

Katie Wise & Bhakti Explosion

Lvolution

Produced by Ben Leinbach

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All music composed by Katie Wise except:

- **Guru Groove by Katie Wise, Kristin McLean, Neville Harson, John Hoelle**
- **Into the Mystic (Mystic Krishna) by Van Morrison, copyright Wb Music Corp.**
- **Hallelujah by Leonard Cohen, copyright Sony/Atv Songs Llc Obo Bad Monk Publishing**
- **Music Is Love (Lokha Love) by David Crosby, Graham Eric Nash, And Neil Young, copyright Silver Fiddle Music, Spirit One Music Obo Nash Notes, And Sony/Atv Songs Llc**

Instrumentation:

Katie Wise - lead vocals, harmonium, acoustic guitar

Kristin McLean - featured vocals (1,2,5,6,8)

Jai Uttal- featured vocals (6)

John hoelle - electric bass (1,2,6,8)

Andy Skellenger - tablas (1,2,3,4,6,8)

Neville harson - electric guitar, keys (1,2,3,5,6,8)

Noah Wilson - hammered dulcimer, sitar, dotar, dilruba (1,2,5,6,7,8)

Gawain Mathews - acoustic and electric guitar (1,2,3,4,7,8)

Johanna Beekman, Mike Cohen - backing vocals (3)

Ben Leinbach - vocals, all other programming and instrumentation

Produced and mixed by Ben Leinbach

Recorded by Ben Leinbach at Old Bull Productions

in San Anselmo, CA and Etown in Boulder, CO

and by John McVey at Coupe Studios in Boulder, Co

Mastered by Hans Christian at 330 Studio in Sturgeon bay, WI

**Production Consultation by Mike Cohen
Photography by Merrick Chase
Cover Art (“Saraswati”) by Emily Balivet
Logo by Kevin Penland**

**To the many names of the Divine moving through all of us.
Tons of gratitude to: Mike Cohen for initiating me into this practice,
Ben Leinbach for your musicality and humor to the end, Kristin for the
love in your voice, Neville for your musical vision, Noah for your
generous soul, Andy for your devotion to craft, Jai Uttal for your
honesty and power, the Nyland community for your love, the
Bhaktigogo supporters for making my dream come true, Kick-ass
Kirtan choir (Noah Wilson, David Coddington, Leann Roberts, Taiysha
Adams, Danya River, Sheila Gentry, and Mira Gale), Rebecca Folsom
for lighting the way, Breck Costin for taking a stand for my life, my
family for healing my heart and singing along, and most of all to John
for co-creation, delight, and sharing this path of love. From our heart
to yours to the one heart. May we all beat in harmony.**



Jai Ganesha Om

clear the path

**Gum Ganapateyei (3x)
Namaha, Namaha**

**Jai Ganesha Om (3x)
Ganesha om, Ganesha om**

Gum Gum Ganapateyei Namaha

Ganesh is considered both the remover of obstacles and the placer of Obstacles- Ganesh is a little bit like the serenity prayer in a diety. The wisdom of Ganesh is knowing when to call in his power to clear the path, and when to trust that the obstacle in your path is not actually an obstacle but a piece of guidance- to either stop moving in

the direction you are, stop forcing and wait for clarity, or take an entirely new direction. This chant is often done at the beginning of a kirtan event to create an auspicious beginning. This track begins with a riff that was just Neville and Noah and Andy playing around, and Ben said to John McVey "record!" My intention with the arrangement of this song was to create a lonely sound, where the vocals and instruments begin very spare, calling in a more lush soundtrack as the song goes on-- A little nod to Mazzy Star (Fade Into You), and Shawn Colvin (Set the Prairie on Fire) as my inspiration on this track.

Instrumentation:

Katie- Vocals

Kristin- Vocals

Noah- Hammered Dulcimer

John Hoelle- Electric Bass

Neville- Electric Guitar

Gawain- Acoustic Guitar

Andy- Tablas

Ben- all other percussion and instrumentation



Guru Groove

bow to the light

**Guru Brahma
Guru Vishnu
Guru Devo
Mahesh waraha**

**Guru Sakshat
Param Brahma
Tasmai Shri
Guravay Namaha**

We sometimes do “band retreats” where we do a sleepover at Kristin and Neville’s house, and make music for 24 hours-- the kids try to sleep, and we play

music. At one of these, Neville said “what can you do with this beat?” he had his Iphone out and was using the app Launchpad. It felt masculine to me, so I thought immediately of the Guru Mantra. Guru means Dark to Light. This mantra calls upon all of the gurus- and the three parts of the Divine- creator (Brahma), Sustainer (Vishnu), and Destroyer (Siva). The Guru mantra also calls on all the lineage of gurus, and the greatest guru. When you sing this mantra, you can honor your ancestors, your teachers, and all the forces that bring you from darkness to light. Featuring Noah Wilson on the Dotar- (sounding like an appalachian banjo!) And many thanks to Neville Harson for planting the seed- and to John Hoelle, Kristin McLean and Neville for creating this awesome track together.

Written by Bhakti Explosion

Instrumentation:

Katie- Vocals & Harmonium

Kristin- Featured Vocals

Noah- Dotar

Neville- Electric Guitar

John Hoelle- Electric Bass

Gawain- Electric Guitar

Andy- Tablas

Ben- all other percussion and instrumentation

Iphone- a few sound effects

Kirtan Choir- Mira Gale, Danya River, David Coddington, Noah Wilson, Leann Roberts, & Sheila Gentry



Mystic Krishna

open your heart

**Hari Ram, Jai Jai Ram (repeat)
Hare Krishna Hare Krishna
Krishna Krishna Hare Hare
Hare Rama Hare Rama
Rama Rama Hare Hare
Radhe Radhe Shyam
Ram Ram Sita Ram (3x), Jai Hanuman
Om Namoh Bhagavate Vasudevaya**

All of these are mantras to Lord Krishna- Krishna is the power of unconditional love. This chant was born on the plane ride home from my first tour - In Cleveland with Mike Cohen. I was listening to Into the Mystic, By Van Morrison, and I started hearing this hari Ram Jai Jai Ram part. For weeks it haunted me-

the two songs together-- and I sat down, inspired by Van's chords, and the maha mantra- one of the greatest mantras of all time (the Beatle's loved this one!) and wrote this chant. It's one of our favorites to do live. The last mantra- Om Namoh Bhagavate Vasudevaya is not just a mantra, but a mission for me- it means "while I am here on this earth, let spirit use me for spirit's will, not mine" I use this mantra as a practice to center my life and my work around the divine will- and so far, it has been a gift in my life. May it open your heart.

Written by **Van Morrison**

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Instrumentation:

Katie- Vocals & Harmonium

Johanna Beekman- Backing Vocals

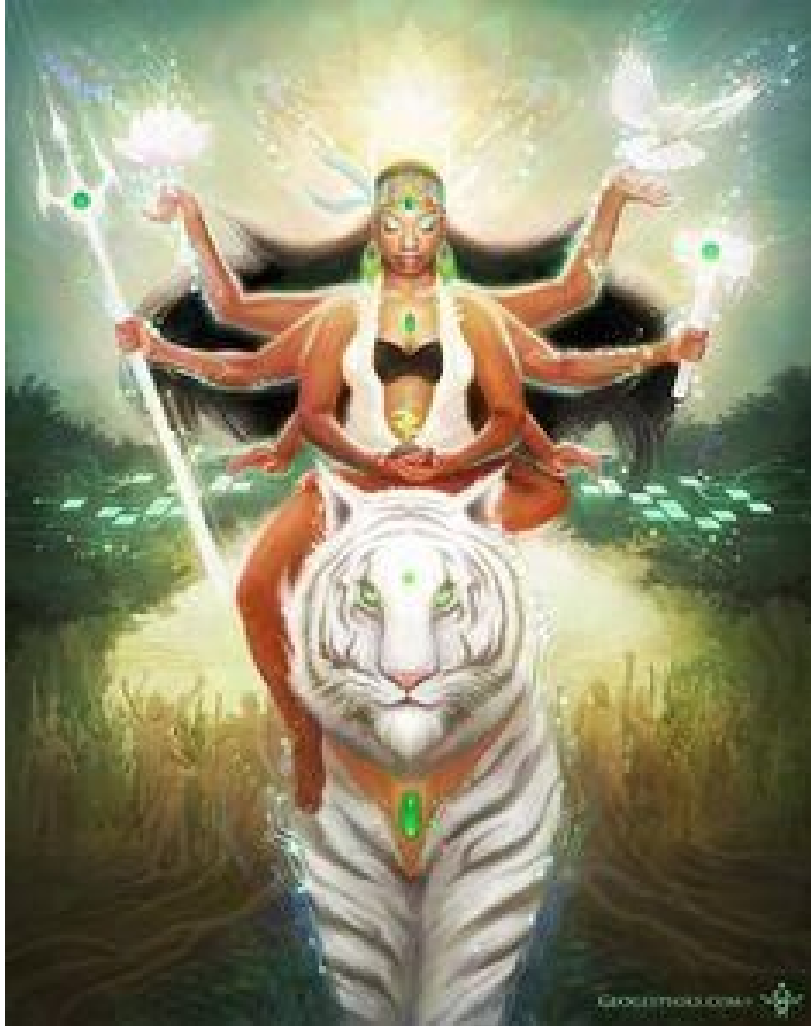
Neville- Electric Guitar

Gawain- Electric Guitar

Andy- Tablas

Ben- all other percussion and instrumentation

Kirtan Choir- Mike Cohen, Johanna Beekman & Ben Leinbach



Hey Ma Durga

release your fear

Hey Ma Durga,
Hey Ma Durga
Om Sri Durgaya
Namaha

Om Dum Durga Namaha, Durga Namaha, Durga Namaha

Durga- Power, Change, Purpose, Releasing what doesn't serve you.

This chant came through in a very Durga like fashion- I sometimes refer to Durga as the 'no nonsense' goddess. When the demons are winning and the world is out of balance, she comes in, on a white tiger, and she completes what the men of the world have not been able to do, and she slays the demon with grace, and

feminine relaxation. She embraces her power and her purpose, and does only what needs to be done. She wastes no energy in fear, doubt, or resistance. When we call upon the energy of durga, we allow our heart to be bigger than our fear, our purpose to be bigger than our resistance, and our mission to be greater than our self-doubt. This track was one of Ben and I's very first collaborations. Call upon Durga when you are ready to release your fear and step into your purpose.

Written by Katie Wise

Instrumentation:

Katie- Vocals, Backing vocals & Harmonium

Gawain- Electric Guitar

Andy- Tablas

Ben- guitar, all other percussion and instrumentation



Hari Om

cleanse

Hari Om

Hari Om is a classic and often used mantra- I have heard it translated as the mantra to remove suffering, also to connect with the universal energy of all things. It is also said that it removes and Kleshas or Karmic imprints from

pronouncing the other mantras incorrectly-- so that's pretty cool!

I wrote this chant as an "assignment" from Neville. I was playing with alternate tunings on the guitar, and he told me to write a chant in DADGAD. I love a mission- so I went home and this chant was born. I was also drawn to writing a simpler chant. So the only words here are Hari Om.

We also stripped down the instruments- only Neville (electric guitar), Noah (traditional sitar) and myself (Acoustic guitar) Neville's 'solo' in this song is one of my favorite moments of the whole CD.

Written by Katie Wise

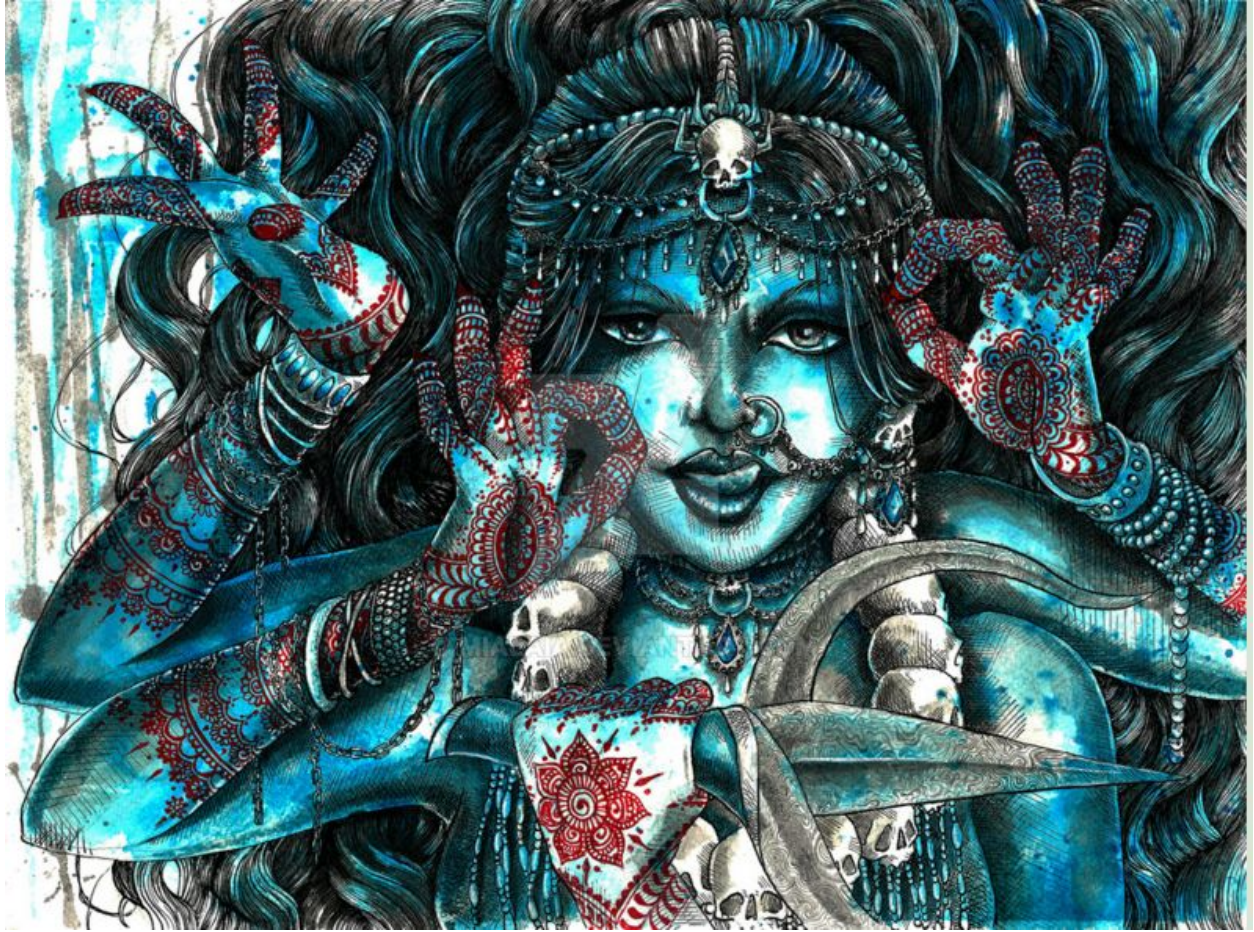
Instrumentation:

Katie- Vocals & Acoustic Guitar

Kristin McLean- Backing Vocals

Neville- Electric Guitar

Noah- Traditional Sitar



Om Mata Kali

transform

Om Mata, Om Mata,
Om Mata, Kali

Om Mata Kali, Om Mata Durga
Om Mata Kali, Namoh Namaha

Jai Kali, Jai Kali, Jai Kali Ma
Kali Ma, Kali Ma, Jai Jai Ma
Jai Jai Ma (3x), Kali Ma
Jai Ma (3x), Kali Ma
Ma, ma, ma, ma... namoh namah

Om Mata Kali, Om Mata Durga

Written by Katie Wise

Instrumentation:

Katie- Vocals & Harmonium

Jai Uttal- Featured Vocals

Kristin McLean- Featured Vocals

Neville- Electric Guitar

John Hoelle- Electric Bass

Noah Wilson- Dilruba and Electric Sitar

Andy- Tablas

Ben- all other percussion and instrumentation

Kirtan Choir- Mira Gale, Danya River, David Coddington, Noah Wilson, Leann Roberts, Sheila Gentry & Taiysha Adams

Kali- Kali is the “enough is enough” goddess. She is the goddess of destruction and spaciousness. She comes in when nothing else is working and creates change. I often tell a story of the rotten banana that you find at the bottom of your backpack- at one time useful, but now, just a burden. Let it go, don’t look back, compost the rotten, no longer useful parts of your life, and let them grow into something extraordinary. Kali can be violent, but the change she brings is necessary.

This track has three sections- the beginning I feel is a gentle call, and a dive deep into the parts of us that need healing- the middle we embrace the wildness and the destructive energy of Kali, dancing out our demons, letting it go with duende, letting the passion come through our feet and release what no longer serves. And the last section is the embrace of the divine mother, calling in Durga and Kali and gently rocking you in your newness- like a baby being born.

This track includes a dream come true- which is that Jai Uttal is singing on it! Jai’s raga singing and musicality have served as a guiding light and inspiration for me on this path for many years. One of the first artist’s whose work I really fell in love with in this genre- I always dreamed of having Jai’s incredible and divinely embodied voice on the album. By some powerful manifestation, and the graciousness of Jai, here he is. Watching him record was a highlight of this whole process. Thank you Jai, from the bottom of my heart. You complete the track in a whole new way! (I miss your voice when we do it live!!)



Hallelujah Ra Ma Da Sa

heal

Ra Ma Da Sa, Sa Say So Hung

***I heard there was a secret chord
That David played and it pleased the lord
But you don't really care for music do you
Well it goes like this- the fourth, the fifth
The minor fall and the major lift
The baffled king composing hallelujah***

Hallelujah, Hallelujah, hallelujah, hallelujah...

***Some say I took the name in vain
But what if there were many names
Names like music working there way through you
There's a blaze of light in every word
It doesn't matter which you heard,
The holy or the broken hallelujah***

Hallelujah, Hallelujah, hallelujah, hallelujah...

***I did my best, It wasn't much
I couldn't feel, so I tried to touch***

***I told the truth I didn't come to fool you
And even if it all goes wrong,
I'll stand before the lord of song,
With nothing on my tongue but hallelujah***

Hallelujah, Hallelujah, hallelujah, hallelujah...

Guru Guru, Wahe Guru, Guru Guru, Guru Wahe Guru

**By Leonard Cohen
Copyright Sony/Atv Songs Llc Obo Bad Monk Publishing**

***Katie- Vocals, & Backing vocals
Gawain- Electric Guitar
Noah Wilson- Dilruba
Ben- guitar, piano, all other percussion and instrumentation***

This is my favorite song of all time. The words are epic poetry and perfection in songwriting. I read that Leonard Cohen writes 60 verses sometimes before choosing which to include. I believe it when I sing this song. I changed the first three lines of the second verse. I knew that some people very close to me would not understand all of the mantras, and the dieties, and even perhaps feel I was worshipping false idols. Leonard's line was

***"You say I took the name in vain
I don't even know the name
But if I did, well really, what's it to you?"***

***I changed it to:
"Some say I took the name in vain
What if there were many names?
Names like music working there way through you"***

I feel each of these mantras/dieties/energies/medicines works it's way through us- Ganesh accesses the part of us that clears through blockages, Kali accesses our ability to let the toxic stuff go, Ra Ma Da Sa helps us heal. Like music, these names are vibrational and they land in our bodies and help us be more present, more alive, more whole. This verse is my homage to the many belief systems in the world- to me we are all pointing at the same sun, and bathed in it's warmth equally. I invite and welcome everyone's own relationship with the divine.

Both the second and third verse are more obscure verses that he often does live. I wrote the ra ma da sa healing chant to go with it to dive deeper into the healing

power of music and of mantra. I hope you enjoy and use this practice for deep healing. It was written after a time of loss and change, and it was like a medicine for me- I hope it offers you the same comfort. If you are in a profound time of needing healing, I suggest doing this as a 40 day practice.

Guru Guru Wahe Guru mantra at the end - is a bit like the Gurmuki equivalent of Hallelujah- it means- 'Wow! God! Guru!'" basically. These two mantras I learned during my extensive Kundalini Yoga Training with Gurmukh.



Lokha Love

be free from suffering

**Music Is Love by David Crosby, Graham Eric Nash, And Neil Young
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Sony/Atv Songs Llc**

Lokha Samastah,

Sukhino Bhavantu

Om, Shanti Om, Shanti Om,
Shanti Om

Everybody's saying that music is love,
Everybody's saying it's love.

May all beings be free from suffering, may all beings know peace

This mantra takes the merit we have created together and spreads it throughout the world. We often use this mantra at the end of a Kirtan to share the blessings globally. I like to think that when we all sing together, whether alone in your car with this music Use this mantra to practice loving kindness to all beings.