

# Songs for the Earth

## Ganesha Sharanam

Ganesha Sharanam, Sharanam Ganesha (2x)  
Sayisha Sharanam Sharanam Ganesha Sharanam (2x)

Ganesha is the elephant-headed son of Shiva and Parvati. His chants are often used at the beginning of an undertaking. Music by Kathleen Karlsen.

### I Stand Strong

I stand here on the earth  
I stand free , I stand strong  
I stand under the sun  
I stand free, I stand strong  
I stand firmly where I belong  
I stand free, I stand strong  
I stand strong

A song for the freedom of the earth and every soul.  
Lyrics and musci by kathleen Karlsen.

## Gange Mata

Om Jai Gange Mata  
Sri Jai Gange Mata (2x)  
Om Shuddhi Daata Gange  
Mata Namoh Namah (2x)

The Sanskrit word “shuddhi” means “purity” and “daata” means “to disperse or give.” Lyrics and music by Kathleen Karlsen.

## Stella Maris (Star of the Sea)

Mother of the ocean wide  
Mother of the wind and Mother of the tide  
Mother of the rain and snow  
Mother of the water flow  
Mother of lakes, Mother of Streams  
Mother of water , pure and clean  
Rock me in Your cradle, rock me in the sea  
Rock me in your cradle, comfort me (2x)  
Stella Maris, Stella Maris

The term “stella Maris” is a Latin reference to Mary, Mother of Christ. Mary is the patron saint of sailors.  
Music by Kathleen Karlsen.

## Mangalam Mantra (Earth Blessing)

Agni Mangalam, Vayu Mangalam  
Bhumi Mangalam, Mangalam Bhagavan Vishnu  
Surya Mangalam, Giri Mangalam  
Jagat Mangalam, Mangalam Bhagavan Vishnu

This mantra is a mantra of blessing for the fire (agni), wind (vayu), bhumi (earth), Surya (sun), giri (mountains) and jagat (planet). Bhagavan Vishnu is the fortunate Vishnu bestowing blessings. Music by Kathleen Karlsen.

## Set My Life on Fire

INTRO: Mother of the earth  
Father of the sun  
Hear my call and grant my prayer  
Make our spirits one

CHORUS: I will wash my soul in Your water  
Purify my mind in Your sunshine  
Set my spirit free in Your river  
Set my life on fire in your mountain  
Set my heart at peace in your forest  
Set my life on fire in Your mountain  
Set my life on fire

A song honoring the blessings of nature. Music and lyrics by Kathleen Karlsen.

## Gayatri Mantra

Om bhur bhuvah svaha  
Tat savitur varenyam  
Bhargo devasya dhimahi  
Dhiyo yonah prachodayat

We meditate on that most adored Supreme Lord, the creator, whose effulgence (divine light) illumines all realms. Traditional lyrics and melody.

## Chakra Mantra: LAM (Base Chakra)

The base chakra is associated with the earth element. Music by Kathleen Karlsen.

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Music and lyrics by Kathleen Karlsen as noted. Illustrations by Rose Karlsen.

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