



Zingen
voor je Brein



Zingen voor je Brein

Zingen voor vitaliteit en verbinding

Thema Mei:Mij

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



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

You raise me up

When I am down and, oh, my soul, so weary
When troubles come and my heart burdened be
Then I am still and wait here in the silence
Until you come and sit awhile with me

You raise me up so I can stand on mountains
You raise me up to walk on stormy seas
I am strong when I am on your shoulders
You raise me up to more than I can be

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



Als ik ooit vergeet

Als ik ooit vergeet
Als ik ooit vergeet
Hoe sterk ik ben
Hoe sterk en mooi ik ben

2X

Dat zal ik zingen
En mij herinneren
Dat ik mag weten
Hoe mooi ik ben

This little light of mine

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

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

Sway with me

When marimba rhythms start to play
Dance with me, make me sway
Like a lazy ocean hugs the shore
Hold me close, sway me more

Like a flower bending in the breeze
Bend with me, sway with ease
When we dance you have a way with me
Stay with me, sway with me

You'll never walk alone

When you walk through a storm
Hold your head up high
And don't be afraid of the dark
At the end of the storm
Is a golden sky
And the sweet silver song of a lark

Walk on through the wind
Walk on through the rain
Tho' your dreams be tossed and blown
Walk on, walk on
With hope in your heart
And you'll never walk alone
You'll never walk alone



Zingen
voor je Brein

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