

Silence is an ocean
Language is a river
A hundred voices inside
Saying that's enough for now

When the ocean calls to you
Don't talk to the river
Listen to the ocean
That's enough for now 2x

Listen to the ocean
That's enough for now

Ache O Kwa, Melanie DeMore

A she o A she o kwa Ni a our path is clear
A she o A she o kwa A she o A she o kwa

U mo ja unity Ni a our path is clear
A she o A she o kwa A she o A she o kwa

U mo ja unity Kuu mba we shape our world
A she o A she o kwa A she o A she o kwa

Ku ji cha gu li a we know who we are Kuu mba we shape our world
A she o A she o kwa A she o A she o kwa
A she o A she o kwa

Ku ji cha gu li a we know who we are I ma ni we hold the faith
A she o A she o kwa That we are
A she o A she o kwa That we are free

U ji ma we work together I ma ni we hold the faith
A she o A she o kwa That we are

U ji ma we work together That we are free
A she o A she o kwa
A she o A she o kwa
That we are
That we are free

U ja maa enough for all That we are
A she o A she o kwa That we are free

U ja maa enough for all A she o A she o kwa
A she o A she o kwa

Boundless space is the ground of being
Wherein all phenomena rise and fall.
We rise, we rise up, rise up.

We're all moving on a journey to nowhere
Taking it easy, taking it slow
No more worries, no need to hurry
Nothing to carry, let it all go

Homeward now, shall I journey
Homeward upon the rainbow
Homeward now, shall I journey
Homeward upon the rainbow
To life unending and beyond it
Yea, homeward now, shall I journey
To joy unchanging and beyond it
Yea, homeward now, shall I journey

[repeat lines above]

Yea, homeward now, shall I journey
Yea, homeward now, shall I journey
Boundless space is the ground of being
Wherein all phenomena rise and fall.
We rise, we rise up, rise up.

No more holding on
Now I can flow like a river
No more holding on
Let go, surrender and flow

Loosen, loosen, baby
You don't have to carry
the weight of the world
in your muscles and bones.
Let go, let go, let go.

Silence Is An Ocean	Blue Cliff Ensemble, Journey to Nowhere, 2017 Plum Village
Ache O Kwa	Melanie DeMore, a song for Kwanza, annual celebration of African-American culture, Dec 26 - Jan 1. Aché or ashé (“ah-SHEH”) comes from the Yoruba peoples of Western Africa. It is the word for life force, spiritual power, soul, authority
Boundless Space	Adrian Freedman, arranged by Susie Ro Prater
Journey to Nowhere	Blue Cliff Ensemble, Journey to Nowhere, 2017 Plum Village
Homeward Now	The lyrics come from a ritual Mountain Song of the Navajo People, as credited in <i>The Indians' Book: Songs and Legends of the American Indians</i> , recorded and edited by Natalie Curtis and originally published in 1905.
No More Holding On	Murray Kyle, arranged by Susie Ro Prater
Loosen, Loosen	Music & lyrics by Aly Halpert, https://www.alyhalpert.com/