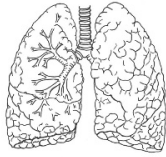


Chants for Peace



Hamsa

Hamsa Hamsa (2x)
Hamsa Hamsa Hamsa (2x)

Music by Kathleen Karlsen.

This mantra focuses on the inhale and exhale, helping to create a vibration that connects you to your heart. It is healing for the heart, lungs and spirit. Ham focuses on the inhalation and “sa” on the exhalation. Expanding your lung capacity is literally expanding your capacity for life itself, filling your body with energy and oxygen. The cyclical breathing required for chanting mantras synchronizes the mind and body for greater peace and health.



Breathe Through Me

Holy Spirit, Breathe through me (2x)
Send your light
Through my soul
Holy Spirit, Breathe through me

Music and lyrics by Kathleen Karlsen.

Universal prayer to the spirit of life for health, purity, guidance and Light.



Peace Chant

Om Shanti Shanti Shanti
Om Shanti Shanti Om (2x)
Om Shanti Shanti Shanti
Om Shanti Shanti Om (2x)

Music and lyrics by Kathleen Karlsen.

The word “shanti” meaning peace is said three times for peace in body, speech and mind.



Shalom Allelu

Shalom Allelu, Shalom Allelu (2x)
Alleluia, Allelu (2x)

Music and lyrics by Kathleen Karlsen.

Shalom is a salutation meaning “peace.” Alleluia (or Allelu) means “God be praised.”



In the Palm of Your Hand

Let me rest in the palm of Your Hand (2x)
Let this be where I fall and I stand (2x)
Let this be where I always land (2x)

Music and lyrics by Kathleen Karlsen.

This chant was written for a friend who was facing a serious illness. I was pondering what I could possibly do for her—fortunately she had medical care and family and friends looking out for her welfare. All that was left to do was to leave her in God’s hands. This chant was the only gift I could offer.



Lokah Samastah

Lokah Samastah Sukino Bhavantu

Music by Kathleen Karlsen.

Meaning: “May all beings be happy and free and may I contribute to the happiness and freedom of all. “ A prayer (Sanskrit) for peace and happiness to all forms of life.

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

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