

# SISTERS ON A JOURNEY

Doula Chants, Birthing Chants, Women Chants



## MARYLEE

& the Alice Street Book Club

Lyrics to the CD: Sisters On A Journey

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*I am so happy to include my girlfriends from the Alice Street Book Club on this chant CD! We often sing or drum at book club (and skip reading altogether!), so it seemed natural to include them on the album. We are indeed "Sisters On A Journey," rolling down life's rocky road together! My wish for every woman is the gift of good friends to accompany her on life's journey. Thank you, dear friends!*

### **1. We Are Sisters On A Journey** (Doula Chant) 2:15

~We are sisters on a journey, singing now as one! Shining through the darkest night!  
The healing has begun, begun, the healing has begun.

~We are sisters on a journey, singing in the sun. Remembering the ancient ones:  
The women and the wisdom, the women and the wisdom.

~We are sisters on a journey, watching life unfold! Sharing warmth of heart and hands:  
The knowledge of the old—the knowledge of the old.

~We are sisters on a journey, singing now as one! Shining through the darkest night!  
The healing has begun, begun, the healing has begun.

### **2. Cherokee Morning Song** (Cherokee Chant) 1:28

Whin-a-dey-o! Whin-a-dey-o! Whin-a-dey— whin-a-dey—  
Ho, ho, ho, ho! Hey-ee-ya, hey-ee-ya! Yah, yah, yah!

### **3. Woman Am I** (Doula Chant) 1:59

Woman am I— Spirit am I— I am the infinite within my soul!  
I have no beginning, and I have no end! All this I am!

### **4. Noyana** (South Africa) "Are you going to heaven?" 2:47

Noyana, noyana, noyana, noyana, noyana, noyana, noyana fe zulu.

### **5. Eh Un Lan Wey Sey Un Lan** (Arabic Greeting) 1:20

Eh un lan wey sey un lan... Toom, toom, toom...

**6. The Mist Covered Mountains of Home** 3:34 (*words & music by John Cameron of Ballachulish, Scotland, upon returning from the Crimean War in 1856. Played for John F. Kennedy at the White House, November 20, 1963 by the Black Watch Regimental Pipe Band and at his funeral, 4 days later. 100 years earlier, my great, great grandfather, Terrence Kennedy, came from Ireland to be soldier for the Union Army in the Civil War. I dedicate this song to my courageous ancestors. Their gifts are mine, and I am grateful.*)

Scottish Gaelic: **O, chi, chi mi na morbheanna, O, chi, chi mi na corrbheanna  
O, chi, chi mi na coireachean, Chi mi na sgoran fo cheo.**

Phonetic: O, hee, hee mee na morr venna, Oh, hee, hee mee na corr-ehna,

O, hee, hee mee na cor re gehn, Hee mee na scadehn fo cyow

~ Oh, roe, soon shall I see them. Oh, hee roe, see them, oh see them.

Oh, roe, soon shall I see—the mist covered mountains of home!

~ There I shall visit the place of my birth and they'll give me welcome, the warmest on earth, all loving and kind, full of music and mirth, in the sweet sounding language of home

~ There I shall gaze on the mountains again, on the fields and the woods and the burns in the glen. Away, among corries, beyond human ken, in the haunts of the deer I shall roam

**7. Suliram** (Minehasa, North Sulwesi, Celebese Island, Indonesia) 2:17

*"I have waited for you so long. Now that I have found you, I will never let you go."*

Su-li-ram, Su-li-ram, ram, ram. Su-li-ram yang manis.

A-du hai in-dung sooh-oor-ang, Bi-dja-kla sa-na di-pan-dang manis

**8. O-le-o** (Africa) 1:12

O-le-o (O-le-o). O-le-o (O-le-o). O-le-o-le-o-le, o-la-la (O-le-o-le-o-le, o-la-la)

O-la ' o-la-la. (O-la ' o-la-la)

**9. Now I Walk In Beauty** ("Slane" Irish ballad and hymn: "Be Thou My Vision"), words: MaryLee Sunseri ©2005 Inspired by the Hopi Prayer: *"Now I walk in beauty, beauty is before me, beauty is behind me, above and below me"* 4:21

~ Now I walk in beauty wherever I go; beauty before me, above and below!

Beauty around me, and beauty inside; walking in beauty by day and by night!

~ Come make a circle and join in the dance, turning and turning around in a trance.

Twirling together, forever entwined, born of one woman, of one ancient vine!

~ Sing we and chant we this song of our hearts. Sing of our wisdom, our music, our arts!

We all are sisters; our songs bare our names, lyric & melody, though different, the same.

~ Mothers & sisters & daughters are we, branches that spring from the great family tree. Carrying generations of women unknown, each bearing beauty in a garden her own!

~ Now we walk in beauty wherever we go; beauty before us above and below!

Beauty around us, and beauty inside; walking in beauty by day and by night!

**10. Siyahamba & We Are Marching To Prætoria** (South Africa) 2:27

Siyahamba, koo-ka nai-nee kwen-kos, Siyahamba, koo-ka nai-nee kwen-kos  
We are marching in the light of the world! We are marching in the light of the world!  
We are marching, marching, marching, oh, we are marching in the light of the world!  
I'm with you and you're with me and so we are all together, so we are altogether...  
Sing with me and I'll sing with you and so we will sing together as we march along!  
We are marching to Prætoria! Prætoria! Prætoria! Prætoria, hurrah!

**11. Oyasumi** "Goodnight" (Japanse Lullaby) 3:05

Night time has come, oooh, oooh. Gone is the sun, oooh, oooh  
Dream sky is spun, oooh, oooh. Stars one by one, oooh, oooh —  
Oyasumi, close your eyes, Oyasumi, close your eyes,  
Oyasumi, close your eyes, sleep, sleep, sleep— sleep, sleep, sleep...  
Oyasumi, dream a dream, Oyasumi, dream a dream,  
Oyasumi, dream a dream, dream, dream, dream— dream, dream, dream...

**12. Ancient Mother** (Midwifery Birthing Chant) 5:15

Ancient Mother, I hear you calling. Ancient Mother, I hear your song.  
Ancient Mother, I hear your laughter. Ancient Mother, I taste your tears.