

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

A she o A she o kwa  
A she o A she o kwa

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

U mo ja unity  
A she o A she o kwa

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

U mo ja unity  
A she o A she o kwa

Kuu mba we shape our world  
A she o A she o kwa

Ku ji cha gu li a we know who we are  
A she o A she o kwa

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  
A she o A she o kwa  
A she o A she o kwa

I ma ni we hold the faith  
That we are  
That we are free

U ji ma we work together  
A she o A she o kwa

I ma ni we hold the faith  
That we are  
That we are free

U ji ma we work together  
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  
A she o A she o kwa

That we are  
That we are free

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

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

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.

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.

**Mahk jchi tam buoo-i yahm-pi-gi-di  
Mahk jchi tam buoo-i k'an spe-wa-ebi**

**Mahk jchi tam buoo-i yahm-pi-gi-di  
Mahk jchi tam buoo-i k'an spewa ebi**

**Mahm-pi wah hoka-yee-mon(k)  
Tahond tani kaiyee taiyee  
Gee we-me ee-tai-yee**

**Nanka yah ya-moo-ni-e wajitse  
Nanka yah ya-moo-ni-e wajitse**

*Our hearts are full and our minds are good  
Our ancestors come and give us strength  
Stand tall, sing, dance,  
and never forget who you are  
Or where you come from*

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, <i>Journey to Nowhere</i> , 2017 Plum Village
No More Holding On	Murray Kyle, arranged by Susie Ro Prater
Loosen, Loosen Baby	Music & lyrics by Aly Halpert, <a href="https://www.alyhalpert.com/">https://www.alyhalpert.com/</a>
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.
Mahk Jchi	Composed by Jennifer, Pura Fe & Soni of Ulali © 1994. Featured on their CD <i>Mahk Jchi</i>