

'Follow your Bliss' by samjjana

Print-friendly album notes for digital downloaders

New consciousness music for the aspiring heart of humanity

© samjjana, December 2011

"Beautiful music, so strangely familiar to me, yet hauntingly new and different. Exquisite."

'Follow your Bliss' celebrates the magical unfolding of the highest potential of humanity ~ an enchanting journey of expansion, transcendence, awakening and bliss.

With unique instruments of alchemy, samjjana offers profoundly soothing, uplifting 'new consciousness music' that speaks to the aspiring heart and immerses the listener in a blissful state of tranquility.

In this 2 CD set, their fourth album, samjjana's Maia and Pratika-Sahayak offer divinely inspired original compositions, improvisations, instrumentals, soulful harmonies and chants ~ interwoven with words of wisdom from illumined beings.

Their music features the ethereal 'hang' sound sculpture; exquisite swarmandal, harp, sansula and Alchemy crystal bowls; and haunting Native American Indian, Bansuri and Shakuhachi flutes.

Guest musicians: Nicholas Ng (Jianwen) ~ masterful improvisations on erhu and zhonghu; and Grammy Award winning percussionist, Carlos 'Tapado' Vargas ~ weaver of magical rhythms and sounds.

A percentage of profits from this album donated to the Playing for Change Foundation (playingforchange.org) in support of their wonderful 'peace through music' global initiatives.

Disc One

1) It is Time	1.39
2) Awakening	1.57
3) Flow	8.51
4) Leap of Faith	0.52
5) Bliss	3.34
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8) Unhorizoned	2.30
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13) Love	6.53
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16) Rich, Real	0.38
17) Devananda (<i>Live, live!</i>)	3.29
18) Forever Expanding	1.19
19) Bliss be with You	1.20
Total length Disc One	59.10

Disc Two ~ Chants

Chants are simply the repetition of words that have beautiful meanings and that enhance well-being when you sing them. The repetition is an essential element for gaining the most benefit.

Some of these are chants, some are song/chant combinations. All have been created in a non-traditional style. We encourage any improvisation with sounds, words or harmonies that you feel inspired to add beyond singing along to the words.

Hold an awareness of the meaning as you sing, tune in to how you feel afterwards...and rest there a while. Bliss be with you!

1) New Earth	7.14
2) Om Bodhana	5.48
3) Lightness of Heart (<i>Instrumental</i>)	1.02
4) Inside	5.42
5) My Soul, The Silence	8.01
6) Om	3.09
7) Om Namah Shivaya	2.08
8) Trust, Surrender and Follow...	1.37
9) Bonus track ~ Love (Non-percussion version)	6.25

Total length Disc Two 41.06

“Follow your Bliss” Joseph Campbell

This album has been named and guided by Spirit ...‘new consciousness music’ created to inspire you to experience the heart expansion, awakening, liberation and profound joy that comes from following your bliss.

Our time in the recording studio (April to November, 2011) was a wondrous mix of trust, surrender, faith, experimentation, spontaneity, joy, delight, miracles, awe, excitement, humility, steep learning curves, challenge and expansion ~ all with an overriding awareness of being totally on track and following our bliss.

All of our music and lyrics are original, however, our experience is that the music comes not from us, but through us. It is a joy and a privilege to be able to receive, evolve, experience and share the divine offerings in this album.

Our previous three albums honour the raw simplicity of our unique instruments. With ‘Follow your Bliss’ it was time to immerse ourselves in the creative joy of multi layering, and add vocals to offer many beautiful and potent messages.

Being very different from our previous albums, it is bound to surprise many ~ and yet it still offers a delicate tapestry of soothing, nurturing simplicity and a blissful expanse in which to rest in the tranquility of Self.

We feel very blessed to be journeying together as life partners, devoted to serving the aspiring heart of humanity. We are constantly in awe of the grace that fills our lives, the elegance of synchronicity, the abundance of the universe, the silence from which all sound arises, the gift of being alive in this extraordinary time of global awakening and the privilege of sharing the heavenly elixir of these blissful sounds with all. We send this album out into the world with elation.

May your life be filled with divine music and infinite joy as you follow your heart ...and follow your bliss.

Enjoy, in joy,

Maia and Pratika-Sahayak

Om paramar mainamar

‘We dedicate this union to a higher source.’

Album Cover



We feel a sense of wonder and deep reverence for the miraculous sound sculpture that is the ‘hang.’

We see it as being ‘for this world but not of this world.’ By honouring it, listening to it and sharing its magic, our universe has expanded in ways we could never have imagined. (We believe the whole universe is in the hang ...and then combining the hang with flute creates a whole other universe!)

Our glorious instruments play a huge role in enabling us to ‘follow our bliss’. It is a great privilege to co-create with them and rest in the beauty of their sounds.

Acknowledgments and thanks

We are filled to overflowing with joy, appreciation and awe for all that Spirit is and offers, and the divine inspirations and guidance we receive.

We acknowledge all the illumined souls for their wise words and inspirations included in this album.

Huge thanks to Dr. Nicholas Ng (Jianwen). It's a privilege to call you a friend and have you bring such a special dimension to the blissfulness of this album through your masterful playing of erhu and zhonghu. myspace.com/nicholasngmusic ~ nicholasngmusic.com

From the deservedly very popular Grammy award winning Costa Rican band 'Editus', our deepest, heartfelt appreciation to maestro percussionist, Carlos 'Tapado' Vargas, for adding your special brand of magic, and composer/guitarist Edín Solís for contributing your vast musician expertise as sound engineer for the Costa Rica recording. Having had the pleasure of working with you both and having your contributions on previous samjjana albums, we had no hesitation entrusting our project to you on the other side of the world. Infinite gratitude. Pura vida, gracias amigos! Maravilloso Ticos! ~ Tapado and Edín: edituscr.com ~ Edín: edinsolis.com

To our nearest and dearest, our soul family Gitanjali and Maetreyia Hart, thank you for loaning us the additional crystal bowls we needed and for all your wonderful support. You and your divine music are a great blessing for this planet and your contribution to our lives is infinitely beyond measure ~ purusha.com.au

To the makers of our various, exceptionally beautiful instruments, we thank you for your loving craftsmanship and the joy and healing you bring to us and others through the divine, resonant sounds of your creations.

A huge thank you to Argnesh Rose for the exquisite graphic special effects on the album cover. Your fantasy portraits are so, so special! ~ givethemwings.com.au

Stephen Hamacek, sound engineer extraordinaire...what can we say other than legend, legend, legend! With your gentle soul, your sensitivity to our music and the joy of working with you, our hearts would not allow us to have anyone else but you record, mix and co-produce this album. Love you Steve! Love your work!

© samjjana 2011 ~ Music and lyrics received from Spirit and evolved by Maia, except for improvisations on flutes (Pratika-Sahayak); erhu/Zhonghu (Nicholas Ng); percussion (Tapado); piano on 'Inside' (Stephen Hamacek). Produced by Maia, with Stephen Hamacek. Recorded and mixed by Stephen Hamacek at Advanced Recording Studio, Noosaville, Queensland, Australia ~ 0412 421 876 ~ advancedrecording.com.au (Additional recordings at The Vibe Music, Pomona, Qld, Australia and Costasonic, San José, Costa Rica with Edín Solís as sound engineer). Mastered by Daniel Fournier of CPARIS® Paris, France ~ cparis.org ~ +61 (0) 419 696 699. Photography by Maia and Pratika-Sahayak unless otherwise stated. Album cover a collaboration between Maia and Argnesh Rose ~ givethemwings.com.au ~ all other graphics by Maia

Disc One

1) It is Time

Zhonghu ~ Nicholas Ng (Jianwen)

Voice ~ Maia

Sound effects ~ freesound.org (chimes Uncle Sigmund, wind Silencio, bell tones Freed) Stock footage 'Chimes on wind' provided by FxProSound/Pond5.com

"With the breathing in of joy, it is time to live in bliss."

Words by Yashwant Deo/Manish Vyas
(manishvyas.com)

2) Awakening

Harp, vocals ~ Maia

Ocarina ~ Carlos 'Tapado' Vargas

(I dedicate this song to my beloved, Pratika-Sahayak.)

The miracle of stillness.
The wonder of presence.
Arising awareness,
Illumination,
Illusion falls away...

Freefall into the abyss,
Freefall into bliss,
Fall into the bliss abyss...

Awakening.

3) Flow

Hang, vocals ~ Maia

Native American-style flute ~ Pratika-Sahayak

Percussion ~ Carlos 'Tapado' Vargas

Water sounds ~ freesound.org, Volivieri

"When you do things from your soul, you feel a river moving in you, a joy." (1)

Our souls rejoice when we dive into the river and we flow with the current, flow with the river downstream, downstream, flow, flow.

The river delights in setting us free if only we dare, if only we dare let go.

The river delights in lifting us free if only we dare, if only we dare let go, let go and flow. Let go, let go and flow. Let go, surrender and flow, let go, surrender and flow.

Flow, downstream, surrender, trust the river and flow, downstream, flow, flow.

The wisdom of the river is to flow. The wisdom of the soul is to go with the flow.

The river rejoices when we let go the shore, when we let go the fight and we flow, with life...

The river of life, the river of life, our souls rejoice in the flow.

"Though I cannot see it with my eyes, I trust the river knows where it is going. I shall let go, and let it take me where it will. The river delights in lifting us free, if only we dare let go."(2)

(1) Words by Rumi

(2) Words from the book 'Illusions' by Richard Bach ~ also these lyrics; "The river delights in lifting us free if only we dare let go." richardbach.com

'Flow' has been inspired by:

~ Richard Bach's book 'Illusions'

~ The upstream/downstream analogy by Abraham-Hicks

~ A speech by the Hopi Elders;

'We are the ones we've been waiting for.'

4) Leap of Faith

Shakuhachi flute, voice ~ Pratika-Sahayak

Every leap of faith has a soft landing.

Inspired by the quote "A leap of faith will definitely have a smooth and safe landing." from the book 'Sri Chinmoy's Heart-Garden' ~ srichinmoy.org

(Heart-Garden was compiled by Pratika-Sahayak, who shares..."Sri Chinmoy was my meditation teacher for many years, until his passing in 2007. His oneness-world vision, inspirational life, presence, music and poetry awakened my heart and humbled my life.")

5) Bliss

Voice, Emerald G Alchemy crystal bowl,

G quartz crystal bowl, swarmandal ~ Maia

Gong ~ Carlos 'Tapado' Vargas

Fall into the bliss abyss...

6) Greatest Treasure

Shakuhachi flute, voice ~ Pratika-Sahayak
Percussion ~ Carlos 'Tapado' Vargas

"Our original bliss is the greatest treasure that can be attained in life. It is life itself."

Words from the book 'The Transformational Imperative' by Shunyamurti, Founder and Spiritual Director of the Sat Yoga Institute ~ satyogainstitute.org

(We were blessed to spend seven months at the Institute in Costa Rica; a vibrant Spiritual community that is very dear to our hearts, as is Costa Rica and its beautiful-hearted people.)

7) Devananda (Every moment you're alive)

Hang, vocals ~ Maia
Native American-style flute ~ Pratika-Sahayak
Zhonghu ~ Nicholas Ng (Jianwen)
Percussion ~ Carlos 'Tapado' Vargas

When Devananda passed away, he left a legacy.
His urgent message here for us, in words and melody...

If you live your life like you know that you will die,
Then you'll fully live your life instead of let it idle by,
A well lived life is a natural high,
When your time comes to pass away you won't be asking why,
You wasted your life or lived it as a lie,
Every moment you're alive is permission to fly.

Devananda, Devananda.

If you live your life like you know that you will die,
Then you'll fully live your life instead of let it idle by,
A well lived life is a natural high,
Every moment you're alive is permission to fly.

Devananda (x3)

Live every moment, live every moment, love every moment of your life.

Devananda (x5)

Live your life, love your life, every moment be alive...

(This song was inspired by a terminally ill man who in dying, learned how to live. The father of a friend, his name 'Devananda' means 'In the bliss of the presence of God.')

8) Unhorizoned

Vocals ~ Maia
Percussion ~ Carlos 'Tapado' Vargas
Digital drone

"Unhorizoned is our inner peace.
Like the boundless sky, it encompasses all."

Words from 'Sri Chinmoy's Heart-Garden' (compiled by Pratika-Sahayak) ~ srichinmoy.org

Base chant: 'Kshemya' means 'giving peace.'

9) Peace Time

Vocals ~ Maia, Pratika-Sahayak
Bansuri flute ~ Pratika-Sahayak
Hang ~ Maia
Percussion ~ Carlos 'Tapado' Vargas
Digital drone

Peace, la paix, maluhia, shanti,
Der friede, pace, amani, damai,
Kiba-kiba, sidi, lumana, irini,
Vrede, paz, heiwa, shalom. (1)

Om Shanti (x5)

"May peace, and peace, and peace be everywhere." (2)

(1) Peace in 16 languages

(2) Words from the Eesha Upanishad

10) Our Destiny

Vocals ~ Maia
Sound effects ~ Carlos 'Tapado' Vargas

"The guidance within evolves the world toward a heaven that is already here.
To know this is to know our destiny."

Words from 'The Celestine Prophecy' by James Redfield ~ celestinevision.com

11) Sanctuary

Harp, voice ~ Maia

Native American-style flute ~ Pratika-Sahayak

Sound effects/ocean drum ~ Carlos 'Tapado' Vargas

Stillness...

Silence...

Joy...

Wisdom...

Beauty...

Love...

Presence...

Truth...

Grace...

Peace...

Bliss...

Oneness...

The inner sanctuary.

12) Dream Gate - Revelations

Erhu ~ Nicholas Ng (Jianwen)

Percussion ~ Carlos 'Tapado' Vargas

Digital drone

13) Love

Vocals ~ Maia, Pratika-Sahayak

Bansuri flute ~ Pratika-Sahayak

Zhonghu ~ Nicholas Ng (Jianwen)

Percussion ~ Carlos 'Tapado' Vargas

Fear feeds fear, love feeds love.

...feast on a banquet of love.

Ooh, ooh, all is love, all is love.

Love is all around you, love always surrounds
you, so feel the love, feel the love.

Love is everywhere, love is in the air, so breathe
in the love, breathe in the love.

Love infuses everything that is and everything
that was and everything that will be.

Love is who you really are so open your heart to
give and receive all the love that you are.

Ooh, ooh, all is love, all is love.

Love is who you really are so go within and rest
in the love that you are, rest in the love.

Ooh, ooh, rest in the love, rest in the love.

Realise the power of love, and the power of love
that you are, embrace all the love that you are,
you're a powerhouse of love, you're a
powerhouse of love, so just be the love, be the
love.

Feel the love, be the love, breathe in the love,
breathe in the love.

All is love, all is love so rest in the love, rest in
the love.

All is love (*repeat to fade*)

14) What You Really Love

Vocals ~ Maia

Voice ~ Pratika-Sahayak

Gong ~ Carlos 'Tapado' Vargas

"Let yourself be silently drawn by the strange
pull of what you really love. It will not lead you
astray."

Words by Rumi

15) Alchemy

Hang ~ Maia

Native American-style flute ~ Pratika-Sahayak

Percussion ~ Carlos 'Tapado' Vargas

16) Rich, Real

Voice ~ Pratika-Sahayak

"Nothing is more important than
reconnecting with your bliss.

Nothing is as rich.

Nothing is more real."

Words by Deepak Chopra ~ deepakchopra.com

*(Of the countless legacies Chopra will leave this
world, our favourite ~ 'A Gift of Love (I & II).' These
beautiful CDs have been a wonderful inspiration for
this album.)*

17) Devananda (Live, live!)

Vocals, harp ~ Maia

Erhu ~ Nicholas Ng (Jianwen)

Sound effects ~ Carlos 'Tapado' Vargas

Live every moment,

Live every moment.

Live.

Be alive.

Devananda.

Every moment you are alive, is permission to fly.

Devananda.

May you live every moment of your life.

Live!

18) Forøvr Expanding

Vocals ~ Maia

Voice ~ Pratika-Sahayak

Sound effects ~ Carlos 'Tapado' Vargas

“Always evolving, forever expanding,
we are all joyously incomplete.”

*Words by Abraham-Hicks, by Jerry & Esther Hicks
(From many written/spoken Abraham-Hicks
publications, including the book 'Ask and it is
Given') Phone U.S.A. (830) 755-2299 ~
AbrahamHicks.com*

*(We resonate with, and are inspired and uplifted
by the wonderful teachings of Abraham.)*

“Follow your bliss”

Voice ~ Maia

Words by Joseph Campbell ~ jcf.org

*(What profound words from such a gentle, wise,
illuminated being. Campbell's legacy is great, but
perhaps none so stunningly simple and as well
known as this quote.)*

19) Bliss Bz With You

Sansula ~ Maia

Disc Two ~ Chants

1) New Earth

Vocals ~ Maia, Pratika-Sahayak, Stephen Hamacek

Emerald G Alchemy bowl ~ Pratika-Sahayak

Percussion ~ Carlos 'Tapado' Vargas

*(Base chant ~ New earth x 3,
Celebrate the new earth.)*

Hearts are opening, minds awakening,
Awareness expanding, celebrate the new earth.

We were born for this. Now is the time. Let's lead the
way and celebrate the new earth.

You are the light I am the light, we are the light,
shining. You are the light I am the light, celebrate the
new earth (x2)

You are the light, oh I am the light, we are the light,
celebrate the new earth.

Unity in oneness, living love, joyful harmony,
Celebrate the new earth.

We're here to shine. Now is the time. Let's celebrate,
celebrate the new earth.

You are the light I am the light, we are the light,
shining. You are the light I am the light, celebrate the
new earth.

You are the light, oh I am the light, we are the light,
celebrate the new earth.

We are shining, we are shining, shining for this new
earth, celebrate the new earth (x2)

Unity in oneness, one with Gaia, one heart one song,
celebrate the new earth.

We're here to shine. Now is the time. Let's celebrate,
celebrate the new earth.

You are the light I am the light, we are the light,
shining. You are the light I am the light, celebrate the
new earth.

You are the light, oh I am the light, you are the light I
am the light, celebrate the new earth.

We are shining, we are shining, shining for this new
earth, Celebrate the new earth (x2)

Celebrate, celebrate (x12)

Hearts are opening, minds awakening, awareness
expanding, celebrate the new earth.

Celebrate, celebrate, new earth.

Celebrate, celebrate.

*Inspired by the book 'A New Earth' by Eckhart Tolle ~
eckharttollev.com and The New Earth Festival
(Australia)*

2) Om Bodhana

Hang ~ Maia

Vocals ~ Maia, Pratika-Sahayak

Percussion ~ Carlos 'Tapado' Vargas

Om bodhana, jivan mukti, Om bodhana Om.

(In Sanskrit: Om is described as the seed sound of creation ~ bodhana means 'to wake up or expand' ~ jivan mukti means 'liberation in this life' (relating to the mind).

This chant can either serve as an encouragement to expand, or a celebration of your expansion into a liberated life.)

3) Lightness of Heart

Sansula ~ Maia

4) Inside

Vocals ~ Maia, Pratika-Sahayak

Percussion ~ Carlos 'Tapado' Vargas

Piano ~ Stephen Hamacek

All of the love in the universe
is inside you and me (x2)

All of the love in the universe
is inside you and me (x2)

All of the love in the universe,
all of the love, all the love (x2)

(Repeat, replace love with joy)
(Repeat, replace joy with love)
(Repeat, replace love with bliss)

Instrumental)

All of the love in the universe,
all of the love all the love (x2)
All of the love in the universe
is inside you and me (x2)

All of the love in the universe
is inside you and me (x2)

All of the love in the universe
is inside you and me.

5) My Soul, The Silence

Vocals ~ Maia

Tibetan bowl taps ~ Pratika-Sahayak

Bells ~ Nicholas Ng (Jianwen)

Wind chimes ~ freesound.org, Paul Sakion

Where is my soul? Where is the silence?

I went looking for my soul,
and I found it in the silence.

I went looking for the silence
and I found it in my soul.

My soul is in the silence,
the silence is in my soul *(repeat last six lines)*

My soul is in the silence,
the silence is in my soul.

(Stillness)

My soul my soul, my soul my soul,
my soul my soul, my soul my soul (x2)

My soul is in the silence,
the silence is in my soul (x2)

I went looking for my soul,
and I found it in the silence,
I went looking for the silence
and I found it in my soul (x2)

My soul my soul, my soul my soul,
my soul my soul, my soul my soul (x2)

My soul is in the silence,
the silence is in my soul (x2)

(Silence)

I went looking, looking for the silence,
I went looking, looking for my soul (x2)

'My Soul, The Silence' was inspired by these words by Sri Chinmoy...

"When I look for silence, I find silence inside my soul...when I look for my soul, I find my soul inside my silence." ~ srichinmoy.org

6) Om

Hang, D quartz crystal bowl ~ Maia
Vocals ~ Maia, Pratika-Sahayak

“There is nothing to do but be,
there is nothing to be but one.”

Words from ‘Communion with God’ by Neale
Donald-Walsch ~ nealedonaldwalsch.com

(Neale Donald-Walsch’s many books are
abundant with pearls of wisdom.)

7) Om Namah Shivaya

Vocals ~ Maia

(Sanskrit, ‘I bow to the supreme reality.’)

8) Trust, surrender and Follow...

Vocals ~ Maia, Pratika-Sahayak

Sound effects ~ freesound.org (chimes Uncle Sigmund, bell tones Freed),
Stock footage ‘Chimes on wind’ provided by FxProSound/Pond5.com

The time is now the time is now,
follow your heart, follow your bliss.
(Repeat, fading)

...follow your bliss.

9) Bonus track ~ Lovz (Non-percussion version)

(See Disc One Track 13 for details and lyrics)

samjjana’s journey

After our respective life, music and spiritual journeys, we met at the side of the stage after separate performances at a festival in Australia in June 2008. Our intuition led us to Europe two months later.

Synchronicity then led us to Costa Rica, where in January 2009, samjjana evolved out of our union, our music and people’s response to our music.

‘samjjana’ in Sanskrit means ‘a ceremony for harmony, unanimity and consciousness’ and for us it is more about the combined energies of musicians and audience than it is about two individuals performing.

Our music was in demand in Costa Rica. We performed often as a duo, and also with like-minded musicians who flowed into our sphere.

Due to constant requests for our music, we fast tracked our plans to record, producing two albums, ‘Elixir’ and ‘Gently Now’ during the eight months we lived there.

After returning to the Sunshine Coast (Queensland, Australia) in September 2009, we settled into our new lives as full time musicians, playing in concerts, festivals, private functions and at markets, as well as offering our Music Alchemy workshops and Sound Spas.

Our third album, ‘Peace Within’ was released in November 2010.

Although not aligned with any religion, we resonate with the core values at the heart of all true spiritual paths and faiths. Our lives and our music are based on universal love, peace, joy, unity, compassion and kindness. Our music is dedicated to the aspiring heart of humanity and its journey towards a higher consciousness.

With ‘Follow your Bliss’ completed as our album for 2011, we now look ahead to our 2012 album ~ one that has been incubating for as long as ‘Follow your Bliss’ and that is full of beautiful offerings for the new earth.

Our wondrous journey continues to unfold and we take delight in discovering its treasures. You are welcome to follow us via our website, and our various social media pages that you can link to from our home page.

Blessings to all on our divine earth home who take time out to rest in stillness and re-connect with the peace and bliss eternally within. May inspirational music fill your heart always.