

You Are My Light

Songs of Prayer and Praise



You Are My Light

This album is dedicated to my beloved Gurudeva, Swami Amar Jyoti, who inspired and encouraged us to chant God's Name in so many beautiful ways. These *Songs of Prayer and Praise* take us back to sublime moments during His Satsangs when we were filled with sweetness and joy, immersed in the light and love and God and Guru. For more than four decades I have cherished these songs written by my guru-sisters and some favorite hymns. Especially treasured are those by Ronnye Russell (1951-1994), whose songwriting still fills me with awe. May this album fill your heart with light, love and inspiration, and may you share that light with all those in need on life's way.

Produced by Truth Consciousness, a 501 (c) 3 Nonprofit
Live chanting recorded at Sacred Mountain Ashram & Desert Ashram
Overdubbed and mixed at Sacred Mountain Ashram
Mastered at SoundLab/DiscMakers

Vocals, guitar, synthesizer, Celtic harp and musical arrangements
by Sita Stuhlmiller · Tabla by Chetna Geller

Recording & technical assistance by Doris Eisenmayer

A special thank you to Haiden Davis for his violin improvisations
on *In the Garden* and *Fairest Lord Jesus*

Deepest gratitude to: Ronnye Russell for her compositions, "O Glorious Joyful One," "You Are Like a Child," "To Know Your True Reality," and melody for "The Beatitudes"; Betsy Sise for her compositions, "A Flame That Never Flickers," "Full With Light," and "Somehow I Had the Great Fortune"; and Susan Schugar for her compositions, "Lord, Let Me Be a Wildflower" and "You Are My Light." "Let My Life Be Simple," based upon a poem by Rabindranath Tagore, and "Your Love Is the Sweetest" compositions by Sita Stuhlmiller. "Amazing Grace" and "Fairest Lord Jesus" are traditional hymns. "Prayer of St. Francis" melody by Singh Kaur from the song, "Instruments of Peace," under license of Soundings of the Planet, www.soundings.com. "In the Garden" written by Miles, C. Austin/Brown and Charles Forgan, BMG Rights Management US LLC.

For more devotional music in this series visit Kirtan-SacredChants.org



Where there is no *me*,
there is Light.
This is the whole mystery
of consciousness
and unconsciousness.
Just *be* Light.

~ SWAMI AMAR JYOTI

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A FLAME THAT NEVER FLICKERS

A flame that never flickers
Though the winds of night are strong
A love that never falters
Though the way be steep and long
Your hand is always ready
To catch us when we fall
Your heart comes running quickly
When we sincerely call

Most dear beloved Master
This poor earth's rising star
My humblest deep thanksgiving
That You are Who You are

Your patience waits in silence
When our minds are closed to You
Then You take ten steps toward us
As we take one toward You

O what greater treasure
In the whole world could there be
Than to see Your shining face
As we listen at Your Feet
O Jesus, Buddha, Krishna,
O bringer of the Light
I bow to Thee most precious One
My deepest heart's delight

MUSIC & LYRICS BY BETSY SISE

O GLORIOUS JOYFUL ONE

O Lord, You have given me wings
To fly to You through the darkness
O Beloved Father and Friend
To know Your Love I am blessed

O Glorious Joyful One
How grateful I am that You've come

O Lord You have filled my heart
With Your gentle peace, I thank Thee
All that I see glows with Your smile
The image of You lives within me

O Lord, You have kindled the flame
Creation is lit by Your glance
Endless forms and infinite worlds
Unfold in its flickering dance

Lord, Your wonders have no end
But the greatest of them is Your Love
Space and time cease to exist
In Bliss, You and I are One

MUSIC & LYRICS BY RONNYE RUSSELL

IN THE GARDEN

I come to the garden alone
While the dew is still on the roses
And the voice I hear falling on my ears
The Son of God discloses

And He walks with me
And He talks with me
And He tells me I am His own
And the joy we share as we tarry there
None other has ever known

He speaks and the sound of His voice
Is so sweet the birds hush their singing
And the songs He sings
With their blissful strains
Within me deep are ringing

I stay in the garden with Him
Though the night around me be falling
For the world out there can't begin to share
The sweetness of His calling

WRITTEN BY C. AUSTIN MILES,
ARRANGED BY CHARLES FORGAN BROWN
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MANAGEMENT

YOU ARE LIKE A CHILD

You are like the winter
Strong and silent
You are like the summer
Warm and vibrant

O You are like a child
Joyous and free, simple and true
O You are what You are
Humble and wise, ancient and new

Dancing on the river of life
You are riding on the waves of time
Far beyond the realm of mind
Yet wise are You, so wise are You

You are like the autumn
Golden and giving
You are like the springtime
Fragrant and shimmering

MUSIC & LYRICS BY RONNYE RUSSELL

THE BEATITUDES

Blessed are the poor in spirit
For theirs is the kingdom of heaven
Blessed are they that mourn
For they shall be comforted
Blessed are they who do hunger and thirst
After righteousness for they shall be filled

Rejoice and be glad
Blessed are the meek
For they shall inherit the Earth
Blessed are the merciful
for they shall obtain mercy
Blessed are the pure in heart
For they shall see God
They shall see God

ADAPTED FROM THE BEATITUDES OF JESUS
WITH MUSIC BY RONNYE RUSSELL

LORD, LET ME BE A WILDFLOWER

Lord, let me be a wildflower
In the meadows of Thy Love
So I might always be at Thy Feet
Growing to Thy Light above

Lord, let me be a sapling tree
In the forest of Thy Might
Bending freely with the wind of Thy Will
Even in the darkest night

Lord, let me be a tear of joy
In the ocean of Thy bliss
Moved by the current of Thy Love alone
To merge in Thy boundlessness

Lord, let me be whatever will serve Thee
Whatever pleases Thee

Let me know nothing but devotion
To Thy Truth
In Thy stillness, Lord, my soul is free

MUSIC & LYRICS BY SUSAN SCHUGAR

AMAZING GRACE

Amazing Grace, how sweet the sound
That saved a soul like me
I once was lost but now I am found
Was blind but now I see

'Twas Grace that taught my heart to fear
And Grace my fears released
Most precious did that Grace appear
The hour I first believed

Through many dangers, toils and snares
We have already come
'Twas Grace that brought us safe thus far
And Grace will lead us home

When we've been here ten thousand years
Bright shining as the sun
We've no less days to sing God's praise
Than when we first begun

TRADITIONAL HYMN

FULL WITH LIGHT

Full with Light You never sleep
Suns and moons and planets
You keep them turning
Turning and turning
O my Lord, I sing Thy praises

Deep within the darkest night
You have filled it all with light of stars
Turning and turning
Light of stars, turning and turning
O my Lord, such are Thy wonders

A spark am I from Thy holy fire
To see Thee Lord is my one desire
Returning, turning home to Thee
O Lord returning, turning home to Thee
O my Lord, how I long for Thee

MUSIC & LYRICS BY BETSY SISE

LET MY LIFE BE SIMPLE AND STRAIGHT

Let my life be simple and straight, Lord
Like a reed that is filled with Thy music
Let my life be simple and straight, Lord
Like a reed that is filled with Thy song

Let my heart be humble and pure, Lord
Like the flower that waits for Thy passing



Let my mind be simple and clear, Lord
Like the breeze that sings through the forest

Let my words be gentle and kind, Lord
Like the dove that soothes with its calling

Let my life be simple and straight, Lord
Like a reed that is filled with Thy song

ADAPTED FROM A POEM BY RABINDRANATH TAGORE
WITH MUSIC BY SITA STUHLMILLER

FAIREST LORD JESUS

Fairest Lord Jesus, Ruler of all nature
O thou of God and man the Son
Thee will I cherish, Thee will I honor
Thou my soul's glory, joy and crown

Fair are the meadows
Fairer still the woodlands
Robed in the blooming garb of spring
Jesus is fairer, Jesus is purer
Who makes the woeful heart to sing

Fair is the sunshine
Fairer still the moonlight
And all the twinkling starry host
Jesus shines brighter, Jesus shines purer
Than all the angels heaven can boast.

TRADITIONAL HYMN

TO KNOW YOUR TRUE REALITY

What is a world full of praises
Without the bright Light of Your Truth?
What good are sweet consolations
When missing the bliss that is You?

To know Your True Reality
Is the one lasting joy to be found
Like the sky You are vast
More than oceans You're deep
And unbound
And Your love like a river
From a high mountaintop
Flows down unrelenting
'Till each heart is cleansed
In the body of souls You sustain
Souls You sustain

O Dreamless One free of illusion
How simple and pure is Your world
Like a spring You are constantly singing
Overflowing Your freshness to all

O Lord Your Love is beyond
What any devotee can tell
Your sight is completely fulfilling
To any heart loving You well

MUSIC & LYRICS BY RONNYE RUSSELL

YOUR LOVE IT IS THE SWEETEST

You're the sun forever shining
In the center of my heart
You're the moon serenely rising
To illuminate the dark
And everything You touch reveals
A beauty of its own
Your love, it is the sweetest I have known

Your Love, it is the sweetest
The purest and the deepest
Your Love it will redeem us all alone

You have given Rta Dharma
As fulfillment of our dreams
To awaken mankind's promise
Of life lived for the Supreme
And everything You touch reveals
A beauty of its own
Your Love it is the sweetest we have known

Dearest blissful Gurudeva
We are children at Your Feet
Grant us humble heart's devotion
To awaken from our sleep
For everything You touch reveals
A beauty of its own
Your Love it is the sweetest we have known

MUSIC & LYRICS BY SITA STUHLMILLER

YOU ARE MY LIGHT

You are my Light in the darkness,
O sweet Lord, You are my Light
You are my boat on the ocean
O sweet Lord, You are my boat

And You're my Beloved
And You're my Beloved
Forever more, O sweet Lord
You, You are my All

You are my path in the wilderness
O sweet Lord, You are my path
You are my joy in this emptiness
O sweet Lord, You are my joy

MUSIC & LYRICS BY SUSAN SCHUGAR

PRAYER OF ST. FRANCIS

Lord, hear this prayer of mine
That with this prayer of mine
Day by day, O Lord I pray

Lord, make me an instrument of Thy peace
Where there is hatred, let me sow love
Where there is injury, pardon
Where there is doubt, faith
Where there is despair, hope
And where there is darkness, light
And where there's sadness, joy

O Divine Master, grant that I may not
So much seek
To be consoled as to console
To be understood as to understand
To be loved as to love

For it's in giving that we receive
And it's in pardoning that we are pardoned
And it's in dying that we are born into
Eternal Light

ADAPTED FROM THE PRAYER OF ST. FRANCIS WITH
MUSIC BY SINGH KAUR © SOUNDINGS OF THE PLANET

SOMEHOW I HAD THE GREAT FORTUNE

Somehow I had the great fortune
To look into Your eyes
And the Truth and the Love that I saw there
Called me to follow You anywhere
I have cast all aside and with You Lord abide
You are my all
And somehow I had the great fortune
To look into Your eyes

Somehow I had the great fortune
To look into Your eyes
And Your smile calls me to remember
What I had forgotten for a long, long time
After years and births of wandering
I have come at last to Your Feet
Now I am home
And somehow I had the great fortune
To look into Your eyes

Somehow I had the great fortune
To look into Your eyes
And the Truth and the Love that I see there
Call me to follow You anywhere
I have cast all aside and with You Lord abide
You are my all
And somehow I had the great fortune
To look into Your eyes

MUSIC & LYRICS BY BETSY SISE

1	A FLAME THAT NEVER FLICKERS.....	3:17
2	O GLORIOUS JOYFUL ONE.....	4:24
3	IN THE GARDEN.....	2:34
4	YOU ARE LIKE A CHILD.....	3:24
5	THE BEATITUDES.....	2:43
6	LORD LET ME BE A WILDFLOWER.....	3:46
7	AMAZING GRACE.....	3:14
8	FULL WITH LIGHT.....	4:47
9	LET MY LIFE BE SIMPLE.....	3:12
10	FAIREST LORD JESUS.....	2:48
11	TO KNOW YOUR TRUE REALITY.....	3:41
12	YOUR LOVE IT IS THE SWEETEST.....	5:44
13	YOU ARE MY LIGHT.....	3:09
14	PRAYER OF ST. FRANCIS.....	3:38
15	SOMEHOW I HAD THE GREAT FORTUNE.....	3:36

Total Running Time 53:57



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