



Zingen voor je Brein

Zingen voor vitaliteit en verbinding

Resting in the now (luisterlied)

This moment now
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
Breathing in and breathing out
Breathing in this moment now
This moment now



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



Return again

Return again
Return again
Return to the land of your soul
(2x)

Return to what you are
Return to who you are
Return to where you are born
and reborn again

The river is flowing

The river is flowing
Flowing and growing
The river is flowing
Back to the sea

Mother Earth carry me
A child I will always be
Mother Earth carry me
Back to the sea



The miracle of connection

Dhar-i-ti Hai
Akaash-u Hai
Guru Ram Das-u Hai

Bring me little water Sylvie

Bring me little water Sylvie
Bring me little water now
Bring me little water Sylvie
Every little once in a while

Bring it in a bucket Sylvie
Bring it in a bucket now
Bring it in a bucket Sylvie
Every little once in a while

Spirit of the wind

Spirit of the wind, carry me
Spirit of the wind, carry me home
Spirit of the wind, carry me home
to myself

Spirit of the storm, help me be reborn
Spirit of the rain, wash away my pain



Aloha 'oe

Aloha 'oe, aloha 'oe
E ke ona ona no ho i ka lipo
A fond embrace
A ho'i a'e au
Until we meet again

Purification Mantra of Five Elements (luisterlied)

Om ah hum
E yam-kam-ram-lam
Shudde shudde ah

E yam shudde shudde
Ram hum shudde shudde
Kam lam shudde shudde
Ram hum shudde shudde

Lam ho
Shudde shudde