

how do i walk...

& bow constantly ?

hebrew sacred songs & medicine mantras
keren khaya & friends

NOTES:

all vocals, percussion, arrangements and melodies
by keren, unless otherwise noted

1. keeveeti

hebrew mantra adapted from ancient t'heelim and breishit
translation:
*to your saving-grace
I align myself
Shaddai- (Great One of Nourishment*)*

medicine: to align within the cyclic and spiralic ways of perfect divinity. to align oneself to be seen and heard and thus graced. to align with the power of "shaddai", Divine Nourishment and sustenance, trusting this is and will be the saving-grace. especially applicable in times of intense concern, when needing to act faithfully and intelligently. also commonly used as part of prayers before and during travel. (*literally, the hebrew: *shaddai* means "my breasts")

2. nahar sh'kheena

original hebrew lyrics by keren
calypso: brian nelson
translation:

*river sh'kheenah
all of me is singing
all of me is floating, and my lips
move in a still-silent dance
all of me is your prayer
all of me is a vessel for your love
oh great waters, so sweet!
mother-of-all-life!
she is my song
and is flowing
until
there is nothing
at all, of me.*

medicine: for times of re-devoting to the Way, receiving the feminine and becoming absorbed in Her. Trusting life and how things pass, appear and disappear, in the phenomenal world, while Love and being a vessel for it, is infinite.

3. nafshi

hebrew mantra from ancient t'heelim

translation:
*how could I go from your Spirit?
how could I ever flee from your Presence?
knowledge is a wonder
beyond me, yet
my soul really knows.*

medicine: for resiliency in times of non-understanding. returning to the soul power and its style of knowing, sometimes without reason. to potentize the clear, palpable sense of being ever in the Place and Presence, no matter what else is able to be understood...

4. how do i walk... & bow constantly ?

improvisational melody & lyrics: keren
jumbush: seva bears

**recorded live at completion of all-night movement medicine ceremony 2005. california.

medicine: you tell me....;-)

5. peet-khu li

verses from ancient t'heelim and the hallel compilation
melody: traditional
guitar: jeremy bleich

medicine: intending toward right action through each gate, joy and rejoicing, gratitude, and fulfilling the Creation of and through each day.

this is dedicated to the One i love..the Infinite, and A.

6. tza

hebrew mantra from ancient t'heelim 91 (adapted from second to first person)
riq & framedrum: brian nelson

translation:
*no harm will hit me!
harmful action will not approach my dwelling place!
for his Messengers He sends to join me
to protect me in all my ways
in his hands He raises me
so that my foot will never stumble!
He calls to me*

*and i answer
with Him, i am in the tightest of times
and i will see Him as i am saved with grace!*

medicine: a clear call for protection from harm. for confidence that the light is greater than any darkness. for house clearing, protection in travel or from any animosities. calling for the community of Spirit to be present and encircling oneself (in first person here) or another (original is indeed written in second person).

7. sheevti

hebrew mantra from ancient t'heelim

duet vocal: burt abrams (abba)

translation:

*one thing I ask, only one do I request...
that I dwell in Yah's Place all of my life.*

medicine: for drumming up energy that affirms recognizing the essence of all that is essential to us in living: that is, being in the Place of Yah. for returning to that Home, when we stray by distractions, disappointments, or cloudy intentions.

8. yah reebon alam

composed by R. Yisrael Najara 16th C.

traditional melody, often used in kabbalat shabbat

translation from aramaic:

*Yah, master of all the World, sovereign above all! it so pleases me to see
and sing out of your Great works and wonders!*

medicine: celebration of that Great Power that shines in glory. to grow confidence and joy in the One that Master-Minds and Masterfully designs all of Creation.

dedicated to reha

9. ha'azina yah

hebrew mantra from ancient t'heelim

piano arrangement: *(the tremendous!!)* jeremy bleich

translation:

*give me your ear, please, Yah. oh, hear my prayer...
and listen deep to all my depth of plea...
show me Your Way! i will go along the path of Your Truth!
please, unify my heart, in awe of your great essence.
i will give thanks, my Master-of-ALL, my god, with all my heart!
for i know you Master it all, the Power of compassion and mercy!
please, turn to me, and rain grace upon me
please, turn to me, and rain grace upon me
rain grace, rain grace, rain grace, rain grace, rain grace.....*

medicine: calling to be heard. for times when calling out and taking the calling into a potent whisper is good medicine. herein is a vow to follow what is heard and to offer one's heart to a new alignment, its vulnerable but confident, both. lifting our spirit to request grace.

dedicated to khaman-ya and all we knew

10. pee-hu

hebrew mantra from "song of all songs"

oud & bass: jeremy bleich

translation:

*oh, how beautiful you become! and how sweetly pleasing!
- Love! in all your delights!
he kisses me with the kisses of his mouth
for Your beloveds are better than wine*

medicine: for affirming the sweetness of love embodied. that joy and sensuality, awakened, is simply divine. owning our embodiment, reclaiming joy in it, and clarifying that in sensual experience we are fulfilling divine desire. and - love, true love, is free.

dedicated to T by the sea

11. dodi

hebrew mantra from ancient text "song of all songs"

melody conspirator: danya uriel rivlin

translation:

i am here for my beloved, and his soul (sole) desire streams into and through me.

medicine:

for the reconciliation in infinite conspiracy
between man and woman,
masculine and feminine,
in,
and through,
Love.

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