

práná

EARTH MY BODY



1 Minerals	6.41	(tony wrench)
2 The Moon She Dances	3.24	(elaine nash)
3 Bon Ca Va	5.16	(trad. Ghana)
4 Goddess	4.00	(anonymous)
5 Om Namaha Shivai	5.33	(sanskrit mantra)
6 Weya Ho	3.59	(trad. Natalie Curtis: Geronimo's private chant)
7 River Flowing	1.47	(cathy sutton)
8 I am a Circle	4.08	(anonymous)
9 Rocks, Stones and Crystals	9.52	(tony wrench, andrea gietz)
10 Give Away	2.29	(anonymous)
11 Kuate	13.59	(trad. North American)
12 Earth My Body	3.57	(anonymous)
13 Shiwinsiwilliga	2.11	(trad. North American)
	67.21	total



earth heart music

www.earthheartmusic.com

Where it all began



in the circle



in the heart



in the stillness



1 Minerals

(tony wrench)

I am of the minerals,
I am of the plants,
I am of the animals,
I am of the dance,
I am of the dance

2 The Moon She Dances

(elaine nash)

The moon she dances
like the waves,
like the waves
on the shore

Making circles,
Making circles
like the waves,
like the waves
on the shore

3 Bon ça va

(trad. Ghana)

Bon ça va a dé ké lé
cu chi ma wa lé
é é é a o jo lé

4 Goddess

(anonymous)

We all ome from the Goddess
unto her we shall return
like a drop of rain
flowing to the ocean

5 Om Namaha Shivai

(sanskrit mantra)

Om Namaha Shivai
Om Namaha Shivai
Om Namaha Shivai
Namah Om

6 Weya Ho

*(trad., Natalie Curtis:
Geronimo's private chant)*

O weyo ho weyo ho
weyo ho ho-e weyo
ah é

7 River Flowing

(cathy sutton)

River flowing
softly slowing
my mind with your beauty
and ever changing song

Chanting is one of the oldest and most basic of all human spiritual and social activities and is part of the roots of every culture. It is inspirational, ecstatic, devotional, simple, life-affirming and healing, using the vibration of the voice to induce the experience of spirit, just as drumming connects us with the heartbeat of the Earth and the pulse of the elements. It can best be experienced from within, by participation.

At the beginning of the 80's this great source of nourishment was little known in the West outside of religious establishments, and as a group Prana were among the pioneers of the worldwide revival of communion and celebration through chanting.

8 I am a Circle

(anonymous)

I am a circle,
I am healing you
You are a circle,
you are healing me

Unite us, be one,
unite us,
be as one

9 Rocks, Stones and Crystals

(tony wrench, andrea gietz)

The rocks, the stones
and the crystals
hey yung hey yunga hey yo

The power of the Earth
The power of the Earth

10 Give Away

(anonymous)

Our magic is our give away,
our magic is our song
So give away your love today
and sing the whole day long

11 Kuate

(trad. North American)

Kuaté Leno Leno Mahoté
Hyano Hyano Hyano

We are at one with the infinite Sun
for ever, for ever, for ever

12 Earth My Body

(anonymous)

Earth my body
Water my blood
Air my breath
and Fire my Spirit

13 Shiwinshiwilliga

(trad. North American)

She win she wi li ga wa ha
she wi li ga wa ha
she wi lo wa

‘Prana’ is the Sanscrit word meaning the life force or subtle energy of the breath. As a collection of back-to-the-land individuals in the early eighties, it was natural that the group tuned into the Medicine songs of the North American Indians whose influence has woven a strong thread through Prana’s work, together with the ancient teachings of India.

During the 80's Prana made six recordings and appeared throughout the world (including Britain, Spain, Germany and America). Altogether, about forty people have recorded and thousands more sung with them. This album is a re-release of the material contained on *Best of Prana* (1999).

all songs arranged and produced by prana
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