



Liselotte Goed

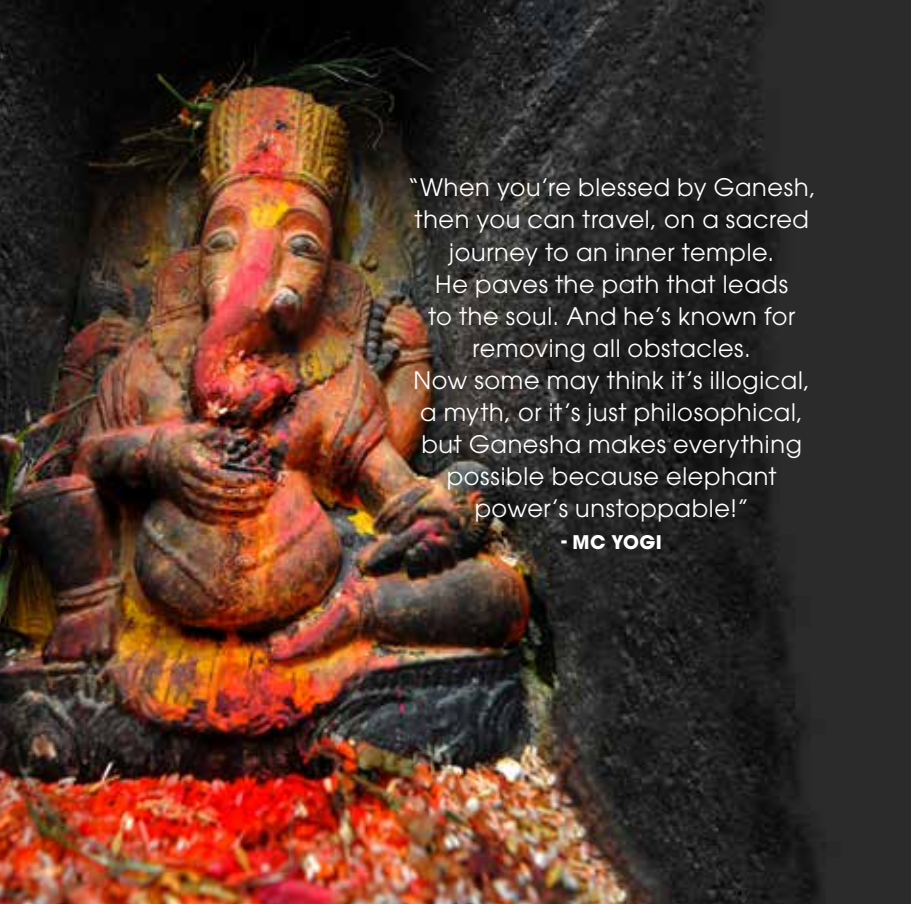


## MANTRAS ARE MAGIC

First time I was deeply touched by a mantra, I was on the island of Bali. Early in the morning I had taken my bike to do a yoga class in Ubud. On the mat I gently let my body fall from one asana into another while overlooking the green and luscious rice fields, when suddenly from the deep silence the teacher started singing the *om namah shivaya* mantra. I remember it gave me goosebumps and felt as if my body extended. It set me off on a journey of discovering the beauty and power of mantras. When the ukulele stole my heart and I got *uked* it was only a matter of time before I put these two together and started using the ukulele for singing mantras and teaching other yogis how to do it as well.

Together with composer Laurens Joënsen we have created new melodies with ancient and holy Vedic Sanskrit lyrics, played on acoustic instruments. You can play along in the most simple way, you'll find the (ukulele) chords for every mantra in this booklet. You can sing along with the words, or you can just listen and see where the magic mantras take you. You can't sing and think at the same time. Every mantra has it's own quality. May they bring you back to the simplicity of life.

Love, Liselotte



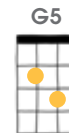
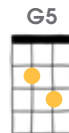
“When you’re blessed by Ganesh, then you can travel, on a sacred journey to an inner temple. He paves the path that leads to the soul. And he’s known for removing all obstacles. Now some may think it’s illogical, a myth, or it’s just philosophical, but Ganesh makes everything possible because elephant power’s unstoppable!”

- MC YOGI

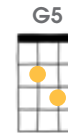
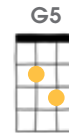
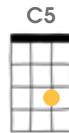
# GANESHA SHARANAM

Goed/Joensen

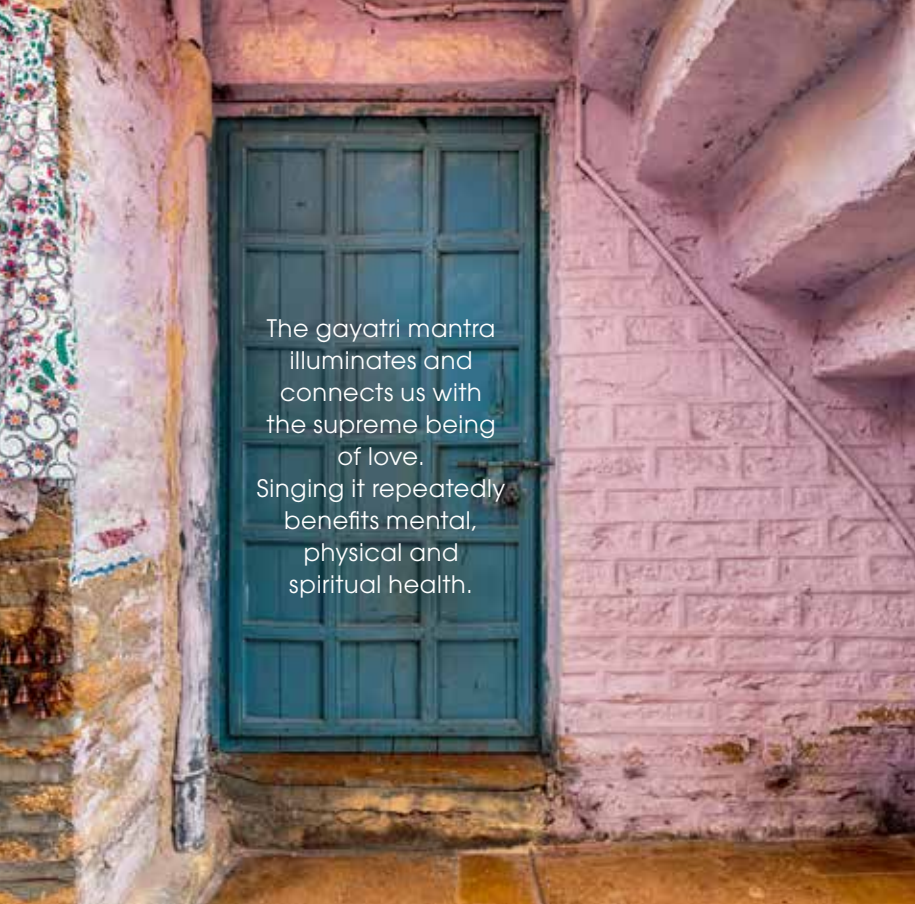
When playing mute the A-string



Jaya jai ganesha ganesha sharanam (4x)



Ganesha sharanam Sharanam Ganesha



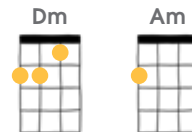
The gayatri mantra  
illuminates and  
connects us with  
the supreme being  
of love.

Singing it repeatedly  
benefits mental,  
physical and  
spiritual health.

# GAYATRI

Goed/Joënsen

Capo 1st fret

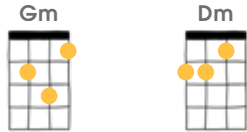


**Om bhur bhua svaha,  
tat savitur varenyam  
bhargo devasya dhimahi  
dhiyo yonah prachodayat  
Oooo-ooom  
Oooo-ooom  
Oooo-ooom**

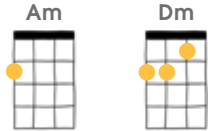


# HEY MA DURGA

Goed/Joensen

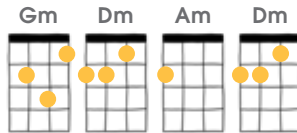


**Hey ma durga**



**Durga rakshamam**

**Durga pahimam**



**instrumental**

**(Hey, hey, he-ey)**

Durga is a badass, demon-fighting goddess. She manifests fearlessness and patience, and never loses her sense of humor, even during battles of epic proportion. She carries a different weapon in each of her ten arms and rides a tiger or lion. If you're ever in need of help, be sure to call upon her.

Moola means root and singing this mantra will bring you back to the root of what you are which is truth, consciousness and bliss. This is the mantra of the Oneness University in India and I dedicate this one to Amma & Bhagavan.

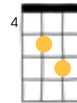


# MOOLA

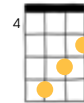
Goed/Joensen

Capo 3rd fret

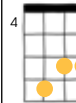
Bes add2



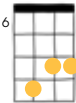
Gm



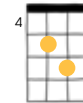
Es



F



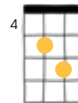
Bes add2



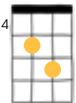
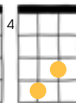
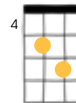
**Om sat chit ananda Parabrahma**

**Sri bhagavate namaha**

Bes add2



Bes add2 Bes6 Bes add2



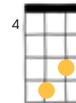
**Purushotama paramatma**

**Hari om**

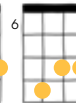
**tat**

**sat**

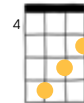
Es



F



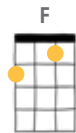
Gm



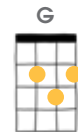
**Sri bhagavate sametha**

# OM NAMAH SHIVAYA

Goed/Joensen



**Om namah shivaya om namah shivaya**



**Om namah shivaya om namah shivaya**

Greet Shiva,  
the God of creation  
and destruction  
to honor the circle of life.  
Like a dancer you can  
move along with the  
transformational powers  
Shiva dances the dance  
of creation, the dance  
of destruction, the dance  
of solace and the dance  
of liberation. All that has  
been made will be unmade.  
All that has been destroyed  
will be resurrected.

# MUSICIANS AND CONTRIBUTORS

**Liselotte Goed** (composition, vocals, ukulele), **Laurens Joënsen** (composition, producer, guitar, double bass), **Barbara Tammes** (creative director), **Maarten Vinkenoog** (percussion, native flute), **Jasper Goedman** (percussion), **Kasper Frenkel** (Electric Monkey Studio) **Vera de Bie** (violin, vocals), **Lottie Hellingman** (vocals), **Jeroen Schmoll** (dobro guitar), **Jelle Huiberts** (percussion), **Tammo Kersbergen** (mix and master).



This album was recorded at the **Studio Monde** & **Electric Monkey Studio**, Amsterdam

Design by **Studio 100%**

# THANK YOU...==

**Laurens Joënsen** for your incredible talent and making this first magic mantra journey so wonderful. When we first shared the idea of this album with you, you were excited right away. You believe, like Einstein, that if at first the idea is not absurd, then there is no hope for it and knew exactly how to turn our crazy idea into something magical. Who needs yoga or meditation if you play the guitar like you do? It's clear you have a direct line with the heavens above.

**Barbara Tammes** for believing in me and keeping me company on this crazy and wonderful uked-journey that we're on together. You were the first person I've shared my mantra music with and you've been my biggest fan ever since. This album wouldn't be here if it wasn't for you, your encouragement and your inspiring and rock-steady belief that you can create anything you can imagine. I hope we will keep inspiring many more people and sing many more My Sweet Lords together.

**Jasper Goedman, Maarten Vinkenoog, Kasper Frenkel, Vera de Bie, Lottie Hellingman, Jeroen Schmoll, Jelle Huiberts, Tammo Kersbergen.**

**Ganesha** and **Amma & Bhagavan** for staying close to my heart.



# ON OUR WAY

Magic mantras

- 1. Ganesha sharanam (6:02) - Goed/Joënsen**
- 2. Gayatri (3:24) - Goed/Joënsen**
- 3. Hey ma durga (5:53) - Goed/Joënsen**
- 4. Moola (5:03) - Goed/Joënsen**
- 5. Om namah shivaya (5:03) - Goed/Joënsen**

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