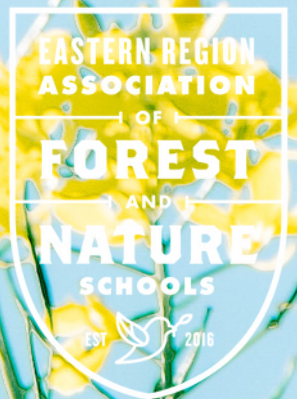


Song Grove: Honoring the Earth



A HEARTFELT SONG COMPILATION BY THE
EASTERN REGION ASSOCIATION OF FOREST AND NATURE SCHOOL | ERAFANS.ORG



Humbly

By Laurence Cole

Part One:

Humbly we walk here,
Humbly we sing here,
Humbly we bless this ground.

Part Two:

Humbly,
And with gratitude,
Remembering the ancient ones who walked this ground.

Part three:

Humbly, we walk this ground
With the Spirit of Blessing in our hearts.

Listen here: <http://www.laurencecole.com/album/humbly/>

Roots: Laurence Cole says, "I was asked to write a song for the groundbreaking on the site of the first new home built at our EcoVillage. We decided to call it a ground blessing. The builder particularly wanted to honor and remember all the beings that had lived and walked on the land over the countless centuries before we showed up. This is the song that arrived on that intention. We gathered wild rose petals, lavender and calendula, and sang the song while strewing all the aromatic beauty across the ground. Since then there have been many ground blessings, song circles and ceremonies where this song has been sung to open the space with such remembrance and intention." Learn more at <http://www.laurencecole.com>.

Activity: "If you have a group of around twelve to twenty folks or so, you can sing this song as a circle dance. First form yourselves into a true circle. Teach the parts one at a time, so everyone can learn them all, then snuggle in close to each other, side to side, and begin the song while taking small steps to the left in time with the beat. Once you've made a complete circuit, the song will be well sung and the ground will feel blessed. It works just as well to do the "sing and mingle" thing, everyone just easily moving about the territory in a random but intentional way."



Oh Rock Nation

By participants in the Wilderness Awareness School Adult Immersion Program, 2012

Oh Rock Nation
Teach me patience x2

I'm gonna find me a rock oh rock oh
I'm gonna find me a rock oh rock x2

Sit and be Warmed by me x2

Listen here: <https://soundcloud.com/songforest/oh-rock-nation>

Roots: A layer song caught by the Immersion Program group at their stone tool making day at Chinook Bend in Washington State. It can be sung in unison, or with the layers sung simultaneously.

Activity ideas: This is a really fun song to learn and then go on a wander in search of stones for a fire circle, for a fairy village, for stone painting, etc.



Earth My Body

Oral tradition folk song in the public domain

Earth my body, water my blood,
Air my breath and fire my spirit.

Listen here: <https://thebirdsings.com/earth-my-body/>

Activity ideas: if you have access to play in water, dirt and/or "paint rocks" (that easily give some pigment color when wetted), try this song out with mud-painting or rock-paint making.



Put Your Roots Down

Song Roots Unknown

Put your roots down
Put your feet on the ground
You can hear what she says if you listen

'Cause the sound of the river
As it moves across the stones
Is the same sound as the blood in your body
As it moves across your bones

Are you listening? Are you listening?

Listen here: <https://youtu.be/P2Ef35UI00U>

Activity ideas: A great song for harmonizing and dancing!



I Put My Roots Down

by Beautiful Chorus

I put my roots down into the earth
I put my roots down down down into the earth

Listen here: <https://beautifulchorus.bandcamp.com/track/i-put-my-roots-down>

Activity ideas: A song for planting in the garden, or dancing among the tree roots.



My Roots Go Down

By Sarah Pirtle

Original verse:

My roots go down, down to the earth.
My roots go down, down to the earth.
My roots go down, down to the earth.
My roots go down.

Countless new verses can be created:

- * I am a star shooting through the sky.
- * I am the moon shining up above.
- * I am a planet dancing up above.
- * I am a pine tree on a mountainside.
- * I am a willow swaying in a storm.
- * I am a waterfall skipping along home.
- * I am a wildflower pushing through stones.
- * I am an oak tree reaching for the sun.
- * I am a dolphin leaping up so high.
- * I am white pond lily healing you.

Listen here: <https://youtu.be/dYFsbxdaJSg>

Roots: A beloved zipper song (anyone can add a new verse), Sarah Pirtle says, “I wrote this song under a winter full moon in 1979 walking along a road while I was attending a retreat led by Rabbi Lynn Gottlieb. I began singing it publicly later at the Seneca Women’s Encampment for a Future of Peace and Justice in 1983. The Linking Up book discusses in detail all the ways I’ve used it in the classroom.” Sarah works with all ages developing courage, compassion, and racial justice while unlearning oppression. She is recognized as a national expert building supportive communities with young people. Learn more at <https://sarahpirtle.com/>.



This Pretty Planet

By John Forster & Tom Chapin

This pretty planet spinning through space,
You're a garden, you're a harbor,
You're a holy place,
Golden sun going down,
Gentle blue giant spin us around.
All through the night, safe 'til the morning light.

Listen here: <https://www.youtube.com/watch?v=KeqDHppFwHE>

Roots: Learn more at <http://www.tomchapin.com/>

Activity ideas: This song can be sung as a round! There is also a picture book available:
<https://www.tomchapin.com/docs/tppb.html>



Earth Chant

By Theo Simon of the group **Seize The Day**

O round Mother Earth
bringer into birth
sweet creatress of the night and day
bring your spirit through
rest our thoughts in you
guide our feet in the natural way

Listen here: <https://youtu.be/YarByY9-laY>

Roots: Learn more at www.seizetheday.org

Activity ideas: This song can go well with dancing in a circle.



Deep Into the Earth

By Tarisha

Deep into the Earth I go
Deep into the Earth I know
Deep into the Earth I go
Deep into the Earth I know

Hold my hand, sister [sibling]
Hold my hand
Hold my hand, brother [sibling]
Hold my hand

Listen here: <https://youtu.be/xxXZrQqLnpc>

Roots: Song was born in 1993 on a Tor on Dartmoor in southern Devon, England. It is moorland capped with many exposed granite hilltops known as tors, an area rich with antiquities and archaeology. Learn more at <https://www.youtube.com/@tarisha2047>.



The Blue Green Hills of Earth

By Kim Oler

For the earth forever turning; for the skies, for ev'ry sea;
for our lives, for all we cherish, sing we our joyful song of peace.

For the mountains, hills, and pastures in their silent majesty;
for the stars, for all the heavens, sing we our joyful song of peace.

For the sun, for rain and thunder, for the seasons' harmony,
for our lives, for all creation, sing we our joyful praise to thee.

For the world we raise our voices, for the home that gives us birth;
in our joy we sing returning home to our blue green hills of Earth

Listen here: <https://youtu.be/t5BSalO4sgY> (simple)

<https://youtu.be/kjEgRHtpWUc> (choral arrangement)

http://lydiaslines.weebly.com/uploads/1/4/6/5/14650194/for_the_earth_forever_turning.pdf

Roots: Written for [Paul Winter's Missa Gaia](#), a piece integrating world music with songs from the wild to celebrate the whole earth as a sacred space. Missa Gaia is performed annually on the first Sunday in October in the Cathedral of St John the Divine in New York, and was recorded in the Grand Canyon. Recorded version includes voices of wolf, whale, eagle, harp seal, Amazonian musical wren, Russian loon, and humans. 'Gaia' in the title is the ancient Greek name for Mother Earth and references the 'Gaia Hypothesis' which proposes that the entire range of living matter on our planet be regarded as a single living entity. The Missa Gaia is dedicated to St. Francis of Assisi, the patron saint of animals and ecology. "The Blue Green Hills of Earth" adapts words from science-fiction author Robert A. Heinlein and was suggested to Paul Winter by Rusty Schweickart, the first astronaut to walk in space without an umbilical connection to a space vehicle. His experience of floating freely and looking at the distant Earth made him "nostalgic for the joy and beauty and love that had nourished his life on that little blue marble".



Motherland

By Helen Yeomans

Part 1: Home I'm going home
I need a land to heal my soul
Take me home, take me home
Over the green green hills
And far away

Part 2: Home to the motherland
Home to the motherland
Home to the motherland
Over the green green hills
And far away

Listen here: <https://archive.org/details/heyanake3/Home+I'm+Going+Home.m4a>

Roots: Learn more at <https://helenyeomans.co.uk/>

Activity ideas: These two layers can be sung at the same time or as a round.
The song is a natural fit for closing circle.



Blue Boat Home

Lyrics by Peter Mayer, tune of a traditional hymn

Though below me, I feel no motion
Standing on these mountains and plains
Far away from the rolling Ocean
Still my dry land heart can say
I've been sailing all my life now
Never harbor or port have I known
The wide Universe is the Ocean I travel
And the Earth is my blue boat home.

Sun, my sail and moon, my rudder
As I ply the starry sea
Leaning over the edge in wonder
Casting questions into the deep
Drifting here with my ship's companions
All we kindred pilgrim souls
Making our way by the lights of the heavens
In our beautiful blue boat home

I give thanks to the waves upholding me
Hail the great winds urging me on
Greet the infinite sea before me
Sing the sky my sailor's song
I was born upon the fathoms
Never harbor or port have I known
The wide universe is the ocean I travel
And the Earth is my blue boat home

Listen here: <https://youtu.be/OXziR3M2wYk>

Roots: Learn more at <https://www.petermayer.net/music>

Activity idea: This is an easy song to play with 3 chords on a ukulele or guitar, and invite harmonies on the last two lines of each verse. Invite listeners to close their eyes and imagine themselves as passengers on the Earth as a boat in the universe, then share what they experienced on their travels in stories and/or drawings.

Song Grove: Honoring the Earth

Remember the sky that you were born under, know each of the star's stories.

Remember the moon, know who she is.

Remember the sun's birth at dawn, that is the strongest point of time.

Remember sundown and the giving away to night.

Remember your birth, how your mother struggled to give you form and breath.

You are evidence of her life, and her mother's, and hers.

Remember your father. He is your life, also.

Remember the earth whose skin you are:

red earth, black earth, yellow earth, white earth, brown earth, we are earth.

Remember the plants, trees, animal life who all have their tribes,

their families, their histories, too.

Talk to them, listen to them. They are alive poems.

Remember the wind. Remember her voice. She knows the origin of this universe.

Remember you are all people and all people are you.

Remember you are this universe and this universe is you.

Remember.

Remember the sky, remember the earth, remember the sun, remember the moon,

remember your birth your death too,

Remember, remember.

Remember your father, remember your mother.

You are this earth, this earth is you.

Remember, remember...

[Remember](#) by Joy Harjo, member of Mvskoke Nation,
also 23rd US Poet Laureate

