

Words for Joyfuel Kindcast #3 with Kathleen Hannan
find more music and beauty at www.kathleenhannan.com

Awake My Dear

*lyrics are an excerpt from a poem by Hafiz, a 14th century Persian poet.
translated by Daniel Ladinsky in his collection, I Heard God Laughing
melody by Nance Pettit and David Wilcox on their CD <http://outbeyondideas>*

Awake my dear, be kind to your sleeping Heart
Awake my dear, be kind to your sleeping Heart
Take it out to the vast fields of light, and let it breathe
Take it out to the vast field of light, and let it breathe

ཨོཾ་མ་ཤེ་མུང་།

Om Mane Pehme Hung

words traditional Tibetan chant, dance from Dances of Universal Peace repertoire

Om Mane Pehme Hung
Om Mane Pehme Hung
Om Mane Pehme Hung
Om Mane Pehme Hung

No Part Left Out

*Jane Hirshfield's translation of Izumi Shikibu's poem,
which inspired a song and circle dance*

Watching the moon at midnight
Solitary, mid-sky
I saw myself completely
No part left out.

The Celtic Blessing

May the road rise with you
May the wind be always at your back
May the sun shine warm upon your face.
May the rain fall softly on your fields.
Until we meet again
love will hold you in the hollow of her hand.

I Know Myself

music and lyrics by Kathleen Hannan
I know myself
In each green tree
I know my heart
in the empty sky
I am right here
Always right here
From deep
in the center
of everything
I know myself
in your eyes