

# Zingen voor je Brein



*Zingen voor vitaliteit en verbinding*

## **Resting in the now**

This moment now (4x)  
It's all there is, and all we have  
And all we need is here in this moment now  
Being here being now  
Being here is this moment now

This moment now (4x)  
Breathing in and breathing out  
Breathing in this moment now  
This moment now (4x)

## **Klankoefening**

Adem in op 1  
Adem uit 2-3-4  
Herhaal 3x

1 Adem in  
Zing 2-3-4 op mmm  
Herhaal 3x

1 Adem in  
Zing 2-3-4 op aah  
Herhaal 3x

1 Adem in  
Zing 2-3-4 op oeh  
Herhaal 3x

1 Adem in  
2 mmm  
3 aah  
4 oeh  
Herhaal 3x



## **Evening rise spirit come**

(Meerstemmig)

Evening rise spirit come  
Sun goes down when the day is done  
Mother earth awakens me  
With the heartbeat of the sea

## **Listen**

Listen, listen  
Listen, listen, listen  
To my hart song  
Listen, listen, listen  
To my hart song

I will never forget you  
I will never forsake you  
I will never forget you  
I will never forsake you

## **Buiten waait de Noordenwind**

Buiten waait de Noordenwind  
Buiten huilen de wolven  
Buiten is de zee die waait  
Met hoge woeste golven  
Maar hier is het veilig en warm  
Rust hier maar zacht in mijn arm



## **Lean on me**

Sometimes in your life  
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  
Till I need someone to lean on

## **Doep doep**

(Canon)

Doep doep doep doep doe-bedi-dee  
Doep doep doep doep doe-bedi-dee  
Doe-aa doe-aa doe-bedi-dee  
Doep doep doep doep doe-bedi-dee

## **This little light of mine**

This little light of mine  
Im gonna make it shine  
3x  
Make it shine 3x

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Vertel me wat is je naam?  
...is mijn naam  
3x  
Oh...wat een prachtige naam!



## **Thank you for the music**

So I say  
Thank you for the music  
The songs I'm singing  
Thanks for all the joy they're bringing  
Who can live without it  
I ask in all honesty  
What would life be?  
Without a song or a dance what are we?

So I say thank you for the music  
for giving it to me

## **Let it be**

When I find myself in times of trouble,  
Mother Mary comes to me  
Speaking words of wisdom, let it be

And in my hour of darkness  
She is standing right in front of me  
Speaking words of wisdom, let it be

Let it be, let it be, let it be, let it be  
Whisper words of wisdom, let it be

## **Nada te turbe**

Nada te turbe, nada te espante  
Quien a Dios tiene, nada le falta  
Nada te turbe, nada te espante  
So-lo Dios, basta

