

Chants for the Journey Home

Chants for the Journey Home lyrics and melodies arose out of dolphin/whale journeys, shamanic ceremonies, contemplative moments, and during dreams. They were given to share with my fellow travelers in the physical world to help us feel the core of who we really are on our spiritual journey home.

After years of singing the chants with students in courses and retreats, I wanted to record them with musical accompaniment. When I met musician/singer, James Schattauer in Prescott, Arizona and heard his music that echoed the spirit of my own, I knew I found the right collaborator. He loved my chants and we worked together with a natural improvisation and harmony that made the project very smooth and fun.

I have written poetry and songs most of my life, with my first poem written about the sunset when I was 8 years old. Some of my poetry has been included in my books and other publications. I received an honorable mention in the Hollywood Song Writing Contest in the early 1980s. One of the chants here, "The One Love" has been recorded by Armand and Angelina on their CD "Follow Your Dreams" with their own melody and musical arrangement <https://store.cdbaby.com/cd/armandangelina> . Some of these chants sung in gatherings led by me and other teachers are reportedly still remembered and sung by people in places around the world.

I am not a professional singer and I give you these chants in my natural, untrained voice just as I sang them with my animal communication students for many years in our advanced courses and retreats. No excessive editing or Auto-Tune were used! Consider this recording like a live group experience for you to join in.

James Schattauer is a professional singer/musician, and has recorded a CD of his own music "One" www.jamesschattauer.com. I deeply appreciate how he lends his guitar virtuosity and divinely mellow voice to this recording

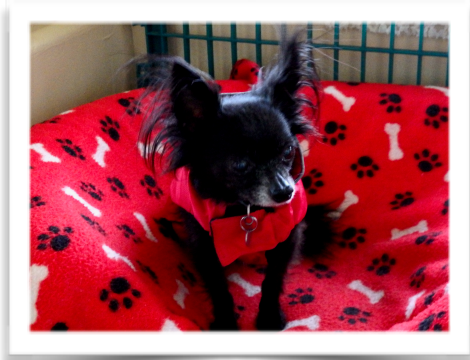


The chants have a simple musical format honoring their group chanting style. I hope that the inspiration of the music and lyrics will move you to sing along with your own pure, raw, love-filled voice.

Lyrics and melodies composed and sung by Penelope Smith
Vocal and guitar accompaniment by James Schattauer

Recorded at Commusikey, Inc. studio with engineer/music gardener Jonathan Best, Prescott, Arizona





Special thanks to Pepito, my longhaired Chihuahua friend, who contributed his soulful presence to our rehearsal and recording sessions, listening and lovingly supporting us.

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All profits from the sale of **Chants for the Journey Home** will be given to animal and environmental organizations for the welfare of all life on Earth.

Here's the story behind the songs. The year after the title is when each was born.

We Are One Life (1997)

The One Love (1998)

In The Heartbeat (2002)

These three chants were inspired by communicating with the Great Whales and dolphins while sponsoring journeys to swim with them in the late 1990s and early 2000s. Of all the chants, these have been sung the most with students in courses, retreats, and dolphin/whale journeys and are all-time favorites. Visit <https://animaltalk.net/AboutAnimalCommunication/DolphinWhaleMessages/> for messages from our cetacean evolutionary leaders given during or after our journeys together.

Divine Mother (1999)

After a group chanting session and shamanic journey in a beautiful coastal California forest, I felt great peace and joy. As I stood in the sun streaming through the tall trees on a bridge crossing a sparkling creek, this prayerful song poured out. When James first heard the recording, he heard water (without knowing the story of where the song arose) but no other musical accompaniment. We decided *Divine Mother* should be sung a cappella. Cicadas from the trees outside of the recording studio spontaneously added a watery sound.

In The Mother of Love (2004)

I was teaching animal communication in Brazil. This song came after traveling around São Paulo in the company of sponsor, Sheila Waligora, and my assistant, Mary Ann Bumbera, who helped me get through a migraine headache with their healing presence. As I came through the pain, the song was born. We all sang it together.

May Your Love Keep Growing (2000)

A simple chant that flowed from a loving state of being.

We Are The Ones (2000)

In recognition of our nature as our own life teachers and dream fulfillers, this chant incorporates the popular phrase, "We are the ones we've been waiting for."

I Breathe You In (2001)

A mystical feeling of oneness with others inspired this chant. It can be sung alone or to other people, animal friends, trees, the air, mountains, Mother Earth... You may want to sing it more slowly and breathe deeply as you sing it to others and relish the feeling of communion.

Rest in the Heart (1997)

Honor Yourself (2000)

Sweet Heart of Mine (1997)

During a period of profound personal transformation in the late 1990s/early 2000s when many people I knew were going through tumultuous changes, these chants appeared. They helped to generate the exquisite tenderness and compassion for ourselves and others needed to make it through the skin-shedding evolution that unfolds, reveals, and helps us stand in more of our true nature.

Sweet Heart of Mine refers to your heart, rather than to another beloved or "sweetheart" but you can sing it either way. Just before the end of the chant, Pepito, longhaired Chihuahua friend, added a little percussion by shaking the tags on his collar. We decided to keep his unique doggy contribution in the song.

It's a Long Way to Go (2019)

This was written after our first rehearsal session, just in time to be included in this recording. It came to me in a vivid dream in which a man who personified evil wanted to do me great harm. I asked Divine Mother to help me and then I was prompted to sing a song having great transformational power. The song stopped the evil being in his attempt to destroy me. He burst into tears and realized what had made him wish to hurt me. He saw the patterns of his life and dissolved into his tender side that he had hidden even from himself.

I woke up and wrote down the words to the dream chant. The next morning, I couldn't remember the melody, and it remained elusive that entire day. I asked Spirit to please help me get it back so I could share it with others. It returned to me the next day, and I quickly recorded "It's a Long Way To Go." The lyrics and music have a primeval quality and compassion for our life journey. Musical buddy, James, said it reminded him of Appalachian folk music and also songs enslaved people sang to help get through hard times. We both agreed it needed to be sung in pure, unaccompanied form. It moves me every time I hear it.

Keeper of Peace (1997)

This was one of the earlier chants, anchoring our physical journey to the divine energy in and around all.

A Strong Wind (2001)

Inspired by an invigorating strong wind, blowing away what I didn't need and filling me with grace.

Somewhere Out There (2000)

This ballad poured out of me one day in contemplating our journey on Earth. I never sang it with groups as I did the chants. The first person who heard it was James, my partner in this musical adventure. He thought Judy Collins would love to sing it.

We Are One Life	5:06
The One Love	3:13
In The Heartbeat	3:16
Divine Mother	3:42
In The Mother of Love	5:03
May Your Love Keep Growing	5:05
We Are The Ones	4:19
I Breathe You In	3:43
Rest in the Heart	3:11
Honor Yourself	2:04
Sweet Heart of Mine	3:20
It's a Long Way to Go	4:22
Keeper of Peace	2:52
A Strong Wind	2:56
Somewhere Out There	5:12

We Are One Life

(Chorus)

We are connected

We are one life

Care for all creatures

We are one life

(Repeat Chorus)

Hear your own heartbeat
Feel the pulse of the Earth
We are one heartbeat
We are one life
Care for all creatures
We are one life.

All life is conscious
Breathe as one being
We are connected
We are one life

Care for all creatures
For we are one life.

(Chorus)

The One Love

There is No Love but the One Love
It's the Pure Love
It's the One Love
There is No Love but the One Love
In the Ocean in which we dwell.

(Repeat whole song; end with last line 2x)

In The Heartbeat

In the Heartbeat of the Mother
We are all lovers
In the Heartbeat of the Mother
We are all one love

(Chorus)

*One Love One Love
We are all One Love
One Love One Love
We are all one love.*

In the Heart of the Mother
We are all lovers
In the heart of the Mother
We are one love

(Chorus and repeat from top)

Divine Mother

Divine Mother
Holy Mother in this place
Divine Mother
Holy Mother
Send us Grace
Divine Mother
Holy Mother
In this Place
Divine Mother
Holy Mother
Send us Grace
Send us Grace
Send us Grace

In The Mother of Love

With Great Love
in the Mother of Love
In the Mother
In the Mother of Love.

(Repeat with variations)

May Your Love Keep Growing

May your love keep growing and glowing and flowing

We Are The Ones

We are the ones we've been waiting for
We are the ones we've been waiting for
I am the one who has come
I am the one who has come
We are the ones who have come.

I Breathe You In

You are my God and I breathe you in
(Repeat line 3 more times)

I breathe you in
I breathe you in
You are my God and I breathe you in

(Repeat stanza, then repeat whole song)

Rest in the Heart

Rest in the Heart of Divine Sweetness
Rest in the Heart of Love
Rest in the Heart of Divine Sweetness
Rest in the Heart of Love

Heart of Love
Heart of Love
Heart of Love

(Repeat stanza, then whole song)

Honor Yourself

Honor Yourself
Honor Yourself
Honor Yourself in Love
(Repeat stanza)

(Chorus)
When you honor yourself,
you honor me,
Honor Yourself in Love
Honor Yourself
Honor Yourself
Honor Yourself in Love

Take time for Yourself
Take time for Yourself
Take time for Yourself in Love.
(Repeat stanza)

(Chorus)

Be good to Yourself
Be good to Yourself
Be good to Yourself in Love
(Repeat stanza)

(Chorus)

Sweet Heart of Mine

Sweet Heart of Mine
You are filled with Love Divine
You are Purest Sweetness
Sweet Heart of Mine.

It's a Long Way to Go

(Chorus)

*It's a long way to go
It's a long way to go
It's a long way
It's a long way
It's a long way to go*

*It's a long way to go
Help me darling
It's a long way to go
Help me darling
It's a long way
It's a long way
It's a long way to go*

We can make it
Yes we can
Help me darling
We can make it
Yes we can
Help me darling
We can make it
We can make it
We can make it
Yes we can

(Chorus)

We can all go together
Yes we can
Help me darling
We can all go together
Yes we can
Help me darling
It's a long way
It's a long way
It's a long way to go.

(Repeat from top and end with Chorus)

Keeper of Peace

Keeper of Peace
Bringer of Peace
God Within and Around
Surround.

A Strong Wind

A strong wind blows in our face
Filling us with holy grace
With holy grace, with holy grace

Somewhere Out There

Somewhere out there it's in the moonlight
Somewhere out there it's in the sky
Somewhere out there inside the cosmos
It's there, the love I seek and find

(Chorus)

*Oh, seek me seeker
Oh, find me stranger
For I am in you
Strong and clear*

*Oh, seek me seeker
Oh, find me stranger
For I am with you
Far and near*

It's only in the heart of rainbows
That shine within my stardust eyes
So deep within the place of vision
Is where the love both lives and dies

Oh, now I know I seek for nothing
And no thing is just what I'll find
For love is of the soul's deep essence
And there is nothing left to bind

(Chorus)

I see you, see me in each raindrop
I see you, see me in each tear
I know that love holds us eternal
And there is nothing left to fear

I've wished to climb the highest mountain
I've wished to swim the deepest sea
Yet now I know that there is no more
Than all I am and all I'll be

(Chorus)

For there is no one
And there is no where
Than who I am
I'd rather be
(Repeat stanza)

Love is all
Yes, love is all
(Repeat stanza and fade)