

Lean On Me

Bill Withers

Sometimes in our lives
We all have pain, we all have sorrow
But if we are wise
We know that there's always tomorrow
Lean on me, when you're not strong
And I'll be your friend, I'll help you carry on
For it won't be long
'Til I'm gonna need somebody to lean on

Please swallow your pride
If I have things you need to borrow
For no one can fill those of your needs
That you won't let show

You just call on me sister when you need a hand
We all need somebody to lean on
I just might have a problem that you'll understand
We all need somebody to lean on

If there is a load
You have to bear, that you can't carry
I'm right up the road
I'll share your load, if you just call me.

Lean on me....Call me....Call m

Woke up this morning with my mind
stayed on freedom 3x
Hallelu, Hallelu, Halleluia
Walkin' and talkin' with my mind...
Ain't no harm in keepin' your mind...
Can't hate your neighbor when your mind...

We Hold You Up

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We hold you up
You are clear cold water
Water of life
May your truth be told
May your tenderness grow boldly
May your spirit rise
May your spirit rise in me
.....

We Shall Not Be Moved

No, no no nos moveran
No, no no nos moveran
Como un arbol firme junto al rio
No nos moveran

Verses:

Luchamos por los hijos...
Unidos con las familias..
Somos uno en el corazon...

We are the rising sun
We are the change
We are the ones
We've been waiting for
And we are dawning

.....

We're gonna put one foot
in front of the other
And lead with Love Put...
One foot in front of the other
And lead with Love
Don't give up hope!
You're not alone
Don't you give up
Keep movin' on

Come gather 'round people wherever you roam
And admit that the waters around you have grown
And accept it that soon you'll be drenched to the bone
If your time to you is worth savin'
Then you better start swimmin' or you'll sink like a stone
For the times they are a-changin'

Come writers and critics who prophesize with your pen
And keep your eyes wide the chance won't come again
And don't speak too soon for the wheel's still in spin
And there's no tellin' who that it's namin'
For the loser now will be later to win
For the times they are a-changin'

Come senate and congress please heed the call
Don't stand in the doorway don't block up the hall
For the ones voted out, will be the ones who have stalled
There's a battle outside and it is ragin'
It'll soon shake your windows and rattle your walls
For the times they are a-changin'

Come mothers and fathers throughout the land
And don't criticize what you can't understand
Your sons and your daughters are beyond your command
Your old road is rapidly agin'
Please get out of the new one if you can't lend your hand
For the times they are a-changin'

The line it is drawn the curse it is cast
The slow one now will later be fast
As the present now will later be past
The order is rapidly fadin'
And the first one now will later be last
For the times they are a-changin'

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Namo V'alokiteshvaraya

3

Thich Naht Hanh teaches this chant, evoking the Buddha of Compassion

I feel like going on, I feel like going on
Though trials come, on every hand
I feel like going on

Kuzoh-latshey-lelwa khona	(We sing praises)
Sitshu Haleluyah	(Saying Halellujah!)
Sitshu Haleluya	
Njengo mfula uh-lokoma	(Like a mighty river)
Ku dunyis iNkosi ngale	(We rejoice praising God)

Zulu verses by Benjamin Dube

Om Mata Om Kali
Durga Devi Namō Namaha
Shakti Kundalini Jagadambe Mata
Shakti Kundalini Jagadambe Mata
Kali Ma Kali Ma

Om = sound of the universe Mata = Mother Ma = Mother

Kali = Mother, Nurturer and Fierce Protectress

Shakti = Feminine Principle, Energy that moves in the world

Kundalini = Energy that runs up our spines

Jagadambe = Mother of the World Jagat = World Ambe = Mother

Taught by Ysaye Barnwell here:
<https://www.youtube.com/watch?v=LoVSt5-0a5s>

Children walk..... in the power
 Children walk..... in the power
 Walk in the power children
 Walk in the power children
 Walk in the power
 Walk in the power
 Walk in the power children

Children sing, speak, march, work, love, occupy

.....
I Love Everybody sung in the Civil Rights Movement

I love everybody in my heart
 I love everybody in my heart
 I love everybody
 I love everybody
 I love everybody in my heart
 You can't make me doubt it in my heart....
 You can't make me hate you in my heart...
 Feel the fire a burnin' in my heart....

Lokah Samastha Sukhino Bavantu

Hindu Mantra meaning:

May all beings in all locations awaken to their true nature, inner happiness

Om Mane Pehme Hung

Tibetan Buddhist Mantra meaning:

The Jewel is in the Lotus - the heart of the Buddha is already awake in you and in all beings

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Earth Is Calling

5

At a Climate Strike rally in Maine new lyrics came through
to the tune of the Jamaican rooted song Day O, Day O

Day O, Day O Earth is calling and we're listening

Day O, Day O Earth is calling and we're listening

Listening to the Earth Listening to the children

Earth is calling and we're listening

Listening to the Earth Listening to the children

Earth is calling and we're listening

Day O, Day O....

Listening from our hearts

That's where we find the courage....

Day O, Day O...

Greta sailed across the ocean

and came to New York City....

Day O, Day O....

She spoke at the UN

She didn't try to make it pretty

Day O, Day O ...

How dare you

How dare you take away my childhood?!...

Repeat chorus and listening from our hearts verse

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We Are Alive -first line of words from 1980's chant - new words and melody K Hannan
 Song leader calls out words in between sung lines so you can sing any words you like
 Sing first two lines every time, then improvise till it returns to We are alive...

We are alive, and the Earth is alive
 We have the power to walk in love
 to create in love.....to organize in love....
 to walk in love....to dance in love...

We are alive, and the earth is alive
 We have the power, to walk in love
 to speak in love....to listen in love....
 to rest in love...to act in love

Etc. ...

Ancient Green by K Hannan 1990

There's a recording here: <http://www.kathleenhannan.com/song-blog/songs-for-our-journey-26>

I lay under a tall oak tree

I asked the Goddess to shelter me (or you can sing "asked the tree")

She wrapped me up in Ancient Green, Ancient Green

(repeat)

All my tears, all my tears, all my tears

The river's gonna wash away

(repeat)

Beauty Waltz - words from Navajo song prayer - melody K Hannan

There's a recording here: <http://www.kathleenhannan.com/song-blog/songs-for-our-journey-3>

I walk in beauty

Beauty before me, beauty behind me

Beauty inside me, beauty all around

Around, around, I walk around

I walk in beauty all around

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And When I Rise - words Wendell Berry - song by Seth Martin

A recording and sheet music are at www.xrsongs.org under easy chants

And when I rise, let me rise, like a bird joyfully

And when I fall, let me fall, like a leaf, gracefully

And when I stand....like a tree, strong and tall

And when I lie....like a lake reflecting all

When I create.... like the sea, relentlessly

And when I speak, let me speak, like the wind wild and free

And when I cry....like a storm passing through

And when I love....from the deepest place in me and you

One In Love by Maya Love - this is on www.xrsongs.org

Keep on coming back, keep on coming back

Keep on coming back to the love

Keep on coming back, keep on coming back

Keep on coming back to the love

Keep on rooting deep.....into the love

Keep creating our dreams....from the love

Keep sharing our hearts....from the love

We are guided by love.... We are guided by.... Guided by love

We are growing in love.... We are growing in love....Growing in love

We are one in love.... We are one.....one in the love

Come By Here - traditional

Make verses to fit what is happening

Birds are singing, come by here 3x Come, come, come by here

Leaves are rustling, come by here

Moon (Sun) is shining, come by here

Oceans rising, come by here

Animals dying, come by here

Tears are falling, come by here

Voices rising, come by here

Stand together, come by here

For our Earth home, come by here

In the name of Love, come by here

.....

Gonna see that truth is spoken-
The truth will reach the people
see that truth is spoken-
What we know must matter
see that truth is spoken-
Walk the walk with what is real,
[all together] never turning back
never turning back.

Gonna clean the air of greenhouse gas-
Emissions cut to net zero
clean the air of greenhouse gas-
By year twenty-twenty-five
clean the air of greenhouse gas-
Renew the breath that gives us life,
[all together] never turning back,
never turning back.

Residents' Assemblies NOW!-
Act outside of politics
Residents' Assemblies now-
Thoughts unbent by cash and greed
Residents' Assemblies now-
Common people blaze the path,
[all together] never turning back,
never turning back.

Gonna make a just transition-
Restore the silenced and the robbed
make a just transition-
Health and homes and food and love
make a just transition-
We're all in this together
[all together] never turning back,
never turning back.

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