Living Waters (2015)
Liner Notes
Shantala Music
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**

1. Homage
   Instrumental composition by Alam Khan

2. Brahmanandam
   Brahmanandam Parama Sukhadam Kevalam Jnana Murtim
   Dvandavitam Gagana Sadresam Tat Tvam Asyadi Laksyam
   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)
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
   Sada Shivom
   Svatantriya Hrim
   Mahashaktim
   Swacchanda Hum
   Sada Shivom

   Lyrics and melody by Paul Muller-Ortega (www.bluethroatyoga.com)
   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
   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

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

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

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

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 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