

UNITY IS WHAT I SING
UNITY IS WHAT I SPEAK
UNITY IS WHAT I KNOW
UNITY IS WHAT I SEEK

- Rumi, TRANSLATED BY SHARIAR SHARIARI

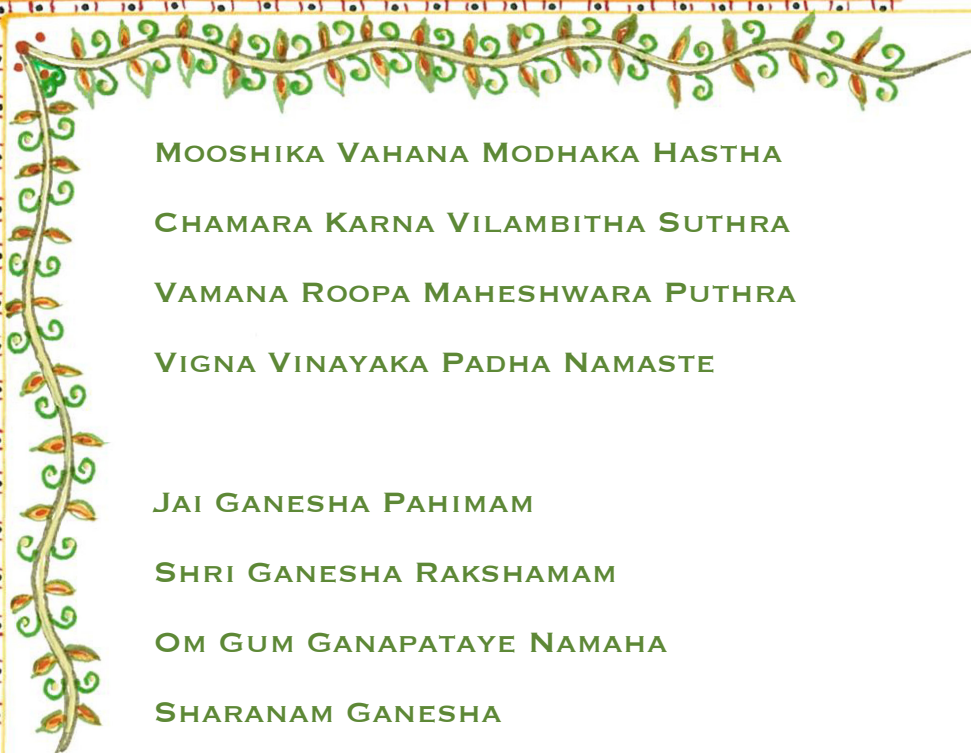
THIS BOOKLET IS DESIGNED AS A DELUXE COMPANION TO OUR ALBUM *UNITY*. IT IS DEDICATED TO EVERYONE WHO MADE THIS ALBUM POSSIBLE, AND TO ALL THE BRAVE SOULS WHO CHOOSE DAILY TO LIVE LIFE FROM THE HEART.

WITH LOVE AND GRATITUDE,
SEAN, ALVIN & GWENDOLYN
AUGUST 2014

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1. GANESHA'S BELLY DANCE

THE MANTRAS IN THIS SONG HONOR THE POWER OF GANESHA
INSIDE YOU. AMONG MANY THINGS, GANESHA IS THE BOUNDARY-
MAKER AND REMOVER OF OBSTACLES; THE SPIRIT OF THE ORDINARY,
AND EXTRAORDINARY CO-EXISTING; ABUNDANCE; DEEP LISTENING;
SAVORING THE SWEETNESS OF LIFE; MIGHTY FORCE AND SUBTLE
POWER; DEEP LISTENING; AND THE CAPACITY TO TRANSFORM OUR
GREATEST FEARS INTO ALLIES.



MOOSHIKA VAHANA MODHAKA HASTHA
CHAMARA KARNA VILAMBITHA SUTHRA
VAMANA ROOPA MAHESHWARA PUTHRA
VIGNA VINAYAKA PADHA NAMASTE

JAI GANESHA PAHIMAM

SHRI GANESHA RAKSHAMAM

OM GUM GANAPATAYE NAMAHA

SHARANAM GANESHA

2. NUR ALLAH NUR

THE PRACTICE OF CHANTING BECOMES AN ACCESSIBLE, PERSONAL HEART BALM WHEN THE NAMES WE SING ARE IN THE SECRET LANGUAGE OF OUR OWN EXPERIENCE. AND IF WE DON'T KNOW THE WORDS, WE CAN JUST PRAISE THE LIGHT THAT SHINES. - GWENDOLYN

THE INSPIRATION FOR THE MIDDLE PART OF THIS SONG, WHEN MANY CHANTS AND MANTRAS ARE SUNG SIMULTANEOUSLY, IS FOR PEOPLE FROM ALL TRADITIONS TO JOIN TOGETHER IN HARMONY TO SING AND CELEBRATE THE MANY NAMES OF THE ONE IN THEIR OWN LANGUAGE.

LA ILAHA ILLALLAH (SUFI CHANT MEANING "THERE IS NO GOD BUT GOD")

ALLAH'U'ABHA (BAHAI CHANT MEANING "GOD IS GLORIOUS")

NUR ALLAH NUR ALLAH (ARABIC FOR "THE LIGHT OF GOD")

OM GURU (HINDU CHANT HONORING THE TEACHER IN MANY FORMS)

SHALOM (JEWISH CHANT FOR PEACE)

SAT NAM (SIKH CHANT HONORING TRUTH)

HU ALLAH (SUFI CHANT TO GOD)

OM MANI PADME HUM

(TIBETAN BUDDHIST MANTRA FOR PEACE AND COMPASSION)

ALHAMDULILLAH (ARABIC FOR "THANK GOD")

AMEN ("SO BE IT")

IT'S ABOUT LOVE

3. REMEMBER

THE SOURCE FOR THESE VERSES COMES FROM OUR FRIEND LORIN ROCHE'S INCREDIBLE TRANSLATION OF THE VIJNANA BHAIRAVA TANTRA CALLED THE RADIANCE SUTRAS: 112 TANTRA YOGA TEACHINGS FOR OPENING TO THE DIVINE IN EVERYDAY LIFE. THE CHORUS "REMEMBER WHO YOU ARE" ALSO ECHOES A THEME IN MANY OF THE MYTHICAL STORIES THAT WE LIKE TO SHARE ABOUT HEROES WHO FORGET AND HAVE TO BE REMINDED AGAIN OF THEIR OWN POWER AND DIVINE NATURE. WHEN THESE HEROES REMEMBER WHO THEY ARE, THEY TRANSFORM THE WORLD FOR THE BETTER. HOW TRUE THIS IS FOR ALL OF US.

THE RADIANCE SUTRAS IS PRESENTED AS A CONVERSATION BETWEEN SHIVA AND HIS LOVE DEVI. WE INCLUDED DEVI-SHAKTI MANTRAS- NAMES WE CAN SING TO REMEMBER THE POWER WITHIN.

RADIANCE SUTRA NO 111

ATMAHAH NIRVIKARASYA
KVA JNAMAH KVA CHA VA KRIYA
JNANAYATTA BAHIH BHAVA ATAH
SHUNAM IDAM JAGAT

THERE IS NO IMAGE YOU CAN HOLD,
NO THOUGHT YOU CAN THINK,
THAT ENCOMPASSES THE GREAT SELF.

YOUR ESSENCE
IS IMMORTAL AND UNCHANGING,
YET IT IS THE FOUNDATION FOR ALL THAT MOVES.

REST IN THE SHIMMERING EMPTINESS
THAT IS THE SOURCE OF THIS WORLD,
AND REMEMBER WHO YOU ARE.

4. THE MAN IN BLUE

THIS SONG CELEBRATES THE POWER OF KRISHNA INSIDE YOU WHO MANIFESTS AS SEEN AND UNSEEN LOVE, PLAYFULNESS, ATTRACTION, SWEETNESS, PRANKS, AND DEEP INNER GUIDANCE IN YOUR LIFE. THE TITLE OF THE SONG, COINED BY ALVIN, IS INSPIRED BY THE JOHNNY CASH-LIKE FEEL OF THE SONG. KRISHNA IS THE COSMIC COWBOY, AFTER-ALL.

HARE KRISHNA HARE KRISHNA KRISHNA KRISHNA HARE HARE

HARE RAMA HARE RAMA RAMA RAMA HARE HARE

SHRI KRISHNA GOVINDA HARE MURARE

HEY NATHA NARAYANA VASUDEVA

RADHE SHYAM, RADHE SHYAM

SHRI KRISHNA CHAITANYA PRABHU NITYANANDA

HARE RAM RADHE SHYAM RADHE GOVINDA

RADHE RADHE RADHE, GOVINDA, RADHE RADHE RADHE GOPAL



5. THE WAY OF LOVE

THIS SONG HONORS THE PRESENCE OF KALI INSIDE YOU:
DEEP PRIMAL POWER; TOUGH LOVE, FIERCELY STANDING UP
TO PROTECT WHAT IS VULNERABLE; THE COURAGE TO MINE
YOUR OWN DARKNESS FOR TREASURE; THE POWER TO CUT
AWAY THAT WHICH IS NOT SERVING YOU-- AND THE LOVE,
COMPASSION, AND UNDERSTANDING THAT COMES FROM
INTEGRATING THE DARK AND THE LIGHT WITHIN.

“THE WAY OF LOVE IS NOT A SUBTLE ARGUMENT.
THE DOOR THERE IS DEVASTATION.
BIRDS MAKE GREAT SKY CIRCLES OF
THEIR FREEDOM. HOW DO THEY LEARN IT?
THEY FALL, AND FALLING THEY’RE GIVEN WINGS.”

-RUMI, TRANSLATED BY COLEMAN BARKS

KALI MA, JAI KALI MA

CHAMUNDAYE KALI MA

UMA PARVATI ANANDA MA

MA KALI DURGE NAMO NAMAH



6. UNITY

“OUT BEYOND IDEAS OF WRONG-DOING AND RIGHT-DOING,
THERE IS A FIELD, I’LL MEET YOU THERE
WHEN THE SOUL LIES IN THAT GRASS,
ALL THOUGHTS WILL PASS, ALL THOUGHTS WILL PASS.”

- RUMI, TRANSLATED BY COLEMAN BARKS WITH SLIGHT VARIATION.

LOKAH SAMASTAH SUKHINO BHAVANTU

OM SARVESHAM SVASTIR BHAVATU, SARVESHAM SHANTIR BHAVATU,
SARVESHAM PURNUM BHAVATU, SARVESHAM MANGALAM BHAVATU

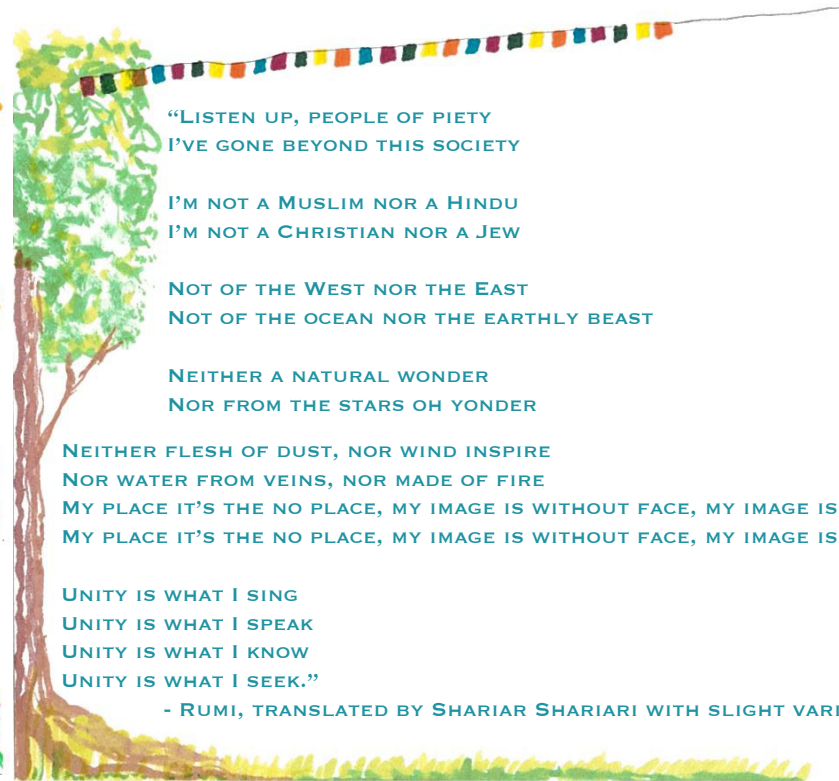
MAY ALL BEINGS BE HAPPY AND FREE.

AUSPICIOUSNESS TO ALL.

PEACE TO ALL.

FULLNESS TO ALL.

PROSPERITY TO ALL.



“LISTEN UP, PEOPLE OF PIETY
I’VE GONE BEYOND THIS SOCIETY

I’M NOT A MUSLIM NOR A HINDU
I’M NOT A CHRISTIAN NOR A JEW

NOT OF THE WEST NOR THE EAST
NOT OF THE OCEAN NOR THE EARTHLY BEAST

NEITHER A NATURAL WONDER
NOR FROM THE STARS OH YONDER

NEITHER FLESH OF DUST, NOR WIND INSPIRE
NOR WATER FROM VEINS, NOR MADE OF FIRE
MY PLACE IT’S THE NO PLACE, MY IMAGE IS WITHOUT FACE, MY IMAGE IS WITHOUT FACE
MY PLACE IT’S THE NO PLACE, MY IMAGE IS WITHOUT FACE, MY IMAGE IS WITHOUT FACE

UNITY IS WHAT I SING
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- RUMI, TRANSLATED BY SHARIAR SHARIARI WITH SLIGHT VARIATIONS

7. RAMACHANDRA (UNITY VERSION)

THE LYRICS IN THE FIRST PART OF THE SONG ARE FROM A TRADITIONAL INDIAN BHAJAN CELEBRATING THE HEROICS OF RAMA, WHOSE LIFE AND

JOURNEY IS TOLD IN THE RAMAYANA, ONE OF THE GREAT EPICS OF INDIA.

RAMA REPRESENTS THE UNIVERSAL POWER OF VIRTUOSITY, COURAGE, FAITH, AND COMPASSION WITHIN YOU.

THE VERSES SUNG OVER THE SECOND PART OF THE SONG ARE FROM ANOTHER TRADITIONAL BHAJAN

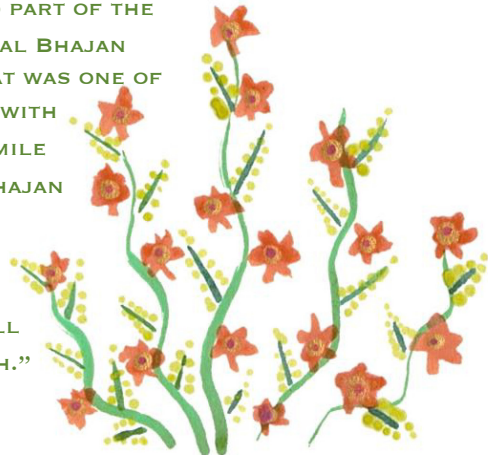
RAGHUPATI RAGHAVA RAJA RAM THAT WAS ONE OF

GANDHI'S FAVORITE SONGS HE SANG WITH HIS FOLLOWERS DURING THEIR 241 MILE

SALT MARCH. GANDHI LOVED THIS BHAJAN

BECAUSE IT TRANSCENDS RELIGIOUS BARRIERS, UNITING HINDUS AND

MUSLIMS WITH ITS LYRICS. "PEOPLE CALL YOU BY MANY NAMES, SOME CALL YOU ISHWARA, SOME CALL YOU ALLAH."



RAMACHANDRA RAGUVEERA, RAMACHANDRA RANADEERA
RAMACHANDRA RAGURAMA, RAMACHANDRA PARANDHAMA
RAMACHANDRA RAGHUNATHA, RAMACHANDRA JAGANATHA
RAMACHANDRA MAMA BANDHO, RAMACHANDRA DAYA SINDHO

RAM SITA RAM JAYA JAYA SITA RAM

RAGHUPATI RAGHAVA RAJA RAM

PATITA PAVANA SITARAM

BHAJA PYARE TU SITARAM

ISHWARA ALLAH TERO NAM

SABAKO SANMATI DE BHAGAVAN



8. I WILL RISE AGAIN

ONE OF THE GREAT GIFTS OF MUSIC AND MANTRA IS ITS CAPACITY TO BE A HEALING COMPANION TO US THROUGH THE INEVITABLE CHALLENGES AND STRUGGLES OF LIFE. OM NAMAH SHIVAYA IS A MANTRA THAT HAS BEEN VERY IMPORTANT TO ME IN LIVING THROUGH THE DARKNESS OF LOSS, HELPING TO OPEN TO GRACE AND SUSTAIN HOPE AT TIMES OF DESTRUCTION AND GRIEF.

I WILL RISE AGAIN, THROUGH RAIN AND FLOODS AND WIND
KNOCK ME DOWN AND I'LL STAND UP
OH I WILL RISE AGAIN.

OM NAMAH SHIVAYA

I WILL SEE AGAIN, THROUGH THE DARKNESS WHERE I'VE BEEN.
THE CLOUDS WILL PASS, THE SUN WILL SHINE
AND I WILL SEE AGAIN

OM NAMAH SHIVAYA

I WILL LOVE AGAIN, BROKEN AS I AM.
LIFE'S TOO SHORT TO CLOSE MY HEART
OH I WILL LOVE AGAIN.

OM NAMAH SHIVAYA
HEY NATARAJA

-LYRICS BY SEAN JOHNSON



9. PEACE SONG (UNITY VERSION)

IMAGINE ROMAN CATHOLIC CARDINALS, ZULU TRIBESMEN, TIBETAN MONKS, HASIDIC JEWS, PERUVIAN SHAMAN, SUFI DERVISHES, AND TURBANED SIKHS ALL WALKING A LABYRINTH TOGETHER IN PRAYER AND MEDITATION LISTENING TO THIS SONG. THIS ACTUALLY HAPPENED! THE ORIGINAL VERSION OF THIS SONG WAS RELEASED ON AN ALBUM CALLED **WORLD PEACE CHANTS** (SEAN JOHNSON & THE RISHIS RELEASED IN 2004 AND AVAILABLE ON ITUNES) THAT WAS COMMISSIONED AS A SOUNDTRACK FOR A LABYRINTH WALK HELD AT THE PARLIAMENT OF THE WORLD RELIGIONS MEETING IN BARCELONA, SPAIN IN 2004. THIS NEW LUSH STUDIO VERSION OF PEACE SONG, RECORDED 10 YEARS LATER, BRINGS THIS SONG TO LIFE IN A WHOLE NEW WAY.

MITAKUYE OYASIN (LAKOTA) ALL MY RELATIONS

OM SHANTI SHANTI SHANTI (SANSKRIT) PEACE, PEACE, PEACE

SHALOM (HEBREW)

SALAAM (ARABIC)

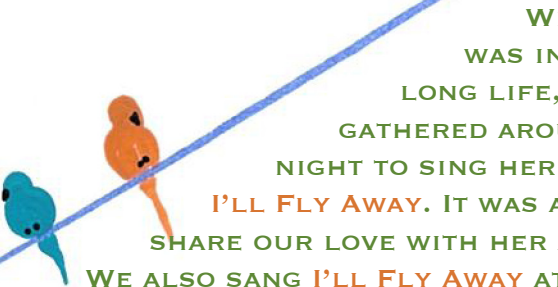
NAMO BUDDHAYA (PALI)

HALLELUIAH (HEBREW)

PRAISE ALL CREATION



10. I'LL FLY AWAY



WHEN MY GRANDMOTHER WAS IN THE FINAL DAYS OF HER LONG LIFE, MY FAMILY MEMBERS GATHERED AROUND HER BEDSIDE EACH NIGHT TO SING HER SONGS INCLUDING **I'LL FLY AWAY**. IT WAS A WONDERFUL WAY TO SHARE OUR LOVE WITH HER AND BOND IN OUR GRIEF. WE ALSO SANG **I'LL FLY AWAY** AT HER FUNERAL, AND IT HAS BEEN A STAPLE IN OUR SET EVER SINCE. I THINK IT'S SO IMPORTANT TO HAVE SONGS THAT ARE COMPANIONS TO US DURING THE CHALLENGES AND STRUGGLES OF LIFE. WHEN MY BROTHER JEREMY PASSED AWAY UNEXPECTEDLY LAST YEAR, THIS SONG BECAME EVEN MORE MEANINGFUL. WE DEDICATE AND SING THIS SONG AS A GIFT TO ALL LOVED ONES WHO HAVE PASSED ON FROM THIS VISIBLE PLANE.

“ONE BRIGHT MORNING WHEN THIS LIFE IS OVER, I'LL FLY AWAY.
TO A LAND ON GOD'S CELESTIAL SHORE, I'LL FLY AWAY.

I'LL FLY AWAY OH GLORY, I'LL FLY AWAY.
WHEN I DIE, HALLELUJAH BY AND BY, I'LL FLY AWAY.

WHEN THE SHADOWS OF THIS LIFE ARE GONE, I'LL FLY AWAY.
LIKE A BIRD FROM THESE PRISON WALLS, I'LL FLY AWAY.

JUST A FEW MORE WEARY DAYS AND THEN LORD,
I'LL FLY AWAY.

TO A WORLD WHERE JOY WILL NEVER END, I'LL FLY AWAY.”

-ALBERT E. BRUMLEY



namaste

LINER NOTES BY SEAN JOHNSON, DRAWINGS BY GWENDOLYN COLMAN,
GRAPHIC DESIGN BY ANDRA AITKEN.

SEE ALL ALBUM CREDITS ON CD JACKET.

VIEW THE BAND'S UPCOMING TOUR DATES, FESTIVAL APPEARANCES, AND BHAKTI
YOGA RETREATS AT WWW.SEANJOHNSONANDTHEWILDLOTUSBAND.COM