

Ocean of Sound



SELECTIONS
FROM

Shantala

Ocean of Sound (2009)

Liner Notes

Shantala Music

www.shantalamusic.com

Tracks

1. Gurudev
2. Breath Inside the Breath
3. Om Namah Shivaya
4. Rag Desh
5. Om Mata Kali
6. Sneakin Out
7. Calling
8. Zenith
9. Holy Ma

Track 1 – “Gurudev”

(Shantala live with Larisa Stow, The Shakti Tribe, and Joe Jencks)

Om Namo Gurudev Namo
Jaya Guru Om Kara
Mahadeva, Mahadeva

*I bow to the great Teacher within and without, the divine wisdom of the universe May
the Guru be uplifted, may we chant the sound of OM in honor of the Guru
I deeply honor the one great God*

Benj Wertheimer: vocals and esraj
Heather Wertheimer: vocals and guitar
Joe Jencks: vocals
Larisa Stow: vocals
Marti Walker: vocals and djembe
Kimo Estores: electric guitar
Benj Clarke: bass
Richard Hardy: flute

Recorded and mixed by Frank Stearns

Recorded live at Amrita: A Sanctuary for Yoga, Portland, OR; additional recording by
Benj Wertheimer at Wolf Cub Studios, Portland, OR

Mastered by Cass Anawaty, Sunbreak Music, Portland, OR

Track 2 – “Breath Inside the Breath”

(From *Anjali*; Michael Mandrell and Benj Wertheimer)

Track 3 – “Om Namah Shivaya”

(From *Voice of the Esraj*; Benjy Wertheimer)

Source: Ancient Mantra

Raga: Bageshri

ॐ नमः शिवाय गुरवे

om namaḥ śivāya gurave

The heart of this mantra, “Om Namah Shivaya” is often literally translated as “Om, salutations to Shiva” ... although it often interpreted as “Om, I bow to the Inner Self.” It is widely considered to be a great redeeming mantra (*mahamantra*) because of its power to grant both worldly fulfillment and spiritual realization. Om is the primordial sound; Namah is to honor or bow to; Shivaya denotes divine Consciousness and Auspiciousness, the Lord who dwells in every heart. With the reference to the guru in the word “gurave,” this line could be translated as “I bow to the goodness within myself, known as Lord Shiva, who is the true teacher.”

The melody for this invocation comes from the raga known as Bageshri, an evening raga that emphasizes the moods of yearning, peace, and devotion.

Track 4 – “Rag Desh”

(From *Priyagitah*; Benjy Wertheimer and Steve Gorn)

Traditionally played at night, Rag Desh (which translates to “country”) is also known as a rainy season raga. The primary moods expressed are devotion, romance, and longing.

Track 5 – “Om Mata Kali”

(From *The Love Window*; Shantala)

Om Mata Kali, Kali Durge Ma

Shri Ma, Shri Ma, Shri Ma, Shri Ma

Eternal Mother of Time!

Mistress of Death, Remover of Time, O Mother, O Dark One!

Auspicious One, Auspicious Mother, Life Giving, Life Affirming, Celebratory Mother!

Track 6 – “Sneakin’ Out”

(From *Notes from Celtistan*; Benjy Wertheimer and Michael Mandrell)

Track 7 - "Calling"

(From *Within*; Benjy Wertheimer and David Michael)

Track 8 - "Zenith"

(From *Soul of the Esraj*; Benjy Wertheimer)

Track 9 - "Holy Ma"

(From *Sri*; Shantala)

Holy Ma

Kali Ma

Jaya Jagadambe

Everything is holy now

-English lyrics and music composed by Peter Mayer

www.petermayer.net