A time for remembering, a time for believing

G

Am

To protect what gives life, to protect all that's sacred

Fmaj7

C

I give myself to the great remembering

G

Am

May the smoke of my prayer light the path that I walk



Fmaj7 C

Let go, let go, let go and surrender

G Am

I am of the Earth and my life is yours

Em Am

We call with the drum, Haiyeaaa

Em Am

We call to heart, Haiyeea-yo

Em Am

We call to the drum, Haiyeeaaa

Em Am

We call with the heart, Haiyeea-yo

Em Am

The heartbeat of the drum, haiyeaaa

Em Am

The drum beat of the heart, haiyeeaaayo

Dm Fmaj7

Calling, we're calling, we're calling, we're calling

Am Em Am

We're call-ing, Hai yai yai yai-yo



THE GUESTHOUSE

(DEVON, UK)

Inspired by one of my favourite poems from the mystic poet Rumi..

The Guesthouse

This being human is a guest house.

Every morning a new arrival.

A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.

Welcome and entertain them all!

Even if they are a crowd of sorrows,
who violently sweep your house

empty of its furniture,

still, treat each guest honorably.

He may be clearing you out

for some new delight.

The dark thought, the shame, the malice.
meet them at the door laughing and invite them in.

Be grateful for whatever comes.

because each has been sent

as a guide from beyond.

Capo VII

Em Am
I invite you in traveller from afar

C Am Em
You come bearing stories, a lantern in the dark

Em Am
I greet you here, I welcome what you bring

C Am Em
Though it may be hard to listen to I know you'll bring a change in me

CHORUS

Em C G D
Whoever you are you're welcome, come sit here by my fire/table

Em C G D
The night is cold, my doors wide open, oh there's room for many more

Em C G D
Tell me all your tales, your wisdom carried from many lands

Em C G D
Whoever you are you're welcome, joy and sorrow I take you by the hand

Em C G D
| Hayaya hayaiyaiyo hayaiyaiyai haiyo x 4

Em
Haiyo

Em Am

A messenger from the truth of who we are

C Am Em
A guide from within, silent whispers from the heart

Em Am
I listen deep, your breath brings new wind

C Am Em
And I'm ready for the teachings I know you've come to teach

CHORUS

Em F* Em
| I listen deep to the silence within me x4

Em Am
| Whisper on the wind, the night holds secrets

C Am Em
| Into you I creep, wrap me in your stillness x4

Em C G D
| Hayaya hayaiyaiyo hayaiyaiyai haiyo x4

Em
Haiyo



TRUST AND SURRENDER (MEXICO)

A time of great difficulty and confusion for me, I found myself chanting 'Trust and surrender' over and over like a mantra. It guided me back home to the simple truth within myself.

Capo II

Am G Am C
| __Everything's perfectly as it should be, trust me
Am G Am C
__Everything is __perfectly clear
Am G Am
Just trust me, trust me__

Am G Am C
| __I love you just the way you are right now x 3
Am G Am
Right here in this moment you are perfect to me
Am G Am C
| __Everything's clearing and I release__ x 3
Am G Am C
| I let go and I'm open, I release with devotion x 3
Am G Am C
| Trust and surrender, trust and surrender
Am G Am C
| Trust and surrender, always remember this (Repeat)



UNCI MAKĀ (NORFOLK, UK)

This song came during a time I was immersed in the traditions from North America and particularly connecting to the Lakota traditions, learning their songs and receiving their medicine in my life as I learned how to remember to pray to the Creator. I sat upon the earth and sang the simple prayer of my heart, humbled to feel the sweet gratitude for my very life itself.

Capo IV

Dsus2 Fmaj7
| Unci Maka, Oh Makiyayo
Am Em
| Tunkasila, Pila maya yelo
Dsus2 Fmaj7
Aheya heya hey, aheya heya yai ho
Am Em
Aheya heya heya hey, aheya heya yai ho
Dsus2 Fmaj7
Weya weya hai yo, weya weya hai hai ho
Am Em
Weya weya hai yo, weya weya hai hai ho
Am G Em Am
Un-ci Ma-ka
(Tunkasila, Wakantanka)



Am G Em
 | Cura cura, sana sana, cura mi familia
 Am G Em
 | Wakantanka, Wakantanka lleva mi alma (Repeat)
 Am G Em Em
 Hayeah ye hai yai yai yo (Improv)
 Am G Em Am
Un-ci Ma-ka
 Am G Em Am G Em Am G Em Am
Tun-ka-sil-a...Wa-kan-tan-ka...Un-ci Ma-ka
 Am Fmaj7
 Doi Gracias, por mi vida
 Am Em
 Doi Gracias, por mi vida
 Am Fmaj7
 por mi vida, por mi vida
 Am
 Doi Gracias

(Translation from Lakota and spanish)
 Grandmother Earth, I am praying to you
 Great spirit, I give gratitude
 cure cure, heal heal, heal my family
 Great Spirit, carry my soul
 I give thanks for my life

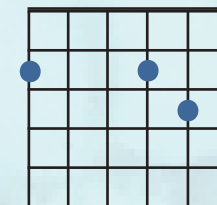
VUELA CON EL VIENTO

(DEVON, UK)

This came during a time I was strongly praying for healing and journeying very deep in the ocean of my being. The elements and forces of creation were like shining, golden lights guiding me onwards through the dark. The Eagle and the Condor came as powerful energies of healing. My heart blossomed open and this song simply arrived as it is.

D* = D add9/F#

D add9/F#





Em D* C D

Llévame con tus alas de luz, águila tráenos medicina

Em D* C D

Del viento del aire, de las estrellas, del sol, Brillando, me guía mi camino

CHORUS

Em D*

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

C D

Agradesco por mi vida, Pachamama yo te amo

Em D* C D

| —Vuela con el viento, —vuela con el viento

Em D* C D

Llévame con tus alas de amor, condorcito tráenos medicina

Em D* C D

Del cielo, ilumina mi interior, volando me enseña mi camino (bis)

CHORUS

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



WANI WACHI YELO

(AUSTRIA)

Written in a Tipi, alone in the night time beside the fire. I asked the Grandfather to speak to me and tell me his secrets. 'Wani wachiyelo'... is a Lakota word,, meaning 'I want to live!'... but it's essence is more than this. I feel it and sing it as 'I want to live with the fullness of my being and celebrate being alive with gratitude!'

Capo V

Em Dsus2 C Em
Tell me your story Grandfather fire, how to create life from the old

Em Dsus2 C Am Em
Tell me your story Grandfather fire, how to transform the shadow into gold

C Am Em C Am Em
There are lessons in it all, there is wisdom in every moment

C Am Em C Am Em
There are lessons in it all, there are teachings in every moment

CHORUS

Dm C G Am Em D
| I turn to the wisdom keeper inside of me, Wani wachiyelo

Am Em G Am
The veil is lifting, Wani wachiyelo

Am Em G Am
I let go and I give it all to the eternal

Am Em G Am Am Em G Am

Fire that is always burning, Spi-rit always guiding

Am Em G Am Am Em G Am

To the wheel of life always turning, to the light inside always shining

Am C G Am Am C G Am

| Wani wachiyelo, Wani wachiyelo, Wani wachiyelo, Wani wachiyelo

Em Dsus2 C Em

Tell me your story Grandmother Earth, how to create life in the dark

Em Dsus2 C Am Em

Tell me your secrets, and I will listen to a story that will always last

C Am Em C Am Em

In this mo - oo- ment, in the presence of Spirit

C Am Em C Am Em

I am o - o - pening to the presence of Spirit

CHORUS

C Am Em C Am Em
Truth is calling our name , to the essence of all we return

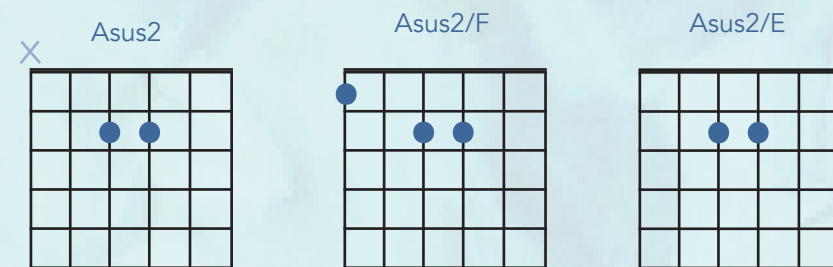
C Am Em C Am Em
Truth is calling our name, to the Mother of all we return

Am Em Am Em Am Em
We return, we return, we return

WISDOM OF THE INVISIBLE

(SWITZERLAND)

The ancestors gathered around me, bringing prayer bundles of red cloth filled with herbs and tobacco. When the chorus of this song is sung they move around the room dancing in joy and bringing these prayer bundles and placing them into the hearts of all. This song brings many blessings.



Capo IV

Am Em Fmaj7 Em Am
I come to speak with you to listen to the silence of your voice
Fmaj7 Am F* G Am
I come to learn the truth, I come to see I always have a choice
Em Fmaj7
I turn inward, to find the stillness in myself
C G Am
I am part of the beauty all around me
Em Fmaj7
a breathing miracle, I am a prayer of life itself
C G Am
I am made of see and stars and dust and wind x 2

CHORUS

Asus2 Asus2/F
Ancestors gather around, spirit beings gathering
Asus2/E Asus2/F
All that I know is that my heart is remembering
Asus2 Asus2/F
An ancient memory of all that we have been
Asus2/E Asus2/F Am G
Wisdom of the invisible, the seed from where all life begii-ins
F* G Am G F* G
Where all life begii-ins, where all life begii-ins, where all life begii-ins
Am G
Haiyahaya haiyahayo Haiyahaya haiyo
F* G Am
Haiyahaya haiyahayo Haiyahaya haiyo (repeat) Haiyo
Am Em Fmaj7 Em Am
I am being given the key, to find the place of trust in trust itself
Fmaj7 Am F* G Am
I am being set free, I am being shown the pathways to the home of my soul
Em Fmaj7
The path I walk is the path that was made for only me
C G Am
Life I trust that you bring me what I need

Em Fmaj7
This is shaping me, I am growing into life
C G Am
| All these teachings are giving me wings

CHORUS

Am G F* G
All I know is that I know you and that the Earth will always hold me
Am G F* G
All I know is that I know you and that the sky will always love me
Am G
| Haiyahaya haiyahayo Haiyahaya haiyo
F* G
| Haiyahaya haiyahayo Haiyahaya haiyo (Repeat)

All my love, gratitude and blessings
x

MUSIC PLANTS TREES

For every download of this songbook a tree will planted
with treesister.org

Massive thank you to Barbara Machado for your beautiful
work, support in so many ways, care, love and dedication.

Cover Artwork by Cedric Menard
Artwork images by Camilla Coutinho Silva
Graphic Design by Barbara Machado

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