

Mercedes Bahleda & Ferenz Kallos



path to

Bliss

Chants of Tibetan Heart Yoga

Kandroma

This is the sacred prayer from Tibet whose origins date back to the 11th century. It calls to the Diamond Angel who comes by night to take those of fierce faith away to Her heaven. Otherwise known as Kandroma the one who flies, dances, plays in the sky of the pure reality of our mind; emptiness.

དཔལ་ལྷན་རྗེ་མཁའ་འགོ་མ།
མཁའ་འགོ་མ་ཡི་འཁོར་ལོ་ས་བསྐྱར།
ཡེ་ཤེས་ལྷ་ལྷན་སྐྱ་གསུམ་བརྟེས།
འགོ་བསྐྱོབ་ལ་ཕྱག་འཚལ་ལོ།

*pelnden dorje kandro ma
kandro mayi korlu gyur
yeshe nganden kusum nye
drowa kyopla chaktse lo*

Led by: Mercedes Bahleda and Mira Shani
Will Duncan: hang drum, tabla, djembe, and percussion
Vicki Brown: violin

Guru Naraya

A traditional chant to the teacher for blessings, faith, aspiration.

गुरु नाराय

Guru Naraya

Guru Naraya

Guru Narayana, Narayana, Naraya

Ananda Naraya

Ananda Naraya

Ananda Narayana, Narayana, Naraya

my teacher, my lord

my teacher, my god

Led by: Mercedes Bahleda

Michael Hewett: acoustic, electric and bass guitars

Will Duncan: tabla, djembe, and percussion

Noah Hoffeld: cello

Wheel of Time

This mantra comes from the teachings on the Wheel of Time, The Kalachakra Tantra. The letters of the ten-fold mantra of power represent the triad of the inner, outer, and other worlds; as well as the triad of the original state of things, the path, and the result of the path.

देव लोकित

Deva Lokita is the Sanskrit name of an angel who has mastered the flow of the inner winds and as a result sees the world around them as completely pure.

ॐ क्शामावायः

Hung kshama lava raya

Led by Mercedes Bahleda

Michael Hewett: tamera, acoustic, electric and bass guitars with ebow'd acoustics.

Will Duncan: tabla, djembe, percussion

Noah Hoffeld: cello

Limitless Love

These verses are in Sanskrit and from the Yoga Sutras of Master Pantanjali, circa 250 A.D. They speak of the four immeasurable loves that we aspire to, which exist in the heart of a perfected being.

तत्प्रतिषेधार्थम् एकतत्त्वाभ्यासः ॥ ३२ ॥

Tat pratisheda-artham eka tattva abhyasah.

1.32 And if you wish to stop these obstacles, there is one, and only one, crucial practice for doing so.

मैत्रीकरुणामुदितोपेक्षणां सुखदुःखपुण्यापुण्यविषयाणां भावनातश्चित्तप्रसादनम् ॥ ३३ ॥

Maitri karuna muditopekshanam sukha dukkha punya-apunya vishayanam bhavanatash chitta prasadanam.

1.33 You must use kindness, compassion, joy, and equanimity. Learn to keep your feelings in balance, whether something feels good, or whether it hurts; whether something is enjoyable, or distasteful. This practice makes the mind bright and clear as pure water.

ॐ मैत्री अः हू

ॐ करुणा अः हू

ॐ मुदिता अः हू

ॐ उपेक्षा अः हू

Om Maitri ah huung Om karuna ah huung Om mudita ah huung Om upeksham ah huung

Led by Kevin Warren and Mercedes Bahleda

Kevin Warren: kalimba, bolo ram drum, and percussion

The Diamond Cutter Chant

This verse is taken from the Diamond Cutter Sutra, spoken by Lord Buddha in 500 B.C. These are traditionally the lines that any Tibetan Lama would whisper to themselves before teaching, in order to remind themselves of their own impermanence, and to avoid a prideful state of mind. But these same images are also used as expressions of emptiness. The fact that the world and all in it are ultimately a projection of my own mind, coming from how I have treated others in the past.

तारका तिमिरं दीपो मायावश्याय बुद्धुदम् ।
सुपिनं विद्युद् अभ्रं च एवं द्रष्टव्यं संस्कृतम् ॥

*taraka timiram dipo maya vashyaya buddhudam
sopinam vidyud abhram cha evam drashtavyam sanskritam*

Learn to see that everything brought about by causes is like a star. An obstruction of the eye, a lamp, an illusion, the dew, or a bubble; a dream, or lightning, or else a cloud.

कल्यन मित्र

kalyana mitra

Kalyanamitra is the Sanskrit word for spiritual friend. It refers to our guide, our teacher, the "kind one" who serves to inspire us along our path to enlightenment.

Led by Mercedes Bahleda with harmonium

Michael Hewett: acoustic, electric and bass guitars

Will Duncan: djembe, tabla, percussion

Mira Shani: additional vocals

Noah Hoffeld: cello

Om Mani Padme Hum

Singing this mantra has a very special effect on opening up the tie up of pranic winds at the heart. It is believed that the Sanskrit language came originally from the deep and subtle sounds running within our own bodies. The words in English translate as “the jewel in the lotus” Mani, meaning jewel, symbolizes love. Padme, meaning lotus, symbolizes wisdom. Total purity will be achieved through the marriage of love and wisdom within our heart. The mantra teaches us that by using the path of love and wisdom, we can transform ourselves into a totally pure and perfect angel such as Chenresik.

The jewel and the lotus



Led by Mercedes Bahleda

Michael Hewett: acoustic, electric and bass guitars

Kevin Warren: piano

Mira Shani: additional vocals

Will Duncan: tabla and percussion

Noah Hoffeld: cello

The Heart Sutra

The Heart Sutra is one of the most popular prayers in Buddhism. It contains seemingly mystical, impenetrable verses that describe how reality does exist, and the way in which it does not exist. Spoken by Lord Buddha on Vultures Peak in India approximately 2,500 years ago, this sutra penetrates into the real meaning of emptiness, which describes how our very nature, including our bodies, minds and identities are not what they appear to be.

तद्यथा । गते गते पारगते पारसंगते बोधि स्वाहा ॥

Tadyatha. Gate gate paragate parasangate bodhi svaha.

Led by: Mercedes Bahleda with tamera

Thank You

Thank You to all the artists who gave so much to this album, Michael Hewett, Kevin Warren, Mira Shani, Vicki Brown, Noah Hoffeld, and most especially to Will Duncan for all his love, support and creative energy. Thank You to The Yoga Studies Institute, especially Lama Kimberly, whose initial request and faith inspired this CD. Thank you to David Fishman and Venerable Lobsang Nyingpo for their support and guidance. Thank you to Lama Sumati Marut and Dr. Jayashree for their Sanskrit perfection. Thank you MiLo for the CD design. Thank you to Tom Rossi at Salma Har productions in Brooklyn and Michael Hewett in New York City for their initial engineering and mixing on some tracks. Thanks to David Gluck and Tim Richards for their musical support. Thank you to Nick Luca for engineering at Upstairs Studio, Tucson, AZ and finally the most kind engineer, Craig Schumacher at Wavelab Studio in Tucson, Arizona who edited, mixed and mastered all tracks.

“All these chants and mantras come from Tibet and the Holy Land of India. May the lineage never be broken.” –Mercedes Bahleda

“You will know your yoga is working when you hear the singing within you.” –Svatmarama Yogi (14th Century)

1. Kandroma	9:34
2. Guru Naraya	6:27
3. Wheel of Time	6:13
4. Limitless Love	9:50
5. The Diamond Cutter Chant	5:00
6. Om Mani Padme Hum	6:29
7. The Heart Sutra	15:17
Total time:	58:00



mercedesbahleda.com



White Swan Records
6395 Gunpark Dr. Ste. A
Boulder, CO 80301 USA
feedback@whiteswanrecords.com
whiteswanrecords.com

© 2008 Songs of Mercy :: © 2012 White Swan Records
All rights to the master recording licensed exclusively to
White Swan Records.
Unauthorized duplication is a violation of applicable laws.

Printed on 30% post-consumer recycled materials.

