



FIVE (2023)

Liner Notes

Shantala Music

www.shantalamusic.com

CREDITS AND NOTES

Benjy Wertheimer – vocals, percussion, keyboards, guitar, tabla, esraj, frame drum, dumbek, cajon, harmonium, tamboura

Heather Wertheimer – vocals, guitar

Track 1 – FIVE

8:55

Composed by Heather and Benjy Wertheimer

Greg Barnett – bass, lead guitar, vocals

Luna Marcus – vocals

Lili Haydn – violin, vocals

Sarah Maines – vocals

Notes: Rooted in the practice of japa (mantra recitation) of the great five-syllable mantra *Namah Shivaya*, this began as a simple five-beat repetition of the mantra on a single note with a five-line prayer in English. Several arrangement layers build on this meditative practice, and the Grammy-winning violinist and singer Lili Haydn brought the piece into a beautiful new dimension.

Track 2 – Devi Invocation

6:55

Composed by Benjy Wertheimer

Benjy Wertheimer – vocals, keyboards, tamboura

Notes: A fusion of sacred traditions, this piece casts the opening of the Durgā Stutiḥ (an invocation in praise of the Goddess) as a Gregorian-chant-inspired rendition of the ancient Hindustani Rāga Bhairavi.

Track 3 – Within All Beings

13:55

Composed by Heather and Benjy Wertheimer

Jami Sieber – cello

Tina Malia – vocals

Jared May – bass

Todd Boston – acoustic guitar

Steve Gorn – *bansuri* bamboo flute

Notes: Moving into the body of the prayers in the Durgā Stutiḥ, we were blessed by some of our favorite long-time collaborators in this offering, including the great cellist Jami Sieber, the exquisite vocals of Tina Malia, Todd Boston's incredible guitar, the wonderful LA bassist Jared May, and Grammy winner Steve Gorn's bamboo flute.

Track 4 – Amba Bhavani

9:16

Composed by Heather and Benjy Wertheimer

Alam Khan – sarode

Michael Stirling – vocals

Gaura Vani – vocals, harmonium

Revati Buchwald – vocals

Kairava Buchwald – vocals

Sarah Maines – vocals

Luna Marcus – vocals

Visvambhar Sheth – vocals, kartals, mridangam

Notes: A chant honoring the Divine Feminine in a traditional 7-beat rhythm cycle, this piece brings in some of our favorite chorus singers, two members of Benjy's "other band" *The Hanumen*, (Gaura Vani and Visvambhar Sheth) and the great Alam Khan (son of renowned master musician Ali Akbar Khan) featured on sarode.

Track 5 – Ocean of Compassion
Composed by Adi Shankaracharya, traditional melody

8:15

Benjy Wertheimer – esraj
Josh Feinberg – sitar

Notes: An ancient prayer of devotion, the text originates from verses 4 and 5 of the Shiva Mānasa Pūjā. It was composed by Adi Shankaracharya in the 8th century. The sitarist Josh Feinberg is one of the most gifted western disciples of the great Ali Akbar Khan, and he has been featured as a performer in the foremost Indian classical music festivals in India, touring worldwide to rave reviews.

Credits

Executive producer: Benjy Wertheimer

Produced, arranged, and engineered by Benjy Wertheimer at Wolf Cub Studios with assistance from Heather Wertheimer

Mastering by Todd Boston

Original album artwork by Laura Santi

Graphic design by Parvati Pascale LaPoint

LYRICS AND TRANSLATIONS

Track 1 – FIVE

Namaḥ Shivāya, Namaḥ Shivāya

Translation: I bow to the Divine Consciousness of the Universe

English lyrics:

May there be peace

May there be light

May there be grace

May there be life

May there be love

Track 2 – Devi Invocation

(Text and translation from *Sri Neem Karoli Baba Maharaj Temple Prayers*)

Namo devyai mahādevyai śivāyai satataṃ namaḥ

Namaḥ prakṛtyai bhadṛāyai niyatāḥ praṇatāḥ smatām

I bow to you, O self-effulgent Devi, O Supreme Goddess! I bow to Shiva, the bestower of auspiciousness; to Prakriti, the womb of all things and beings, to Bhadra, the embodiment of all that is good and benign. Humbly and continuously, I bow to you.

Raudrāyai namo nityāyai gauryai dhātryai namo namaḥ

Jyotsnāyai chendurūpiṇyai sukhāyai satatam namaḥ

I bow to Rudra and give continuous reverence to Nitya, Gauri, and Dhatri. A thousand pranams to the moon-faced one, radiant with the moonlight, the goddess who is the basis of all happiness.

Kalyāṇyai praṇataṃ vṛddhyai siddhyai kurmo namo namaḥ

Nairṛṭtyai bhūbhṛtām lakshmyai sharvāṇyai te namo namaḥ

I bow to Tarini, to Kalyani, the bestower of auspiciousness. Repeated obeisance to Naikrurtti, who appears as inauspiciousness, to Lakshmi, to Sharvani, the power of all-annihilating Shiva, the Blessed Mother of the World.

Durgāyai durgapārāyai sārāyai sarvakāriṇyai

Khyātyai tathaiva kṛṣṇāyai dhūmrāyai satataṃ namaḥ

I bow to the Goddess Durga, to Durgapara, who takes one across the turbulent ocean of worldliness; to Sara, the essence of all things; to Sarvakarini, the cause of everything and every being; and to Khyati, Krishna, and Dhoomra Devi.

Atisaumyāti raudrāyai namastasyai namo namaḥ

Namo jagatpratiṣṭhāyai devyai kṛtyai namo namaḥ

I bow to the goddess who is at once extremely gentle and extremely terrible. To you, I offer humble obeisance again and again. Prostrations to you on whom the entire universe is

founded, to you who is volition, and by whose will the entire universe of things and beings has come into being.

Namastasyai namastasyai namastasyai namo namaḥ

I bow again and again in reverence to the goddess.

Track 3 – Within All Beings

(Text and translation from *Sri Neem Karoli Baba Maharaj Temple Prayers*)

Yā Devī Sarvabhūteshu (to the Goddess who is present in all beings as) ...

Vishṇumāyeti Shabditā (Vishnu Maya)

Chetanetyabhidhīyate (Consciousness)

Buddhirūpeṇa Sansthitā (Wisdom)

Shaktirūpeṇa Sansthitā (Energy)

Kshāntirūpeṇa Sansthitā (Forgiveness)

Shāntirūpeṇa Sansthitā (Peace)

Shraddhārūpeṇa Sansthitā (Faith)

Lakshmīrūpeṇa Sansthitā (Abundance)

Dayārūpeṇa Sansthitā (Compassion)

Tuṣṭīrūpeṇa Sansthitā (Happiness)

Mātrūrūpeṇa Sansthitā (Mother)

Namastasyai namastasyai namastasyai namo namaḥ

I bow again and again in reverence to the goddess.

Ending:

Indriyāṇāmadhishṭhātrī bhūtānam chākileshu yā

Bhūteshu satataṁ tasyai vyāpti devyai namo namaḥ

I bow again and again in reverence to the goddess who is the ruler of all the senses of all beings and is ever present in them.

Chittirūpeṇa yā kṛtsnam-etad-vyāpya sthitā jagat

Namastasyai namastasyai namastasyai namo namaḥ

I bow again and again in reverence to the goddess who pervades the entire universe in the form of consciousness and abides in the supreme state as Pure Consciousness.

Track 4 – Amba Bhavani

Ambā Bhavānī, Jaya Jagadambe Bhavānī
Jaya Jagadambe! Jaya Jagadambe!
Mātā Bhavānī, Ambā Mātā
Jaya Jagadambe! Jaya Jaya Jagadambe!

Translation:

Mother Goddess Bhavānī, Giver of Life
Praise to the Mother of the Universe!
Mother Bhavānī, Mother Ambā
Praise and victory to the Mother of the Universe!

Track 5 – Ocean of Compassion

Ātmā Tvaṃ Girijā Matih Sahacarāḥ Prāṇāḥ Śarīraṃ Gṛhaṃ
Pūjā Te Viśayopabhogaracanā Nidrā Samādhithitih
Sañcāraḥ Padayoḥ Pradakṣina Vidhiḥ Stotrāni Sarvā Giro
Yadyatkarma Karomi Tattadakhilam Śambho Tavārāadhanam

Karacaraṇakṛtam Vāk Kāyajaṃ Karmajaṃ Vā
Śravaṇanayanajaṃ Vā Mānasaṃ Vāparadham
Vihitam Avihitaṃ Vā Sarvam Etat Kṣamasva
Jaya Jaya Karunābdhe Śrīmahādeva Śambho

Translation by Paul Muller-Ortega:

You are my very Self! Parvatī is my mind! My five prāṇas are Your attendants! My body is Your abode! All the delights and pleasure of my senses are as offerings to be made in Your worship! My sleep is Your state of samādhi! Wherever I walk, I am circumbulating You! Everything that I say is said in praise and adoration of You! Every action that I perform is done as an act of devotion to You! O Śambu, Benevolent Lord of Happiness!

Whatever negative actions I may have committed—with my hands, feet, voice, body, actions, ears, eyes, or mind, whether they are prohibited or not—may it please You to patiently and graciously forgive them all!

All praise, all victory to You, who are the very Ocean of Compassion,
O Great God, O Benevolent Lord of Happiness!