



CUUPS
Fort Myers
Chant Book

*Prepared by Lesley
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Attributions provided where possible

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OPENINGS / CIRCLE **CASTING**

We Are a Circle

We are a circle, within a
circle
With no beginning, and
never ending

Hand to Hand

~ Lesley Peterson

Hand to hand, the circle
is cast
Joining present, future
and past

A Circle is Cast

~ Libana

A circle is cast,
Again and again and
again...

ELEMENTS

Air I Am

~ Andras Corban Arthen

Air I am,
Fire I am,
Water, Earth and Spirit I
am.

Air Moves Us

~ Reclaiming Collective

Air moves us
Fire transforms us
Water shapes us

Earth heals us
And the balance of the
wheel goes round and
round
And the balance of the
Wheel goes round and
round
And the balance of the
wheel goes round

Born of Water

~ Lindie Lila

Born of water,
Cleansing, powerful
Healing, changing
We are

Sparks

~ Reclaiming Collective

Sparks from the hearth
Of the Queen of Death

and Life

Swarm through the dark,
Dance through the night

The River is Flowing

~ Rachel Sessions

The river she is flowing
Flowing and growing
The river she is flowing
Back to the sea

The Earth, the Water, the Fire, the Air

~ Libana

(2x) The earth, the water
the fire the air
Return, return, return,
return
(2x) Ai ay, ai ay, ai ay, ai
ay,
Ai oh, ai oh, ai oh, ai oh

GODDESS/GOD
CHANTS

**We All Come From
the Goddess / Hoof
and Horn**

~ Z. Budapest & Ian Corrigan

We All Come From The
Goddess
And To Her We Shall
Return
Like A Drop Of Rain
Flowing To The Ocean

Hoof and horn, Hoof and
horn
All that dies shall be
reborn

Hecate, Cerridwen

Hecate, Cerridwen
Dark Mother take us in
Hecate, Cerridwen
Let us be reborn

Cerridwen

~ Lesley Peterson

Deep cauldron, ancient
wisdom
Cerridwen
Life yields to your
embrace
And is born again

Ancient Mother

Ancient mother, I hear
you calling
Ancient mother, I hear
your song

Ancient mother, I hear
your laughter
Ancient mother, I taste
your tears

Snake Woman

~ Starhawk

Snake Woman, shedding
her skin

Snake Woman, shedding
her skin

Shedding, shedding,
shedding her skin

Shedding, shedding,
shedding her skin

Bird Woman, taking
flight...

Star Woman, shining
bright..

Moon Woman, riding the
night...

Star Woman, opening
wide...

Rhiannon

~ Lesley Peterson

Veil covered face, and
golden beauty
Birds sweetly singing,
Rhiannon
Annwyn's great Queen,
warm embracing mother
Hoofbeats are ringing,
Rhiannon

Blodeuwedd

~ Lesley Peterson

Blodeuwedd, fair maiden
Behind a face made of
flowers
Lie mysteries,
beginnings,

The knowing eyes of the
owl

Cernnunos

~ Lesley Peterson

Horned one the Hunter,
Horned one the Lord,
Horned one the Hunted,
Horned one Cernunnos

Lugh the Sun King

(2x) Oh, tell me why,
Oh, tell me why,
Oh, tell me why did the
clouds come to darken
the sky

This is the wake of Lugh
the Sun King
He lost his life on the
solstice day

This is the wake of Lugh
the Sun King
He steps into the dark
and guides the way

Lugh

~ Lesley Peterson

Fiery on, the blazing sun
Lugh, Lugh, Lugh, Lugh
Eye in the sky, shining
high
Lugh, Lugh, Lugh, Lugh,
Lugh

OTHER CHANTS

We Are the Old People

~ morning feather/Will
Shepardson

We are an old people, we
are a new people
We are the same people,
stronger than before.

Rise Up and Call Their Names

Those who have gone
before us,
Rise up and call their
names

Powerful Song

Powerful moon of
radiant light
Weave us a web to spin
the night
Web of stars that holds
the dark
We are the power that
holds the spark
Strand by strand, hand
over hand
Thread by thread, we
weave the web

The Earth is Our Mother

~ Traditional Native American

The Earth is our Mother
We must take care of her
The Earth is our Mother
We must take care of her

Hey younga ho younga
hey young young
Hey younga ho younga
hey young young

Her sacred ground we
walk upon
With every step we take
Her sacred ground we
walk upon
With every step we take
Hey younga ho younga
hey young young

We Are One

We are one...
With the soul...
Of the earth...
Mother Earth...

May the Circle Be Open

May the circle be open
but unbroken

May the peace of the
(god/goddess/universe)
be ever in your heart

Merry meet and merry
part

And merry meet again

ORIGINAL SONGS

~ by Lesley Peterson

Dragons Everywhere

Feel the winged beat rise
through the sky, through
the sky,

Whistling winds embrace
us, lift us high, lift us
high

Clear new visions freely
floating by, floating by
Dragons of the air
Dragons of the air

Feel the breath of flame that
warms our hearts, warms our
hearts

Causing trepidation to depart,
to depart

Spark that stirs the life in all
we start, all we start

Dragons of the fire
Dragons of the fire
Join dragons of the air

Feel the coursing current ebb
and flow, ebb and flow
Tender reassurance we will
know, we will know
Gently giving shape to all that
grows, all that grows
Dragons of the water
Dragons of the water
Join dragons of the fire
Join dragons of the air

Feel the roaring rumble
through the ground, through
the ground
As our spirit strengthens to
the sound, to the sound
Manifest creation now be
found, now be found
Dragons of the earth

Dragons of the earth
Join dragons of the water
Join dragons of the fire
Join dragons of the air

Feel the pulsing power
permeate, permeate
Ever turning wheel that
guides our fate, guides our
fate

Balancing the forces we
create, we create

Dragons of the spirit
Dragons of the spirit

Join dragons of the earth
Join dragons of the water
Join dragons of the fire
Join dragons of the air
Join dragons everywhere
There are dragons everywhere

The Oldest Animals

The shadowed cloak of
twilight falls

The wind sighs through the
rowan branch

The blackbird lifts its voice to
call

The gateway beckons to us
now

Yes the gateway beckons now

(Chorus)

So go to the blackbird and
stag, they will tell

You to seek out the owl and
the eagle as well

They will lead to the salmon
come drink of its wisdom

At the pool where the hazel
nuts fall now

At the pool where the hazel
nuts fall

The birch trees at the gateway
stand
The bellow rings through the
crisp fresh air
The stag stands proud on
ancient land
The path spreads out before
us now
Yes the path is spread out now

(Chorus)

The full moon shines on frosty
snow
The ivy covers the frozen
branch
The silent owl has eyes that
know
The spiral beckons to us now
Yes the spiral beckons now

(Chorus)

The rising sun announces day
The oak embraces the growing
dawn

The eagle soars on golden rays
The new day calls out to us
now

Yes the new day call to us now

(Chorus)

The hazel nuts forever fall
The sacred pool of wisdom's
brew

The salmon, eldest of them all
The blessed fountain of youth
now

Yes the blessed fountain of
youth

(Chorus x 2)

Take my hand and together
we'll drink deep of wisdom
At the pool where the hazel
nuts fall

Audio/Video Resources

We Are a Circle

https://youtu.be/lwEBfz1Eyso?list=PLIVPhsvO_gfmkIUL_T9L6GesnMk8PA52s

Hand to Hand

<http://explorer.cyberstreet.com/music/Silverbranch/Lesley%20Peterson%20-%20Track%2001.mp3>

A Circle is Cast

<https://www.youtube.com/watch?v=Y55TpbONCLg>

Air I Am

<https://www.google.com/search?client=firefox-b-1-d&q=air+i+am+chant#fpstate=ive&vld=cid:54bode75.vid:hVTf8gIOfRQ.st:0>

Air Moves Us

<https://www.youtube.com/watch?v=keZvhg5D2hc>

Born of Water

<https://www.youtube.com/watch?v=dwId95VC49M>

Sparks

<https://open.spotify.com/track/2mzBqGxYnnD41OX9tjoOKB>

The River is Flowing

https://youtu.be/dcKRx7_z4mk

The Earth, the Water, the Fire, the Air

<https://youtu.be/9CnUGaH51IA>

We All Come From the Goddess / Hoof and Horn

<https://youtu.be/ZYK7op7nzb8>

Hecate, Cerridwen

<https://youtu.be/IMi5SjU72wo>

Cerridwen

[http://explorer.cyberstreet.com/music/Silverbranch/
Cerridwen.mp3](http://explorer.cyberstreet.com/music/Silverbranch/Cerridwen.mp3)

Ancient Mother

<https://youtu.be/dtJSnzTdf6A>

Snake Woman

<https://youtu.be/yCch6fCzxzo>

Rhiannon

[http://explorer.cyberstreet.com/music/Silverbranch/
Lesley%20Peterson%20-%20Track%2008.mp3](http://explorer.cyberstreet.com/music/Silverbranch/Lesley%20Peterson%20-%20Track%2008.mp3)

Blodeuwedd

[http://explorer.cyberstreet.com/music/Silverbranch/
Lesley%20Peterson%20-%20Track%2003.mp3](http://explorer.cyberstreet.com/music/Silverbranch/Lesley%20Peterson%20-%20Track%2003.mp3)

Cernnunos

[http://explorer.cyberstreet.com/music/Silverbranch/
Lesley%20Peterson%20-%20Track%2011.mp3](http://explorer.cyberstreet.com/music/Silverbranch/Lesley%20Peterson%20-%20Track%2011.mp3)

Lugh the Sun King

<https://youtu.be/2sdw3KApoc>

Lugh

[http://explorer.cyberstreet.com/music/Silverbranch/
Lesley%20Peterson%20-%20Track%2006.mp3](http://explorer.cyberstreet.com/music/Silverbranch/Lesley%20Peterson%20-%20Track%2006.mp3)

We Are the Old People

https://youtu.be/Aq_EaKImjMI

Rise Up and Call Their Names

(resource not found)

Powerful Song

https://youtu.be/yiw_hR2CC3Q

(second half of chant)

The Earth is our Mother

<https://youtu.be/1DrLbH6BAPY>

We Are One

(resource not found)

May the Circle Be Open

<http://explorer.cyberstreet.com/music/Silverbranch/Lesley%20Peterson%20-%20Track%2014.mp3>

Dragons Everywhere

<http://explorer.cyberstreet.com/music/Silverbranch/Lesley%20Peterson%20-%20Track%2002.mp3>

The Oldest Animals

<https://youtu.be/NKIsAtLMqqM>

Merry Meet,
and Merry
Part,
And Merry
Meet again.

Blessed be!!!

