

Shantala

Ocean of Sound (2009)

1. Gurudev

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

Lyrics:

Om Namo Gurudev Namo
Jaya Guru Om Kara
Mahadeva, Mahadeva

Translation:

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

Credits:

Benjy 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
Benjy Wertheimer at Wolf Cub Studios, Portland, OR
Mastered by Cass Anawaty, Sunbreak Music, Portland, OR

2. Breath Inside the Breath

(From *Anjali*; B. Wertheimer/M. Mandrell)

Michael Mandrell: 6 and 12 string guitar
Benjy Wertheimer: Esraj, tabla, percussion, vocals, tamboura, keyboards
Michael Stirling: Tamboura
Sarahjoy Marsh: Tamboura
Heather Wertheimer: Vocals

3. Om Namah Shivaya

(From *Voice of The Esraj*; B. Wertheimer)

Source: Ancient Mantra

ॐ नमः शिवाय गुरवे

om nama iv ya 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.

4. Rag Desh

(From *Priyagitah*; B. Wertheimer/S.Gorn)

1. Part One (Alap) 8:35
2. Part Two (Gat in Rupak Tal) 4:50
3. Part Three (Gat in fast Etkal) 3:04

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.

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!

6. Sneakin' Out

(From *Notes From Celtistan*; B. Wertheimer/M. Mandrell)

7. Calling

(From *Within*; B. Wertheimer/ D. Michael)

8. Zenith

(From *Soul of the Esraj*; B. Wertheimer)

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