



LEE MIRABAI HARRINGTON

# BEYOND the BEYOND

A Mantra Music Experience

*Mirabai is one of the best-kept secrets in the chant world. Her debut album [is] timeless, mesmerizing, healing, transcendent, superbly produced... Get in on the secret, and Go Beyond. —TheBhaktiBeat.com*

*An impressive, dauntless and accessible debut album! Supported by stellar musicians, Mirabai's voice is deeply memorable and grounded in vibrant earthy tones. —Vish and Vrinda from The Mayapuris*

This much-anticipated debut album offers a fun, soulful, eclectic and transcendent mix of mantra music from the Buddhist, Hindu and Sikh traditions, in styles ranging from gospel to rock, traditional, disco and beyond. Featured artists include C.C. White, Gaura Vani, Drukmo Gyal Dakini, Steve Gorn, Hans Christian, Radharani, Adam Bauer, and Lamas Karma Drodhul and Karma Thendup of Karma Triyana Dharmachakra Monastery.

1. **OM MANI PEME HUM REMIX** (Chenrezig's Jam)
2. **OM NAMAH SHIVAYA** (Holder of the Moon)
3. **OM TARE TUTTARE TURE SOHA REMIX**  
(Homage to 21 Taras) *feat. Drukmo Gyal Dakini*
4. **GOVINDA HARE** (for Shyamdas)
5. **GATE GATE PARAGATE PARASAMGATE BODHI SOHA REMIX** (Beyond the Beyond)
6. **SHIVA SHAKTI** (Lord of the Disco Dance)
7. **JAI MA** (for Ammachi)
8. **AAD GURAY NAMEH**

*May all beings benefit from the healing vibrations of this music.*

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This album is  
dedicated to His Holiness  
the 17th Karmapa Ogyen Trinley  
Dorje, Sri Mata Amritandamayai  
Devi, Yogi Bhajan, Meher Baba and all  
the teachers, helpers, healers, aides and  
guides who have held me in their loving  
embrace throughout this journey.  
May my heart, my speech, my  
mind and my actions always  
be aligned with yours.

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།ཐོབ་ནས་ཉེས་པའི་དག་རྣམས་པམ་བུས་ནས།  
།སྒྲེ་ཞུན་འཛིན་མ་རྒྱལ་ས་ལུགས་པ་ཡི།  
།ཁྲིད་པའི་མཚོ་ལས་འགྲོ་བ་སྟོན་པར་ཤོག།

May all beings benefit from the  
healing vibrations of this mantra music.

**PRODUCED BY:** Gaura Vani, Anthony Molina and Lee Harrington

**ENGINEERED BY:** Anthony Molina, White Light Studios, Kingston, NY

• Garrett Sawyer, Northfire Recording Studio, Amherst MA • Julie Last, Coldbrook Productions, Woodstock NY • Bill Mueller, VisionAudio (MD). Additional vocals recorded by Terry Derkach, VRTCL Entertainment (NY), Danny Solomon (NH), Lynne Earls (LA), Jordi Rubau Solá (Spain).

**MIXING AND MASTERING:** Anthony Molina, White Light Studios

**PERMISSIONS:** A clip from Shyamdas's "Govinda Hare" from his album *Cool Dual*—along with clips from *Purushottama Sahasranama*—used w/ permission from the Shyamdas Foundation.

**DESIGN:** Ecowallet Design: Raghu Consbruck/Lee Harrington • Front

Cover Artist Photo: Tara Sproc • Back Cover Artist Photo: James K.

Lindley • Inside Panels: Photo of HHK: © James Gritz. Dedication Illo:

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Amritapuri; 16. © Gurumustuk Khalsa

**MUSIC:** All music by Lee Harrington, arranged and composed by Lee Harrington with G. Buchwald and A. Molina. Except Track 1: Add'l melodies written by HH 17th Karmapa Ogyen Trinley Dorje & unknown source.

Track 4 Melody: Krishna Das © Mustamullah Music. Track 6 Prelude:

Trad'l melody .Track 8: Arranged with R. Finkelstein; Mixed by J. Last

**PRANAMS:** I have many extraordinary people to thank for making this life-long dream of creating an album come true. Please visit my website to view the very long list and share my joy in celebrating these amazing friends. For complete lyrics, translations, transliterations and song notes, visit [www.lee-harrington-mantramusic.com](http://www.lee-harrington-mantramusic.com)

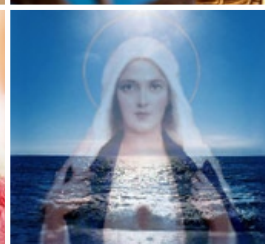


## LES MUSICIENS

**Lee Harrington**—Lead & backing vocals (all), harmonium (1,2), percussion (1,2,3,6), Tibetan bell & dorje (1,3,5) **FEATURED VOCALISTS:** **Lama Karma Drodhul** (1), **Lama Karma Thendup** (1,5), **C.C. White**—the Queen of Soul Kirtan (2,4), **Philippe Garnier** (2), **Drukmo Gyal Dakini** (3), **Adam Bauer** (4), **John James** (5,6), **Keith Fluitt** (5), **Gaura Vani** (5), **Radharani** (7), **Julie Last** (7) **RESPONSE VOCALISTS:** **Lee Harrington** (all), **Cat Guthrie** (2), **Janna Hearn** (1,3), **Rev. Kim Lesley** (5,6), **Calia Marshall** (5,6), **Anthony Molina** (4,6), **Eileen O'Hare** (2), **Radharani** (8), **Carolyn Rashmi Pierce** (5), **Irene Soléa** (1,3), **Satya-Franche Carlson Strauss** (1,5), **Helen Styering Tocci** (5,6)

**AVEC:** **Adam Bauer**—bass (4) • **Lucas Bickford**—acoustic guitar (4), electric guitar (6) • **Steve Bloom**—percussion (1,3) • **Peter Blum**—percussion (2) • **Gaura Vani Buchwald**—harmonium (3) • **Chloe the Gopi**—melodic barks (7) **Hans Christian**—cellos, sarangi (1,3,6) • **Kyle Esposito**—fretless bass (7) • **Renee Radharani Finkelstein**—harmonium (4); synth, guitar (8) • **Philippe Garnier**—Sruti box (2); crystal singing bowls (2,3,7); tuning forks (7); conch (2) windchimes (7); feathers (7); birdcalls (7) • **Steve Gorn**—Soprano sax (1); flute (3,7) • **Andy Hamburger**—kit drums (2,6) • **DJ Singh Khalsa**—the gong to end all gongs (6) • **Julie Last**—piano, shaker, synth (8) • **Paul Kuklinski**—2nd bass guitar (5) • **Ben Leinbach**—the 4 bass guitars of the 21 Praises (3) • **Radha Gopinath Das Marinelli**—tabla (1,3) • **John McDowell**—African drums (2,6); piano (5); Rhodes (4,7); organ (2,6) • **Anthony Molina**—acoustic guitar (2,4,5) bass guitar (1,5,6); electric guitar (1,2,3); keyboard/synth (5,7); piano (2,3); Rhodes (7); shaker (5); tambourine (5) • **Holly Montgomery**—bass guitar (1,2,3,6) • **Atlantic Ocean**—Herself (7) • **Wynne Paris**—electric guitars (1,2,3,6) • **Daniel Paul**—harmonica, tabla (4) • **Steve Postell**—lead and rhythm guitar (2) • **Sruti Ram**—kartals (4,6) • **Wendy Tahara**—harp (7) • **Glenn Workman**—clav (6)





## LINER NOTES

### 1. OM MANI PEME HUM REMIX

#### (Chenrezig's Jam)

featuring Lamas Karma Drodhul and Lama Karma Thendup of Karma Triyana Dharmachakra monastery

#### LYRICS:

##### PART I: Prayer of Praise to Chenrezig

(The following transliteration is traditionally sung three times):

JO WO KYON GYI MA GÖ KU DOK KAR  
DZOK SANG GYE KYI U LA GYEN  
T'HUK JEY CHEN GYI DRO LA ZIK  
CHENREZIG LA CHAK TSHAL LO

#### TRANSLATION:

Lord, unmarred by imperfection, body white in color/  
whose head is ornamented with a perfect Buddha/  
gazing on beings with the eye of compassion/to  
Chenrezig I reverently prostrate.

##### PART II: Mantra of Chenrezig

*Om Mani Peme Hum*


#### TRANSLATION:

In the Buddhist tradition, this powerful mantra invokes the blessings of Chenrezig (in Sanskrit: Avalokiteshvara): the Bodhisattva of Compassion. While this mantra is difficult to translate simply, it is said that all the teachings of the Buddha are

contained in this mantra and each of the six sacred syllables works to purify mental afflictions. Khenpo Karthar Rinpoche says: "The vibrations from the sacred syllable OM remove pride; MA, jealousy; NI, egotistical desire; PE, ignorance; ME, greed and stinginess; and HUNG/HUM, hate and anger both for ourselves and for all beings. By constantly repeating this mantra and mentally sending light and love to all, we and all beings receive limitless benefit."

#### NOTES:

In this song, I've combined two existing melodies: one by His Holiness the 17th Gyalwang Karmapa, and the other from an unknown source. I first heard that unknown-source melody back in 2005 at an interfaith service in South Carolina. I immediately fell in love with it and have been chanting it live at virtually every kirtan I have led since then. In the meantime, the Karmapa had also introduced a new Om Mani Peme Hum melody, which is sung on this track by two beloved lamas—Karma Drodhul and Karma Thendup—from His Holiness's monastery in Woodstock, NY. I was delighted to hear the way the two melodies—traditional Eastern and contemporary Western—work together. Listeners are so blessed to have the voices and vibrations of two such wonderful lamas on this track. (PS—Lama Karma says that this song is "good for driving" because it's so upbeat and



peppy. He also says that just hearing or reciting this mantra once can benefit many, many beings.)

### WITH:

Lee Harrington–Vocals, harmonium, Tibetan bells  
Backing Vocals–Irene Soléa, Janna Hearn, Satya  
Franche Carlson Straus

### MUSICIANS:

Steve Bloom–Percussion • Hans Christian–cello,  
sarangi • Steve Gorn–soprano saxophone •  
Radha Gopinath Das Marinelli–tabla • Anthony  
Molina–guitars, bass • Holly Montgomery–bass •  
Wynne Paris–guitar

## 2. OM NAMAH SHIVAYA

### (Holder of the Moon)

featuring C.C. White

### LYRICS:

*Om Namah Shivaya*  
*Jai Shiva Shankara Bom Bom Hara Hara*  
*Shiva Om*

### TRANSLATION:

The simplest translation of this mantra is: Om, I bow to Shiva. Or, even more loosely: I bow to the divinity that resides within. In addition to being an homage to Lord Shiva—the Great Ego-Destroyer Who Brings About Change—this mantra is an incredibly healing mantra from a sound healing perspective. Each of the five sacred syllables (six, if one includes OM) corresponds

with the elements of earth, water, fire, air, and space and reciting these syllables cleanses the chakras, calms the nervous system and purifies the mind. Centuries ago, the great female sage Laila said of this mantra: “With right knowledge, open your ears and hear how the trees sway to Om Namah Shivaya, how the wind says Om Namah Shivaya as it blows, how water flows with the sound Namah Shivaya. The entire universe is singing the name of Shiva!”

### NOTES:

Om Namah Shivaya is the first non-Buddhist mantra I received back in the late 90s when I was a new convert to the practice of mantra recitation. One of my progressive doctors actually prescribed this mantra for me and I’ve been chanting it daily for more than a decade now. Om Namah Shivaya is also used as a standard greeting among Amma’s devotees. This particular melody came to me while out walking my dog under a full moon in Accord, New York in 2012, and as the melody came through, I sensed it was going to be a rock song. This, however, made me a little bit uncomfortable—mantra rock?—because I like to keep things traditional and honor the origins of kirtan. But during our first recording session, I happened to remark casually to the drummer at lunch break that one of my favorite drummers of all time is Keith Moon. Being a rocker, he took this to mean that I wanted him to play like Keith Moon. So during the recording session, he basically exploded, laying out Shiva’s Dance of Destruction via his drum kit.



After that session, I continued to resist the now-recorded drums, feeling that we were straying too far from tradition, but Gaura Vani, in his ever-wise way, encouraged me to embrace the avatar of the song. He even suggested the cheeky subtitle “Holder of the Moon” as a nod to Keith. So we embraced this rock and roll Shiva. Plus, being a devoted fan of rock music, I have always enjoyed singing my music quite loudly, and have allowed myself to believe that mantras shouted at the top of one’s lungs have more power than mantras whispered quietly. While this is not technically true (all mantras have power, whether shouted, whispered, or recited internally) it sure was fun to record an up-tempo version of this mantra with a drummer who was channeling his inner Keith Moon, and to sing along with the incomparable C.C. White. Special pranams to Gaura Vani for the title. And to Anthony Molina and sound healer Philippe Garnier for the amazing prelude. And to CC for her vocals. I hope many people are healed and transformed by this track.

#### WITH:

Lee Harrington–Vocals, harmonium, percussion  
Backing Vocals–C.C. White, Cat Guthrie, Eileen O'Hare

#### MUSICIANS:

Peter Blum–percussion • Philippe Garnier–vocals (prelude), Sruti box, crystal bowls, tuning forks, conch, chimes, overtones • Andy Hamburger–drums  
• John McDowell–African drums, organ •

Anthony Molina–guitar, piano, percussion • Holly Montgomery–bass • Wynne Paris–rhythm guitar • Steve Postell–lead and rhythm guitar

### 3. OM TARE TUTTARE TURE SOHA REMIX (Homage to the 21 Taras)

featuring Drukmo Gyal Dakini

#### LYRICS:

##### PART I–Green Tara Mantra

*Om Tare Tuttare Ture Soha*

#### TRANSLATION:

I prostrate to the Liberator, Mother of all the Victorious Ones.

#### NOTES:

In the Buddhist tradition, Tara is known as the mother of all the Buddhas. She is a powerful, swift and compassionate protector who comes to our aid to relieve us of any spiritual, emotional or physical suffering. As with many ancient mantras, it is not possible to translate Tara’s 10-syllable mantra simply, because there are many layers of meanings and benefits beyond what the human mind can perceive. By chanting “Om,” we call forth the body, speech and mind qualities of all the Buddhas. Reciting the word/name/sound “Tare” (The Swift One, The Liberator) liberates us from the sufferings of human existence. Reciting “Tutarre” removes fears, disturbing thoughts, diseases and other obstacles. “Ture” opens us up to

receive the benefits of spiritual fulfillment. And “Soha” (“Svaha” in Sanskrit) means, loosely: to you I bow. Or: “So be it.” Recite this mantra whenever you are seeking protection, guidance, motherly love, and/or emotional or spiritual support. The energies of the Swift One will begin to support you instantly.

## **PART II–The 21 Praises to Tara (featuring Drukmo Gyal Dakini)**

See complete lyrics below.

### **PART III–Dedication**

GE WA DI YI NYUR DU DAK  
P'HAK MA DROLMA DRUB GYUR NAY  
DRO WA CHIK KYANG MA LU PA  
DE YI SA LA GÖ PAR SHOG

### **TRANSLATION:**

By this virtuous action/may I quickly attain the state of Arya Tara/and place all beings without exception in that state.

### **NOTES:**

I've been blessed to live near Karma Triyana Dharmachakra monastery in Woodstock, NY for many years and I have spent countless hours practicing the Green Tara sadhana in the monastery's beautiful Tara Shrine Room. It was a true delight when the melody for this song came to me fully formed while I was sitting in the Tara Shrine Room during a Green Tara retreat back in 2012. Every time I chant it I can feel the immediate presence of Arya Tara herself.

This three-part song loosely echoes the Green Tara sadhana, which includes mantra recitation (Part I), the 21 Praises to Tara (Part II) and dedication (Part III). Listeners will emerge from this experience fortified, protected and cleansed. I offer special gratitude to my teacher, Lama Lhodro Lhamo, who very patiently coached me in proper Tibetan pronunciation of the 21 Praises. We're also thrilled to have Tibetan singer and healer Drukmo Gyal Dakini sharing her ethereal voice on this track. May all beings benefit.

### **WITH:**

Lee Harrington–Vocals  
Backing vocals–Drukmo Gyal Dakini, Irene Soléa, Janna Hearne, and the White Light Choir

### **MUSICIANS:**

Steve Bloom–percussion • Hans Christian–sarangi  
• Steve Gorn–flute • Ben Leinbach–the four bass guitars of the 21 Praises • Radha Gopinath Das Marinelli–tabla • Anthony Molina–guitars, piano, bass  
• Holly Montgomery–bass • Wynne Paris–guitar • Gaura Vani–harmonium

## **THE 21 PRAISES TO TARA**

OM JE TSÜN MA PHAG MA DRÖL MA LA CHHAG TSHÄL LO  
**OM I prostrate to the noble transcendent liberator.**

CHHAG TSHÄL DRÖL MA NYUR MA PA MO  
**Homage! Tara, swift, heroic!**  
CHÄN NI KÄ CHIG LOG DANG DRA MA  
**Eyes like lightning instantaneous!**  
JIG TEN SUM GÖN CHHU KYE ZHÄL GYI  
**Sprung from op'ning stamens of the**  
GE SAR JE WA LÄ NI JUNG MA  
**Lord of three world's tear-born lotus!**

CHHAG TSHÄL TÖN KÄI DA WA KÜN TU  
**Homage! She whose face combines a**  
LUNG WA GYA NI TSEG PÄI ZHÄL MA  
**Hundred autumn moons at fullest!**  
KAR MA TONG THRAG TSHOG PA NAM KYI  
**Blazing with light rays resplendent**  
RAB TU CHHE WÄI Ö RAB BAR MA  
**As a thousand star collection!**

CHHAG TSHÄL SER NGO CHHU NÄ KYE KYI  
**Homage! Golden-blue one, lotus**  
PÄ MÄ CHHAG NI NAM PAR GYÄN MA  
**Water born, in hand adorned!**  
JIN PA TSÖN DRÜ KA THUB ZHI WA  
**Giving, effort, calm, austerities,**  
ZÖ PA SAM TÄN CHÖ YÜL NYI MA  
**Patience, meditation her sphere!**

CHHAG TSHÄL DE ZHIN SHEG PÄI TSUG TOR  
**Homage! Crown of tathagatas,**  
THA YÄ NAM PAR GYÄL WAR CHÖ MA  
**Actions triumph without limit**  
MA LÜ PHA RÖL CHHIN PA THOB PÄI  
**Relied on by conquerors' children,**  
GYÄL WÄI SÄ KYI SHIN TU TEN MA  
**Having reached ev'ry perfection!**

CHHAG TSHÄL TUTTARA HUM YI GE  
**Homage! Filling with TUTTARE,**  
DÖ DANG CHHOG DANG NAM KHA GANG MA  
**HUM, desire, direction, and space!**  
JIG TEN DÜN PO ZHAB KYI NÄN TE  
**Trampling with her feet the seven worlds,**  
LÜ PA ME PAR GUG PAR NÜ MA  
**Able to draw forth all beings!**

CHHAG TSHÄL GYA JIN ME LHA TSHANG PA  
**Homage! Worshipped by the all-lords,**  
LUNG LHA NA TSHOG WANG CHHUG CHHÖ MA  
**Shakra, Agni, Brahma, Marut!**  
JUNG PO RO LANG DRI ZA NAM DANG  
**Honored by the hosts of spirits,**  
NÖ JIN TSHOG KYI DÜN NÄ TÖ MA  
**Corpse-raisers, gandharvas, yakshas!**

CHHAG TSHÄL TRAD CHE JA DANG PHAT KYI  
**Homage! With her TRAD and PHAT sounds**  
PHA RÖL THRÜL KHOR RAB TU JOM MA  
**Destroying foes' magic diagrams!**  
YÄ KUM YÖN KYANG ZHAB KYI NÄN TE  
**Her feet pressing, left out, right in,**  
ME BAR THRUG PA SHIN TU BAR MA  
**Blazing in a raging fire-blaze!**

CHHAG TSHÄL TURE JIG PA CHHEN PO  
**Homage! TURE, very dreadful!**  
DÜ KYI PA WO NAM PAR JOM MA  
**Destroyer of Mara's champion(s)!**  
CHHU KYE ZHÄL NI THRO NYER DÄN DZÄ  
**She with frowning lotus visage**  
DRA WO THAM CHÄ MA LÜ SÖ MA  
**Who is slayer of all enemies!**

CHHAG TSHĀL KÖN CHHOG SUM TSHÖN CHHAG GYĀI

**Homage! At the heart her fingers,**

SOR MÖ THUG KAR NAM PAR GYĀN MA

**Adorn her with Three Jewel mudra!**

MA LÜ CHHOG KYI KHOR LÖ GYĀN PĀI

**Light-ray masses all excited!**

RANG GI Ö KYI TSHOG NAM THRUG MA

**All directions' wheels adorn her!**

CHHAG TSHĀL RAB TU GA WA JI PĀI

**Homage! She so joyous, radiant,**

U GYĀN Ö KYI THRENG WA PEL MA

**Crown emitting garlands of light!**

ZHE PA RAB ZhĀ TUTTARA YI

**Mirthful, laughing with TUTTARE,**

DÜ DANG JIG TEN WANG DU DZĀ MA

**Subjugating maras, devas!**

CHHAG TSHĀL SA ZHI KYONG WĀI TSHOG NAM

**Homage! She able to summon**

THAM CHĀ GUG PAR NÜ MA NYI MA

**All earth-guardians' assembly!**

THRO NYER YO WĀI YI GE HUM GI

**Shaking, frowning, with her HUM sign**

PHONG PA THAM CHĀ NAM PAR DRÖL MA

**Saving from every misfortune!**

CHHAG TSHĀL DA WĀI DUM BÜ U GYĀN

**Homage! Crown adorned with crescent**

GYĀN PA THAM CHĀ SHIN TU BAR MA

**Moon, all ornaments most shining!**

RĀL PĀI KHUR NA Ö PAG ME LĀ

**Amitabha in her hair-knot**

TAG PAR SHIN TU Ö RAB DZĀ MA

**Sending out much light eternal!**

CHHAG TSHĀL KĀL PĀI THA MĀI ME TAR

**Homage! She 'mid wreath ablaze like**

BAR WĀI THRENG WĀI Ü NA NĀ MA

**Eon-ending fire abiding!**

YĀ KYANG YÖN KUM KÜN NĀ KOR GĀI

**Right stretched, left bent, joy surrounds you**

DRA YI PUNG NI NAM PAR JOM MA

**Troops of enemies destroying!**

CHHAG TSHĀL SA ZHII NGÖ LA CHHAG GI

**Homage! She who strikes the ground with**

THIL GYI NÜN CHING ZHAB KYI DUNG MA

**Her palm, and with her foot beats it!**

THRO NYER CHĀN DZĀ YI GE HUM GI

**Scowling, with the letter HUM the**

RIM PA DÜN PO NAM NI GEM MA

**Seven levels she does conquer!**

CHHAG TSHĀL DE MA GE MA ZHI MA

**Homage! Happy, virtuous, peaceful!**

NYA NGĀN DĀ ZHI CHÖ YÜL NYI MA

**She whose field is peace, nirvana!**

SVAHA OM DANG YANG DAG DĀN PĀ

**She endowed with OM and SVAHA,**

DIG PA CHHEN PO JOM PA NYI MA

**Destroyer of the great evil!**

CHHAG TSHĀL KÜN NĀ KOR RAB GA WĀI

**Homage! She with joy surrounded**

DRA YI LÜ NI NAM PAR GEM MA

**Tearing foes' bodies asunder,**

YI GE CHU PĀI NGAG NI KÖ PĀI

**Frees with HUM and knowledge mantra,**

RIG PA HUM LĀ DRÖL MA NYI MA

**Arrangement of the ten letters!**



CHHAG TSHĀL TURE ZHAB NI DEB PĀ  
**Homage! TURE! With seed letter**

HUM GI NAM PĀI SA BÖN NYI MA  
**Of the shape of syllable HUM!**

RI RAB MANDHARA DANG BIG JE  
**By foot stamping shakes the three worlds,**  
JIG TEN SUM NAM YO WA NYI MA  
**Meru, Mandara, and Vindhya!**

CHHAG TSHĀL LHA YI TSHO YI NAM PĀI  
**Homage! Holding in her hand the**  
RI DAG TAG CHĀN CHHAG NA NAM MA  
**Hare-marked moon of deva-lake form!**  
TARA NYI JÖ PHAT KYI YI GE  
**With twice spoken TARA and PHAT,**  
DUG NAM MA LŪ PA NI SEL MA  
**Totally dispelling poison!**

CHHAG TSHĀL NYI MA DA WA GYĀ PĀI  
**Homage! She whose two eyes bright with**  
CHĀN NYI PO LA Ö RAB SĀL MA  
**Radiance of sun and full moon!**  
HARA NYI JÖ TUTTARA YI  
**With twice HARA and TUTTARE**  
SHIN TU DRAG PÖI RIM NĀ SEL MA  
**She dispels severe contagion!**

CHHAG TSHĀL DE NYI SUM NAM KÖ PĀ  
**Homage! Full of liberating**  
ZHI WĀI THŪ DANG YANG DAG DĀN MA  
**Pow'r by the set of three natures!**  
DÖN DANG RO LANG NÖ JIN TSHOG NAM  
**Destroys hosts of spirits, yakshas,**  
JOM PA TURE RAB CHHOG NYI MA  
**And raised corpses! Supreme! TURE!**

TSA WĀI NGAG KYI TÖ PA DI DANG  
**These praises with the root mantras**  
CHHAG TSHĀL WA NI NYI SHU TSA CHIG  
**And prostrations thus are twenty-one!**

#### 4. GOVINDA HARE (Requiem for Shyamdas)

Melody by Krishna Das. Featuring Adam Bauer and C.C. White

##### LYRICS:

*Govindā hare, Gopālā hare*  
*He Prabhu deena dayalā hare*

##### TRANSLATION:

Hail to Krishna the cowherd, Hail to baby Krishna,  
Hail to the Lord of the Universe, bestower of kindness,  
Who is merciful to the poor.

##### NOTES:

This slight variation to the traditional melody arose in my mind right after the incomparable teacher and bhakta Shyamdas left his body in January of 2013. In the midst of my shock and grief, I kept hearing this sweet, tender melody, accompanied (in the dream version) by toy piano and harmonica and crickets. That version had a plaintive, almost mournful sound, and ultimately I wanted the recorded version to be a celebration of the life and love of this truly great teacher, Shyamdas, who guided so many of us in “The Bhajan Belt” onto the Bhakti path. But, despite the fact that I literally had Shyamdas guiding me in my

dreams, this song was the most challenging one on the album from a production standpoint, and many times I actually wanted to scrap it. That is probably because what I wanted this song to be and what the song itself wanted to be were two different things. It took me two years to surrender to the song, and to Govinda, but I finally did. I humbly pray that the results stand as a proper tribute.

#### WITH:

Lee Harrington–Vocals

Backing Vocals–C.C. White, Adam Bauer, Anthony Molina

#### MUSICIANS:

Adam Bauer–bass, vocals • Lucas Bickford–acoustic guitar • Renee Radharani Finkelstein–harmonium

• Anthony Molina–electric guitar • John McDowell–Rhodes • Daniel Paul–tabla, harmonica • Sruti Ram–kartals

A short clip from Shyamdasji's recording "Govinda Hare" is used with permission from the Shyamdas Foundation

## 5. GATE GATE PARAGATE PARASAMGATE BODHI SOHA REMIX (Beyond the Beyond)

featuring Karma Thendup, Gaura Vani, Keith Fluit, John James, and the Prajnaparamita Choir

#### LYRICS:

*Teyatha*

*Om Gate Gate Paragate Parasamgate Bodhi Soha*

*I'm gone, I'm gone again/I'm gone beyond again/Gone beyond the beyond again/And I am waiting for you/To open your heart.*

*Gate Gate Paragate Parasamgate Bodhi Soha*

*You have crossed the shore!*

*Delusion never more*

*Never was and never will be*

*Gone beyond completely free*

*Yeah, yeah*

*Now, the spell is broken....*

#### MANTRA TRANSLATION:

Gone gone, gone beyond, gone beyond the beyond, Oh, what an awakening! All Hail! So be it!

#### NOTES:

The Prajnaparamita Mantra, which is also known as the Great Supreme Mantra and the Unequalled Mantra Which Removes All Suffering, is found within the Heart Sutra. (And the Heart Sutra is a sub-sutra found within the larger Prajnaparamita Sutra). The word "Prajnaparamita" means perfection of wisdom, which in my humble opinion is what reciting this mantra cultivates. (And, incidentally, Prajnaparamita is also a goddess. As Shariputra said, "Wisdom is a virtue of the Mother.") Among its many translations, the Prajnaparamita mantra symbolizes the five paths of spiritual progression. Chanting this mantra helps

us cultivate and sustain wisdom, generosity, patience, acceptance, etc. It also frees us from the spell of illusion. In fact, the line, “Now the spell is broken” which Gaura Vani sings so beautifully, is taken from a commentary on the Heart Sutra text. I always felt the energy of this mantra—which is soaring, heart-opening, mind-clearing and transcendent—would be suited to gospel music.

This melody came to me in a dream shortly after hearing a teaching on the Heart Sutra with His Holiness the 14th Dalai Lama. In my dream I was actually singing this in the Himalayas—beyond the beyond for sure! Recording the response vocals on this track remains one of the most beautiful experiences I had throughout the epic journey of producing this album. Our chorus—some of whom I met for the first time that day—consisted of lovers of Christ, Krishna, Amma, Buddha, and Shiva. So one could say that our paths differed. But when we sang the Prajnaparamita mantra together over and over again, all of our faces began to shine with the same light of Oneness. And perfect wisdom. And love.

#### WITH:

Lee Harrington–Vocals, percussion, Tibetan dorje, bells  
Backing Vocals–Calia Marshall, Helen Styring Tocci, Kim Lesley, and Carolyn Rashmi Pierce (a/k/a The Prajnaparamita Choir); Satya-Franche Carlson Strauss

#### MUSICIANS:

Paul Kuklinski–Bass • John McDowell–piano, African drums • Anthony Molina–bass, organ, guitar, kit drum

### 6. SHIVA SHAKTI (Lord of the Disco Dance)

featuring John James

#### LYRICS:

*Nataraj Nataraja Jai Shiva Shankara Nataraja  
Shivaraja Shivaraja Shivakami Priya Shivaraja*

*Jai Shiva Shankara Bom Bom Hara Hara  
Shiva Shakti Om Shiva Shakti  
Namah Namah Namah Namah Shivaya Om  
Om Namah Shivaya/Om Namah Shivaya*

#### TRANSLATION:

Nataraj (Lord of the Dance) is the dancing form of Shiva. Nataraj’s cosmic dance encompasses both the destruction and the creation of the universe and represents the cycles of death, birth and rebirth. Loosely, the Nataraj mantra of the prelude translates as: Chant the Name of Lord Shiva, Lord of the Dance. Glory to the Annihilator (Shankara), Glory to Shiva; Beloved of Parvathi (Shivakami). The “Jai Shiva Shankara...” mantra translates as: Victory to the Benign One (or the Auspicious One), the Destroyer of Doubt and Obstacles; Hail to the Remover of Evil. And finally, chanting “Shiva-Shakti” combines the masculine principle of consciousness and the feminine principle of the activating power and energy.

## NOTES:

Disco Shiva. What can I say? At kirtans, people always get up and dance during the Maha Mantra, but I've always felt the Shiva mantra deserved a dance, too. One summer, while driving to Massachusetts and chanting Om Namah Shivaya, I heard a disco song on the radio (which happens often in Massachusetts) whose very bass line seemed to echo the mantra right back at me. There's something about singing mantras to a bass line that weaves the essence of the mantra into your very system. The next morning, while out walking my dog, the whole Shiva Shakti melody and arrangement flowed through. Luckily, I was carrying a voice recorder. I'm so grateful to Hans Christian for all the amazing magic he created with his strings, and to my backing vocalists—Helen, Calia, Kim, Anthony and John—who made this song super-fun.

## WITH:

Lee Harrington—Vocals, percussion  
Backing Vocals—Calia Marshall, Helen Styring Tocci,  
Kim Lesley, Anthony Molina, John James

## MUSICIANS:

Lucas Bickford—electric guitar • Hans Christian—strings • Andy Hamburger—kit drums  
• DJ Singh Khalsa—the gong to end all gongs • John McDowell—organ, African drums • Anthony Molina—bass (Nataraj intro), chimes, synth • Holly Montgomery—bass guitar • Wynne Paris—guitar • Sruti Ram—kartals • Glenn Workman—clavinet

## 7. JAI MA (FOR AMMACHI)

featuring Radharani

## LYRICS:

*Jai Ma Jai Ma Jai Ma Ma Jai Ma  
Sri Mata Amritananda Mayi Devi  
Ma Om*

*You Are the Mother/ You Are the Lover  
You Are the Water/ The Air and Sky  
You Are the Earth/ You Are Rebirth  
You Are the Mother, the Mother, the Mother  
of the Universe*

## TRANSLATION:

“Jai Ma” essentially means “Hail to the Mother, Victory to the Divine Feminine.” “Sri Mata Amritananda Mayi Devi” is Amma’s name. And to recite her name is to call her immediately into you. “Ma Om” are the universal sounds of creation.

## NOTES:

Dedicated to my beloved guru Ammachi—and to my own mother, who died when I was young—this song celebrates the Divine Mother in her Natural forms. This melody came to me while I was walking on the beach in Florida with my beloved dog Chloe. I always recite mantras with my mala while walking, and on this particular walk I was chanting Amma’s name while, at my side, Mother Ocean chanted MA OM. I was surrounded by sun, sand, wind, ocean, insects, birds, dolphins and endless beauty: it was



one of those days when all of the elements seemed to conspire to proclaim their beauty and say MA. By the time I got around to recording lead vocals for this melody, my beloved Chloe had made her transition, so I decided to honor her by adding a faint dog-bark-mantra at the end of the song. Every sound is sacred, after all, and every sentient being is a child of the Mother. We're thrilled to have legendary sound healer and shaman Philippe Garnier contributing so many gorgeous healing sounds to this particular track. Add the crystalline voice of Radharani to the mix, plus the exquisite harp of Wendy Tahara, the delicate piano of John McDowell (recorded during a snowstorm in Amherst) and Steve Gorn's ethereal flute, and we have a tender lullaby which celebrates the Divine Feminine. There's another mantra embedded in this track that isn't actually audible (Om Amritesh Swaryai Namaha) but you'll feel its presence. All in all, this track is a wonderful lullaby to play for animals and children. I dedicate the merit to Amma and to all mothers. Which is to say, everyone and everything.

### WITH:

Lee Harrington-Vocals  
Backing Vocals-Renee Radharani Finkelstein,  
Julie Last

### MUSICIANS:

Chloe the Gopi Dog-melodic dog barks • Kyle Esposito-fretless bass • Philippe Garnier: crystal bowls, Tibetan singing bowls, tuning forks, wind

chimes, feathers, bird calls • Steve Gorn-flute • John McDowell-djembe, Rhodes • Anthony Molina-strings, synth, second Rhodes • Atlantic Ocean-herself • Wendy Tahara-Harp

## 8. AAD GURAY NAMEH

### LYRICS:

*Aad Guray Nameh, Jugaad Guray Nameh  
Sat Guray Nameh, Siri Guru Dayvay Nameh*

### TRANSLATION:

I bow to the primal wisdom.  
I bow to the wisdom true through the ages.  
I bow to the true wisdom.  
I bow to the great unseen wisdom.

### NOTES:

The Mangala Charan mantra is an incredibly powerful protection mantra which is recited at the beginning of all Kundalini Yoga classes. Most of the Kundalini yogis I know recite this mantra three times before getting into their cars because the mantra sets up a protective field around the vehicle. The mantra also infuses and surrounds your own magnetic field with protective light. This track was recorded at the last minute in October, 2015, to replace another track—a modified cover song—that I had to pull from the album at the last minute for rights (or rather, lack thereof) reasons. But because I based my melody on a traditional melody from Yogi Bhajan himself, the recording

process was seamless. I'd go so far as to say that this track carries Siri Singh Sahib's sound current, even though you can't actually hear him in the mix. Special thanks to my friend Radharani for adding her magic to this track. May all beings benefit from the healing sound currents of this track.

### WITH:

Lee Harrington–Vocals  
Backing Vocals–Radharani

### MUSICIANS:

Radharani–synth, guitar • Julie Last–piano, synth, percussion

### PRANAMS

I extend my deep and heart-felt gratitude to the Divine Oneness, the Ineffable, The Great Supreme Wisdom, the Source of Love, the All That Is From Which Everything Rises and To Which Everything Returns: your Names are many, your teaching is One. I also extend limitless gratitude to:

- All the teachers who have offered inspiration in this lifetime: HH the 17th Karmapa, HH the 14th Dalai Lama, Khandro Rinpoche, Sakyong Mipham Rinpoche, Sri Sri Ravi Shankar, Ammachi, Karunamayi Amma, Ram Dass, Meher Baba, Paramanahsa Yogananda, Neem Keroli Baba, Shyamdas, HH Radhanath Swami, Grandmaster Choa Kok Sui, Lama Tsultrim Allione and countless others.

- Khenpo Karthar Rinpoche, who generously gave his blessings to this project, that these mantras and the music may be of benefit to all sentient beings.
- To the Eight Guardians of My Album: Chenrezig, Shiva, Arya Tara, Krishna, Prajnaparamita, Parvati, Sri Mata Amritanandamayi and Guru Ram Das. May these songs radiate Your glory.
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- My father, for firmly establishing music and spirituality into my life.
- And finally, to all you beautiful people who contributed to my crowd-funding campaign. Your kind words and support mean more than you will ever know. May all beings benefit from your generosity. And may love prevail! May all beings benefit from your generosity. And may love prevail!

