

# Shantala

The music of Heather and Benjy Wertheimer

## *Living Waters*

### Lyrics and Translations

#### 1. Homage

Instrumental composition by Alam Khan

#### 2. Brahmanandam

Lyrics and melody from Manorama ([www.sanskritstudies.org](http://www.sanskritstudies.org))

**Brahmanandam Parama Sukhadam Kevalam Jnana Murtim  
Dvandavatitam Gagana Sadresam Tat Tvam Asyadi Lakshyam  
Ekam Nityam Vimalam Acalam Sarvadi Saksi Bhutam  
Bhavatitam Triguna Rahitam Sadgurum Tam Namami  
Om Shanti Shanti Shanti**

#### *Translation by Manorama;*

OM. Salutations to the Sad-Guru, who is the embodiment of the Bliss of Brahman and the bestower of complete happiness, who is one-without-a-second, the embodiment of knowledge and beyond duality, who is indicated by such Vedic statements as 'Thou Art That,' who is one, eternal, pure, immovable, the witness, beyond being and becoming and beyond the three Gunas (qualities of Sattva, Rajas, and Tamas)

#### 3. Sada Shivom

Lyrics and melody by Paul Muller-Ortega ([www.bluthroatyoga.com](http://www.bluthroatyoga.com))

**Sada Shivom  
Svatantriya Hrim  
Mahashaktim  
Swacchanda Hum  
Sada Shivom**

#### *Translation by Paul Muller-Ortega:*

The Eternally Auspicious One — OM  
The Unbounded Freedom of Grace — HRIM  
The Sublime and Supreme Potency — IM  
The Crystalline Will — HUM

#### **4. Kothbiro / Jaya Radhe**

African lyrics and melody by Ayub Ogada

Sanskrit lyrics: traditional

Arrangement by Benjy Wertheimer and Sean Frenette

Mantra lyrics:

**Jaya Radhe Radhe, Radhe Radhe, Jaya Shri Radhe**

**Hare Krishna Hare Krishna Krishna Krishna Hare Hare**

**Hare Rama Hare Rama Rama Rama Hare Hare**

#### **5. Wahe Guru**

Lyrics: traditional

Melody by Heather Wertheimer

**Sat Siri Akal, Eck Ong Kar, Sat Nam, Wahe Guru**

***Translation:***

To the true great deathless

The creator and the creation are one

The name of the truth

Complete, ecstatic awe of the Divine

#### **6. Shakti**

Lyrics: traditional

Melody by Benjy Wertheimer

**Iccha Shakti**

**Jnana Shakti**

**Kriya Shakti**

**Swarupinyei Namaha**

Cintamani Rahasya (Crest Jewel Secret) verse from Douglas Brooks:

([www.rajana.com](http://www.rajana.com))

**PrahaM Mrganam Mataram**

**Aranyanim Ashamsisham**

***Translation of Shakti mantras:***

To the energy of divine will and desire, to the energy of ultimate knowledge and wisdom, to the energy of divine action and manifestation, to that energy whose very form is all of these, I bow

***Translation of verse by Douglas Brooks:***

She is the lady of the Forest  
Mother of the innocents (deer)  
Whom I have praised

**7. Aham Ityeva**

Lyrics and melody from Douglas Brooks

**Aham Ityeva Vibhavaye Bhavanim**  
**Seed mantra: Om Eim Hrim Srim Eim Klim Sauha**

***Translation by Douglas Brooks:***

Merely by saying 'aham' (I am), I become all that you have become

**8. Mata Saraswati**

Lyrics: traditional  
Melody and music by Heather & Benjy Wertheimer

**Om Mata Saraswati, Om Mata Saraswati**  
**Om Eim Saraswatyei Namaha, Saraswatyei Namaha Om**

***Translation:***

Praise to the Mother Goddess Saraswati  
I bow to Saraswati, the Divine current of pure creative Grace

**About Living Waters**

Mantras flow through us and come alive inside, sweeping us into the current of their living waters, which have been flowing in our world for many thousands of years. We are finishing this offering in the wake of our first trip to India in 2014, where we were able to experience the deepest part of the river.

Several of these chants were given to us as precious gifts by our teachers and friends. Some of them evolved through our many years of accompanying yoga workshops, always striving to come up with just the right way to support the practice. We invite you to sing them, to chant them, and to soak in their radiance.

## In Gratitude

From the bottom of our hearts we are grateful to Maharajji (Neem Karoli Baba) for touching our lives so deeply and for reminding us always to remember love.

We are also grateful to:

Ram Dass for the vast wave of transformation he set in motion and has carried forward throughout his life

Krishna Das for inspiring us through his profound expression of kirtan

Benjy's teachers Ustad Ali Akbar Khan and Ustad Zakir Hussain

Paul Muller-Ortega for guiding us so skillfully on the path of meditation

Sean Frenette for being a co-creator of many chants on this CD, for great friendship, and for 5 years on the road together

All the musicians on this CD, who are also our dear friends

Tyler and Bobby Ryan for your love and support of our lifework and for being in our family

Rick and Char Frires for long friendship and for finally getting us to India!

Our parents, friends, and families

Barkley for showing us unconditional love

Everyone at Neem Karoli Baba Ashram in Kainchi (Kainchi Dham), Uttarakhand, India, for allowing us to be in Maharajji's presence

All the people who chant with us and everyone who helps us in our kirtan journey

## Credits

**Benjy Wertheimer:** lead vocals, backing vocals, esraj, tabla, guitar, percussion, keyboards, drums, drum programming

**Heather Wertheimer:** lead vocals, backing vocals, acoustic guitar

**Sean Frenette:** lead vocals on **4**, backing vocals, guitar, bass, hammer dulcimer, 3-string guitar, keyboards

**Alam Khan:** sarode on **1 & 2**

**Ben Leinbach:** percussion on **5**

**Jami Sieber:** cello/electric cello on **4 & 8**

**Lindsey Stormo:** vocals on **4, 5, 6 & 8**

**Luna Marcus:** vocals on **6, 7 & 8**

**Steve Gorn:** *bansuri* bamboo flute on **3, 6 & 7**

**Tina Malia:** vocals on **2, 6 & 8**

Tracks **5, 6,** and **8** composed by Heather and Benjy Wertheimer. All others recorded with permission.

**Executive Producer:** Benjy Wertheimer

**Produced, recorded, engineered, and mixed** by Benjy Wertheimer at Wolf Cub Studios, Portland, OR, with assistance from Heather Wertheimer

Alam Khan recorded by Tim White

**Mastering** by Ben Leinbach

**Graphic Design** by Tyler Ryan

**Duplication** by BullseyeDisc, Portland, OR

**Front cover photo** of Kakhri Ghat by Benjy Wertheimer

**Back cover photo** of Benjy & Heather by Rick Frires

**Inside photo** by Susan Lirakis