



E n s e m b l e
Jamhouse Compilation Album
SONGBOOK

E N S E M B L E



A **JAMHOUSE** RECORDS Compilation

E N S E M B L E

'Ensemble' is a collection of songs that bring us into the heart, into a circle.

Here,
we stand together,
we stand with all of life, we stand with those who have walked the Earth before us,
we humbly welcome all the parts of who we are,
with courage and reverence
we dare to dive into the darkness, into what has been silenced and occulted
throughout our history,
we dare to feel the pain, to feel the grief,
we slow down, we alchemize,
we hold our individual and collective wounding with compassion,
and,
we come together with our hearts open, a bit more each time,
with our light shining brighter,
for a more
connected, beautiful, kind, trusting
and loving world,

Here,
we are singing each other home.



'Ensemble' is our very first Jamhouse Community Album.
It offers a space to breathe, to feel, to sing, to be held,
to be inspired, and to be uplifted.

Released in the Spring of 2024, it gathers 14 songs written by 14 different artists, and features the Jamhouse Collective singing on each track. Directed, arranged and produced by Emma Anders, the album journeys through raw, organic, and heartfelt sound as the songs float in the weightless beauty of harmony and the infinite potential and healing power of the human voice. It highlights and celebrates the magic and potency of singing together in community - something that has been fundamental to human culture for eons.

We are thrilled to shared this special songbook with you.
As you flip through these pages, you are invited to learn the songs,
sing along and share them in your circles ~
Thank you for supporting this project and being here with us!

ARTISTS

Viv Kalo, Eve Marie Roy, Juulie Rousseau, Patricia Shayato, Mia, Reg Ina,
Christina Enigma, Rayanne Arose, Nick Oaken, Joy's Universe,
Mira, Christopher Coley, Azur, Emma Anders

featuring the Jamhouse Collective

DIRECTED, ARRANGED, RECORDED & PRODUCED BY

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MASTERED BY Sonny Black



ALBUM ARTWORK

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Coloured by Patima Lilly Moonarda

ENSEMBLE

SONGBOOK

LYRICS & CHORDS

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1. KAIROS

Viv Kalo

~ Opening Meditation ~

We are the past
We work for the future
But we forget the now
Yeah we forgot the now

Yes we can change the past
And we can change the future
By living now
By thinking now

Cause it's a sacred time
It's a sacred time
It's a sacred time
It's a sacred time

The Earth is to be the birthplace
of a new humanity
Don't judge what's happening
Just breathe
The birth is a painful process
Just breathe
Trust in the process and breathe

Cause you know
It's a sacred time
It's a sacred time
It's a sacred time
It's a sacred time

We are the past
We work for the future
But we forget the now
Yeah we forgot the now

Yes we can change the past
And we can change the future
By living now
By thinking now

About the Song

Kairos: Noun. Ancient Greek -

"A time when conditions are right for the accomplishment of a crucial action - the opportune and decisive moment. 'Kairos' is what many philosophers and mystics would refer to as "deep time". This is the time we're talking about where the world seems to stop entirely. It can be measured in deep exhales, a shared laugh, or by a colorful sunset.

As opposed to "Chronos" - linear quantitative time, "Kairos" is a qualitative time where you have the opportunity to move forward in the present, untethered by any moving clock or calendar."

This song calls upon the power of Now. Everything that ever was or will be is shaped by this very moment - and vice versa. Everything is happening Now. We are not powerless in this decisive time - we are powerful in the Now. "Kairos" affirms the sacredness of this moment. A time of great transformation, awakening... humanity's shadow must be brought to light... It evokes a Knowing that lies deep within us all. There's a humming of truth from a distant light that we can hear when we quiet our spirits. May it break the bonds of fear and doubt installed in us. May it bring us back into an empowered, assured and centered place in our hearts. May we be the Pillars of our bright future, here and now.

- VIV KALO

2. ALCHEMICAL SUNS

Eve Marie Roy

VERSE 1

Am **C**
Down within my own grave
Em
Within the deeper grail
Am
Where lies the light of the world

Am **C**
Lay my quest inside the womb
Em
On the bed of the tomb
Am
That cradles my soul

Am **C**
Have no fear, we are the earth
Em
Death and rebirth
Am
Throughout what hurts

Am **C**
Feel inside, there's nowhere to hide
Em
All that's been buried,
Am
will rise

CHORUS

F **Am** **F** **Am**
After the fall, After the fall,
F **Am** **F** **Am**
After the fall, After the fall,
F **Am** **F** **Am**
the birth of all, the birth of all,

VERSE 2

Am **C**
Remember the power of God
Em **Am**
Holding us strong within its palm
Am **C**
Yes my friends we are the ones
Em **Am**
the choice is ours, the alchemical suns
Am **C**
Fertile soil, deep in the core
Em **Am**
After the fall, arises the all

CHORUS

F **Am** **F** **Am**
After the fall, After the fall,
F **Am** **F** **Am**
After the fall, After the fall,
F **Am** **F** **Am**
the birth of all, the birth of all,

[repeat]

About the Song

This song is about letting go through the fall of grief. Trusting the process that awakens our occulted power of resiliency. It's also about the organic embrace of a deeper self, the Great Mother within. The fertility of the subconscious and its desire to rebirth us, beyond our illusions. In those means, we are alchemical beings. It's our true nature.

We are here to alchemize.

Grief is an initiatory gateway to deeper faculties, awakened by the challenges of life. We are the wheel of life, and to trust is to reconnect with that deeper intelligence that weaves us into form.

May this song be a key to uplift you to a higher meaning, support you and elevate you throughout the challenges of life.

- EVE MARIE ROY

3. THE CANDLE AND THE SPARK

Julie Rousseau

Dm **C** **Dm**

I am the Lord, I am the virgin and the hoar

Dm **C** **Dm**

I am the graceful, the broken and the unfaithful

Gm **Dm** **C** **Dm**

I am the stone, throne by the sinners

Gm **Dm** **C** **Dm**

And I am the throne of the true lovers

Dm **C** **Dm**

I am the rose, I am the petals and the thorns

Dm **C** **Dm**

On behalf of the holy ghost, I am the key that opens the door

Gm **Dm** **C** **Dm**

My name has been covered up with shame

Gm **Dm** **C** **Dm**

Since ages I've been locked up in the chains

Dm **C** **Dm**

I am the nail in the hand of the one we hail

Dm **C** **Dm**

I am the hammer, we have used to build his jail

Gm **Dm** **C** **Dm**

And I am the one that has given him a child

Gm **Dm** **C** **Dm**

The scriptures are sealed, they have painted me in lies

Gm Dm Gm Dm

I am the water, I am the mother

Am/C B Asus4 - A

The lover, the sinner, the savior

Dm C Dm

I am the word that has been buried underground

Dm C Dm

The one the world has lost and that soon will be found

Gm Dm C Dm

And I am the hidden face of the moon

Gm Dm C Dm

The untamed, in which the stars have elected the womb

Dm C Dm

I will come back soon in the shape of a golden ring

Dm C Dm

Marry once again, the prince of the mighty king

Gm Dm C Dm

And this day, the world will drench in grace

Gm Dm C Dm

When men and women, unite in one embrace

Dm C Dm

Follow the trace that I have left inside your heart

Dm C Dm

If Christ is the aim know that I am the dart

Gm Dm C Dm

Follow my light through the midst of the dark

Gm Dm C Dm

For Jesus and I are the candle and the spark

Gm Dm C Dm

Yes Jesus and I are the candle and the spark

About the Song

This song is about Mary Magdalene and who she might have truly been. In the biblical version we know, she is depicted as a whore, but many writings would lead us to believe that she was not only Jesus' wife, but also his guide. Perhaps she even bore him a child.

That being said, the intention of this song is to bring to light the importance of the sacred feminine that has been occulted for centuries, and that is increasingly being revealed in our era. Through the archetypal roles of Jesus and Mary Magdalene, this song also speaks of the necessity of polarities in order to meet anew in unity. In other words, to return to the primordial essence that is God.

It is a medicine song for healing the sacred feminine and reconciling the polarities.

Women and men, we have all been wounded in the deep intimacy of our feminine and masculine. This song is for me a sort of catharsis to rightfully restore the place of the sacred feminine in the great dance of unity of the poles.

- JUULIE ROUSSEAU

4. FEMME SACRÉE

Patricia Shayato

(appel et réponse/ call & response)

Femme Sacrée, relève-toi

Femme Sacrée, relève-toi

Femme Sacrée, relève-toi

(Femme Sacrée, relève-toi)

L'eau, la terre, le feu et l'air
n'attendent que toi, n'attendent que toi
(L'eau, la terre, le feu et l'air
n'attendent que toi, n'attendent que toi)

Femme Sacrée, relève-toi

(Femme Sacrée, relève-toi)

Quand tout s'imprègne de tes prières
l'amour guérit, la vie renaît
(Quand tout s'imprègne de tes prières
l'amour guérit, la vie renaît)

Âme sacré, éveille-toi

Âme sacré, éveille-toi

Âme sacré, éveille-toi

Âme sacré, éveille-toi

About the Song

'Femme Sacrée' is a song I received with the drum during a period where I was participating in women's circles for shamanic ceremonies. Nurturing my relationship with the Earth, particularly through the drum, allowed these words to blossom in my heart and consciousness. These are words that speak to the feminine within each of us, to the part of ourselves that takes care of all forms of life.

It is a call to respect, serve, and honor life and the source of life, to return to the sacred, in collaboration with the elements of nature (water, earth, fire, and air) in daily life. With intention infused in the prayer of the heart, where the presence of the Supreme Soul lives, it is an invitation to place oneself under the influence of the energy of love that soothes and heals what needs to be healed within oneself to be reborn into life; a rebirth that brings with it the values of respect, kindness, and goodness towards all living things.

When this song came about, I felt like I was being a receptacle for a message first meant to be realized within me, and then shared around me to touch the hearts and minds of others:

"Âme sacrée, éveille-toi".

I feel this song as a support offered by something greater than us to guide humanity through the process of elevating consciousness.

- PATRICIA SHAYATO

5. FROM NOW ON

Mia

(call & response)

From now on, I choose to love myself

From now on, I choose to love

(repeat)

From now on, I choose to be alive

From now on, I'll reach new heights

(repeat)

A-I-iiii-ve, Ahhhh ohhh-oh-oh, Ahh ohhh

A-I-iiiiii-iiii-ve, Ahhh ohhh, oh oh ohhh

From now on, I'll embrace my inner light

From now on, I'll shine so bright

(repeat)

From now on, I'll let go of my past

From now on, I'm free at last

(repeat)

From now on, From now on

From now on, From now on

From now on, From now on

From now on, From now on

From now on, I'm free at last

About the Song

"From Now On" is a declaration of self-love and empowerment. The lyrics unfold as personal vows emphasizing the conscious choice to love oneself and to embrace our one precious and fleeting life fully. The song encapsulates the joy of newfound freedom, and the collective heartbeat of a community striving towards the shared objective of coming home to themselves.

I originally wrote this song for a self-marriage ceremony within a women's retreat I guided, envisioning it as a symbolic anthem meant to be sung by each woman.

This musical vow serves as a conscious promise – an unyielding commitment to love oneself unconditionally from this transformative moment onward. As the song transcends beyond the retreat setting, my aspiration is for the spirit of inner union and self-compassion woven into its fabric to resonate with the listeners, invoking a profound remembrance of the innate beauty and perfection within each individual. I hope that whoever hears this song is reminded of the inherent love that already resides within them.

I crafted "From Now On" with a simple structure of drums and voice, intentionally designed to be easy for anyone to replicate in their own gatherings, may it be around a bonfire or by themselves, whenever the need to renew their commitment to loving and honoring themselves arises. Each lyric of this song, every drumbeat and voice recorded on this track is infused with the intention of fostering healing and forgiveness towards oneself, and to kindle a sense of hope. Through its soothing melody and purposeful lyrics, "From Now On" serves as a vehicle of inner peace and self-reconciliation – a crucial first step towards fostering collective peace in our world that yearns for it deeply.

6. TRINITY

Reg Ina

About the Song

This composition offers a soothing and warm feeling of remembering that everything is okay, there for a reason, right place right time... It helps to recall that every step of the way is orchestrated with great power and grace, all for the better good of all, even when it seems like mountains to cross and hardships to go through.

We are all there to help each other.

We can trust the process now.

Surrender to the highest will of the soul!

This song came to me in a grandiose moment of transition, where I felt so strongly the interconnection between all that is.

I felt like I had just been magically and specifically placed into a situation that would make me grow enormously, and I couldn't even see the magnitude of it just yet. I was at the very beginning of a life-changing process that began with meeting two specific people, and all three of us knew right away that we were embarking on a journey of transformation, like a special trinity, with each our role, each our lessons, wounds, triggers, each our leap forward and healing.

This song feels bigger than me, bigger than just my experience that I was going through. It conveys the remembrance of how we all belong here, and how we all influence each other, as mirrors, teachers, students and helpers for each other. We will meet so many people, and some of them will be so golden... and freeing! There are no mistakes.

We can relax into it. All is well.

- REG INA

7. TIME

Christina Enigma

Holy water with the wind and soil
Holy water with the wind and soil
Holy water with the wind and soil
ohhhhhh

Holy water with the wind and soil
Holy water with the wind and soil
Holy water with the wind and soil
ohhhhhh

VERSE 1

It's about time
It's about time
It's time
It's about space

It's about love
It's about war
It's about peace
It's about time

CHORUS

I am, I am, I am, I am
You are, you are, you are, you are
We are, we are, we are
We are one, we are one
We are one, we are one

Ooooh oh, ooooh oh
Ooooh oh, ooooh oh

VERSE 2

It's about here
It's about now
All that appears
Must disappear
And what remains
Is a gift of presence
So just breathe
It's about time

CHORUS

I am, I am, I am, I am
You are, you are, you are, you are
We are, we are, we are
We are one, we are one
We are one, we are one

We are one, we are one

(repeats)

About the Song

Time, an illusionary thread weaving through the fabric of existence, serves as both a divider and a unifying force, orchestrating a delicate balance. Each moment resonates with Time, creating a symphony of contrasts, echoing the dualities that shape our completeness. The dissonance, a precursor to resolution, reveals the harmonious essence that permeates life.

This song, a lyrical journey, draws inspiration from a Vipassana meditation, a download from the seventh day. It echoes the impermanence of all things—anicca. In this symphony, holy water dances with wind and soil, fire crackling, laying the elemental foundation of life.

The intention behind the melody is a beckoning call for presence, action, peace, and unity. This song emerges as a medicine, a tonic for the soul. It invites all, solitary or gathered, to sing and be reminded that in our solitude, we are interconnected. It emphasizes the inherent order in life, acknowledging the place of everything, including the profound inevitability of death. As we journey back to the holy trinity of water, wind, and soil, the cycle perpetuates—a poetic dance of existence.

- CHRISTINA ENIGMA

8. FLY SPIRIT FLY

Rayanne Arose

INTRO

Em Am

Fly, Oh Spirit fly

Em Am

Fly, Oh Spirit fly

VERSE 1

F C

Let go and trust

F C

Let go and trust in the sky

F Em

To bring you high , To bring you high

Am

To bring you high

F C

Rise, rise so high

F C

Like a bird in the sky, Oh Spirit fly

CHORUS

Em Am

Oh Spirit fly, Oh Spirit fly

Em Am

Oh Spirit fly, Oh spirit fly

Em Am

Oh Spirit fly, Oh Spirit fly

Em Am

Oh Spirit fly, Oh spirit fly

Ahhh ah-ah ah-ah. Ahh-ah-ah ah ahh

Ahhh ah-ah ah-ah. Ahh-ah-ah ah ahh

VERSE 2

F C

Let go and trust

F C

Let go and trust in the sky

F Em

To bring you high, To bring you high

Am

To bring you high

F C

Rise, rise so high

F C

Like a bird in the sky, Oh Spirit fly

CHORUS

Em Am

Oh Spirit fly, Oh Spirit fly

Em Am

Oh Spirit fly, Oh spirit fly

Em Am

Oh Spirit fly, Oh Spirit fly

Em Am

Oh Spirit fly, Oh spirit fly

(Repeat x 2)

Oh Spirit fly, Fly so high

Oh Spirit fly, Fly so high

About the Song

Fly Spirit Fly came to me in a deeply meditative state. I had learned about the passing of a person I didn't personally know, but felt compelled to sing for them. I grabbed my guitar and began strumming some chords, and the song poured through me without a thought - I felt like I had received the words from the depths of my heart.

I kept the song to myself for many months, until I felt the song coming through in intimate, ceremonial spaces. The song carried listeners to deeply healing emotional states, including myself. It wasn't long before dear friends of mine, and sometimes strangers, began asking where they could listen to a recording of this song. It became clear to me that 'Fly Spirit Fly' needed to be shared on a wider scale.

For me, this song has two meanings.
On one hand, the song is a hymn to loved ones who have passed on, making their soul journey to the beyond.
On the other hand, the song holds a message for all living beings: to surrender into trust and embrace their highest potential; to let go of fears of the mind in order to truly fly.

- RAYANNE AROSE

9. OCEAN IN A DREAM

Nick Oaken

VERSE 1

G#m **E** **B**

I can hold my own,

G#m **E** **B**

Walk into the light,

G#m **E** **B**

From the valley low,

G#m **E** **B**

To the mountain high.

PRE-CHORUS 1

E **B** **E** **B**

Now release this weight upon my shoulders, Ocean in a Dream

E **B** **E** **B**

Let me feel the raw emotion of the fear that's come to be,

E **B** **E** **B**

And no longer will I hold on to the stories I don't need,

E **B** **E** **B**

Letting go is ease and silence underneath the autumn leaves

CHORUS

E **B** **E** **B**

Oooh laaa da ah daaa, laaa da ah daaaa

E **B** **E** **B**

laaa da ah daaaaa, wayyy ohhh

(repeat)

G#m E B G#m E B
Na na ooooooooooh oh

VERSE 2

G#m E B
Drinking in the moment,

G#m E B
Welcome all that's real,

G#m E B
From the sweetest omen,

G#m E B
To the loss I feel

PRE-CHORUS 2

E B E B
As the seasons change again the song of Earth beneath my feet,

E B E B
Letting go of all that was for fertile ground of what's to be,

E B E B
And I'm resting in the learning of the cycle of the trees,

E B E B
Stretching well beyond the forest out into eternity.

CHORUS

E B E B
Oooh aaa da ah daaa, laaa da ah daaaa

E B E B
laaa da ah daaaaa, wayyy ohhh

(repeat x 7)

About the Song

This is a song about integration into wholeness;
of not turning away from any side of who we are -
past, present, and future.

I wrote this song at a time in my life when I was digging deep to make
sense of my past and working to integrate forgotten parts of myself,
grief, and missed opportunities.

It's an acknowledgment of the great Cycles that move us,
ever-rising and falling like the tide,
and a call to recognize my power and step forward with courage,
settling into Life's continual letting go
as new experiences emerge,
new challenges lead me into the darkness,
and new wisdom guides me through again and again.

- NICK OAKEN

10. TEACH ME

Joy's Universe

CHORUS

F **Am** **C** **G**

Mana-o-i-o , Mana-o-i-o

C **G**

Mana-o-i-o

Dm **Am** **G**

Mana-o-i-o, Mana-o-i-o

VERSE

Dm

Teach me to be grateful, even when I'm doubtful

Am

Teach me to be clear, when I'm full of fear

Dm

Teach me to release, so I can be at peace

Am

Teach me to be proud, go on and speak loud

E7

Teach me to be humble, catch me when I stumble

E7

Teach me to be wise, see through all the lies

[CHORUS]

Dm **C** **G**

Ahhhhh ahhhhh Ahh ahhhhh

(x 2)

[VERSE REPEATS]

[CHORUS REPEATS x2]

About the Song

Manaoio -
this is a Hawaiian word that means
"to have faith".

It is the chorus of the song,
which is meant to be sung like a prayer,

like a mantra with words that we can repeat altogether
again and again to elevate ourselves,
a melody that opens our hearts to life and makes us feel light.

"Teach Me" is a medicine song -
I speak directly to a higher power to guide me with faith through life's
challenges, in the hopes of inspiring others to sing it with the same
intention.

- JOY'S UNIVERSE

11. ENSEMBLE

MIRA

Ensemble I see you
Like a gift of harmony offered to humanity
You forward the glory of chant in a cacophony
of humble sound that we offer to the flowers
A proud praise to the deathless array
Of snow covered hills -
I find delight within a praiseful heart
To thank the Gods for your folly

Ensemble nous résignerons dans l'harmonie terrestre
Ensemble, nous devenons la réjouissance du surmontement terrestre

Ensemble, l'épuisement de la modernité
Sera glorifié en ardeur de douceur

Ensemble nous retrouvons le chemin de l'extase qui se retrouve dans
Le risque utopique de retrouver le bonheur permanent
Ensemble nous caressons les pleurs de l'espoir
Qui se transforme en lueur
Nous serons vainqueurs de la terreur
Ensemble nous oublions la peine du passé
Ensemble nous sommes l'harmonie du présent
Qui sera toujours puissant
Que les rires du ridicule illumine le chemin

Ensemble, A symbol of peace and relief
Ensemble, A revolving door of reflection
Which meets the ear with thirst of evolution
Ensemble, you are the homey door which meets

The cracks of dawn within that pain
Existence honours your name
With flawless caresses of compassion
Community is a magician who crafts wigs of genius
Do not forget that the
Mother of our world
Blesses us with forgiveness

Ensemble, a collective force for regeneration
The seeds of a new civilization
Ensemble, we breathe for better days
Of flowers for capital
And ecosystems for politicians
Ensemble we dream of the now
As a source of contentment
Found in the belief of profound
Love
For one another
Love so strong
That it unites us with every silent step

Ensemble, Shall we not forget
That we are here now, together and alive
In our loving of the world
Fearless we become when we believe
That we are strong enough for change

Let the beauty of nature speak in your ear
And may it reflect the comfort found in
The union of our hands.

About the Song

'Ensemble' is a utopic manifesto shared through a musical piece composed solely with the sounds of nature and the human voice.

It imagines a utopia which sees the end of social transformation as a beacon of light and hope. This piece becomes a praise in favor of life, seeing humanity as a collective spirit.

It becomes the reality of collective togetherness, and celebrates the conquering of fatigue found in modernity. Ensemble becomes the home, which welcomes the cracks of darkness.

It honors collective pain with flawless compassion, becoming the caress we offer to each other's sadness though collective hope for humanity. It is within community that we craft evolution. Through forgiveness, we become a force for regeneration, the seeds of a new civilization, where the natural world takes over greed, and love conquers terror. This shift found within social transformation demands courage and strength, but when it is achieved, there is reassuring ease found in the laughter of regained innocence.

- MIRA

12. CIRCLE UNITE US

AZUR

(call & response)

VERSE 1

Dm

I am a circle

Am

I am healing you

C

You are a circle

Dm

You are healing me

Dm

I am a circle (I am a circle)

Am

I am seeing you (I am seeing you)

C

You are a circle (You are a circle)

Dm

You are seeing me (You are seeing me)

VERSE 2

Dm

I am a circle (I am a circle)

Am

I am hearing you (I am hearing you)

C

You are a circle (You are a circle)

Dm

You are hearing me (You are hearing me)

Dm

I am a circle (I am a circle)

Am

I am loving you (I am loving you)

C

You are a circle (You are a circle)

Dm

You are loving me (You are loving me)

CHORUS

Am

Circle unite us

C

Circle guide us home

Dm

We can be as one

Am

Circle unite us

C

Circle guide us home

Dm

We can be as one, We will be as one

[CHORUS 2]

VOCAL SOLO

(call & response)

[CHORUSES REPEAT]

About the Song

This song aims to capture the profound essence of unity and solidarity that connects us when we gather in circles.

It was born after reading "The Millionth Circle," by Jean Shinoda Bolen.

This book is a powerful reminder of the beauty and strength that resonates when we gather and share our rawness and vulnerability.

"Circle Unite Us" stands as a tool for men and women, encouraging us to establish fresh circles in our communities or infuse existing ones with renewed purpose. These circles become more than gatherings - they evolve into vehicles for change and powerful transformation within, rippling out into every area of life.

My vision for this musical creation extends beyond mere entertainment; it serves as a reminder that music and words can be healing, even more so when sung together.

"Circle Unite Us" is a medicine song -
It's here to inspire, to bring us deep into our interconnectedness,
to elevate our spirits and offer a sense of comfort and hope.

- AZUR

13. HEROES OF THE SUN

Christopher Coley

(same chords repeat the whole way: Cm G# D# A#)

VERSE 1

Cm

G#

Wake up now it's time to rise

D#

A#

The journey of a hero's life

To face your fears and save the day

First these rules you must obey

Face it all and if you fall

You'll rise again until the end

And have no doubt that you will win

And fight as though it's love you're in

But every fool that you destroy

Thank them for how hard they tried

For now you know that you're the one

The hero of the sun

CHORUS 1

You're the heroes, you're the heroes

You're the legendary heroes

You're the heroes, you're the heroes

You're the heroes of the sun

Singin' hiya hiya hiya ha

Hiya hiya hiya ha

Hiya hiya hiya ha

Hiya ha ha ha

VERSE 2

Cause a hero is mirror of what you truly are

And a hero is star no matter how far

It's a choice that you make

It's a light you create

Every foe human shows

just a fear that is fake

Things that you judge

Feels not enough

And it means building walls

To keep you from your love

You're a hero don't forget

Don't you worry don't you fret

In your darkest of hours

You can begin again

And this you must know

That the strength of your soul

Can win every battle

When you just let it go

CHORUS 2

You're the heroes, you're the heroes

You're the legendary heroes

You're the heroes, you're the heroes

You're the heroes of the sun

Singin' hiya hiya hiya ha

Hiya hiya hiya ha

Hiya hiya hiya ha

Hiya ha ha ha

VERSE 3

You were alone and until now

No task was put before your soul

And so it is that she must give

And serve the cause until you win

And be assured that death may come

And yet you face the setting sun

Love so blind when hope is lost

All in all in hell you cross

(...)

(...)

And you know not how
And you know not why
But something drives you deep inside
And still you burn
And still you cry
Until you reach the other side
And you will not hide and you will not run
Heroes of the sun

CHORUS 3

Singin' hiya hiya hiya ha
Hiya hiya hiya ha
Hiya hiya hiya ha
Hiya ha ha ha
You're the heroes, you're the heroes
You're the legendary heroes
You're the heroes, you're the heroes
You're the heroes of the sun

VERSE 4

Alchemy is the start
Fusing gold to your heart
Burning the illusions that keep us apart
And a hero's journey is just a battle within
Slaying the demons right where they begin
At the root of your pain
In a world gone insane
With the light of your love
You surrender the shame
Never put out the flame
Cause nothing can hurt you
When you give it a name
And say how can this be
Silly old me
For once I was blind
Now I can see

CHORUS 4

You're the heroes, you're the heroes
You're the legendary heroes
You're the heroes, you're the heroes
You're the heroes of the sun

Singin' hiya hiya hiya ha
Hiya hiya hiya ha
Hiya hiya hiya ha
Hiya ha ha ha
(x2)

VERSE 5

And on this path so far from home
You'll learn that you are not alone
For from the start
Your guide was always
Deep inside your beating heart
And this love has come and it will not fail
To light your way and push your sail
And you can trust no matter what
That love will always pick you up
And still you ride prepare to die
Heroes of the sun

CHORUS 5

You're the heroes, you're the heroes
You're the legendary heroes
You're the heroes, you're the heroes
You're the heroes of the sun

Singin' hiya hiya hiya ha
Hiya hiya hiya ha
Hiya hiya hiya ha
Hiya ha ha ha
(x2)

You're the heroes, you're the heroes
You're the legendary heroes
You're the heroes, you're the heroes
You're the heroes of the sun

About the Song

"Heroes of the Sun" is about courage
and the journey of
self-love and acceptance.

When this inner journey feels overwhelming,
this song is here to give us strength
and to remind us that this journey,
no matter how challenging,
is worth it.

This song is here to support us and uplift us
in our process of self-transformation,
and help us feel empowered.

- CHRISTOPHER COLEY

14. INTO THE HEART
(A Live Sound Journey)
Emma Anders

~ Closing Group Chant ~

About the Song

This is what 60 people in the Jamhouse living room, simultaneously connecting with their heart and letting their voices fly sounds like.

On my birthday, I invited the homies over for a good ol' jam and thought it would be special to take an intentional moment together - A moment amid the party, where we all slow down, breathe and feel into our bodies, and go on a little journey together...

a journey into the heart, through sound, allowing our voices to fill the room with whatever wants to be expressed from this space of connection:

raw, intimate, in the flow - collectively, courageously!

open, vulnerable, and honest, with love - immortalized into a recording.

So, I guided us in a meditation, into our hearts, and invited us to start our vocal journey by chanting the syllable "ah", a sound that naturally opens up the heart, our portal of entry -then letting the trip lead the way onwards, ending naturally when it needed to end.

What came of that beautiful shared moment is this track:

a soundtrack of our shared humanity in a moment's time, dissolving the walls around the heart and the illusion of separation - a song for individual and collective healing, a song for unity.

For the purpose of keeping this piece musical, I added a vocal intro before the chanting begins (instead of keeping the intro meditation I had guided live). This vocal intro was a fully channeled melody that came through me while meditating with the group chant in my headphones, which I then added harmonies to.

May this 10-minute sound journey offer you a space to connect with your heart, your being, to feel what is present in you, to journey into the realms, into collective consciousness, to feel held and supported by this sea of voices in their authentic expression and loving intention.

May it serve as an accompaniment to your meditation or chanting practice - You can join us in chanting "ah" into your heart: see how this sounding experience fills you with spaciousness and transforms you in 10 minutes...

Or, simply sit back and enjoy the trip. With infinite love.