



Living Waters (2015)

Liner Notes

Shantala Music

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

## 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.

## Tracks

1. Homage
2. Brahmanandam
3. Sada Shivom
4. Kothbiro / Jaya Radhe
5. Wahe Guru
6. Shakti
7. Aham Ityeva
8. Mata Saraswati

## Lyrics and Translations

### Track 1 – “Homage”

Instrumental composition by Alam Khan

### Track 2 – “Brahmanandam”

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

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

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).

### **Track 3 – “Sada Shivom”**

Sada Shivom  
Svatantriya Hrim  
Mahashaktim  
Swacchanda Hum  
Sada Shivom

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

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

### **Track 4 – “Kothbiro / Jaya Radhe”**

Jaya Radhe Radhe, Radhe Radhe, Jaya Shri Radhe  
Hare Krishna Hare Krishna Krishna Krishna Hare Hare  
Hare Rama Hare Rama Rama Rama Hare Hare

African lyrics and melody by Ayub Ogada  
Sanskrit lyrics: traditional  
Arrangement by Benjy Wertheimer and Sean Frenette

### **Track 5 – “Wahe Guru”**

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

To the true great deathless  
The creator and the creation are one  
The name of the truth  
Complete, ecstatic awe of the Divine

Lyrics: traditional  
Melody by Heather Wertheimer

### **Track 6 – “Shakti”**

Iccha Shakti  
Jnana Shakti  
Kriya Shakti  
Swarupinyei Namaha

Praham Mrganam Mataram  
Aranyanim Ashamsisham

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.

Lyrics: traditional  
Melody by Benjy Wertheimer

Cintamani Rahasya (Crest Jewel Secret) verse from Douglas Brooks  
([www.rajanaka.com](http://www.rajanaka.com))  
She is the lady of the Forest  
Mother of the innocents (deer)  
Whom I have praised

### **Track 7 – “Aham Ityeva”**

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

Lyrics and melody from Douglas Brooks  
Merely by saying ‘aham’ (I am), I become all that you have become.

### **Track 8 – “Mata Saraswati”**

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

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

Lyrics: traditional  
Melody and music by Heather & Benjy Wertheimer

## **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 album, for great friendship, and for 5 years on the road together
- ♥ All the musicians on this album, 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