

# Earth Chants - Earth Songs

Helene and Dave Van Manen

Job #

Project

MRT #



*Songs to Sing To Yourself -  
Songs to Sing with Others*

a collection of 18 songs for people who love the earth and work for peace

[www.coachhelene.com](http://www.coachhelene.com)

FRONT

Music - and singing - is a part of our daily lives. Since the early days of releasing our children's music albums *We Recycle*, *Barley Bread & Reindeer Milk*, and *Healthy Planet Healthy People*, and our first folk album for adults, *Wage Peace*, music continues to be a presence in our home, our walks, and many facets of our work. We are so pleased to release this album of some of our favorite chants, a few previously released titles, plus a couple of songs Dave wrote that have never been recorded. It is our gift to the Earth and the many wonderful people who are working to make our homes, our communities and our world a better place to be.

Helene is a Business and Life Coach and specializes in leading retreats and training other people to be retreat leaders. See more on her work at: [www.coachHelene.com](http://www.coachHelene.com) or [www.retreatcoaches.com](http://www.retreatcoaches.com)

Dave is Founder and Director of the Mountain Park Environmental Center, a not-for-profit environmental education organization that provides opportunities for people to learn about and connect with Nature. Learn more at [www.hikeandlearn.org](http://www.hikeandlearn.org)

Together, Dave and Helene lead couples retreats and outdoor adventures for all sorts of groups. They also spend lots of time staring at their first grandson, Jude.

- 1 *Metta*
- 2 *Earth My Body*
- 3 *I Am Rooted*
- 4 *Woman Am I*
- 5 *The River is Flowing*
- 6 *Chant for the Earth*<sup>\*</sup>
- 7 *One of These Days*<sup>1</sup>
- 8 *Keep it Simple*<sup>2</sup>
- 9 *Every Little Cell*
- 10 *Step Into the Flow*
- 11 *Hold Me Mother Earth*
- 12 *May the Circle Be Open*
- 13 *Firebirds*<sup>\*</sup>
- 14 *Simple Gifts*<sup>\*</sup>
- 15 *Acceleration Syndrome*<sup>2</sup>
- 16 *Peace Like A River*<sup>\*</sup>
- 17 *I'm Going On*<sup>2</sup>
- 18 *Peace Will Come*<sup>\* 3</sup>

Recorded at Howling Dog Studios,  
Alamosa, Colorado January 2004.

<sup>\*</sup> Previously released.

All songs: Traditional except  
1: Colleen Fitzgerald; 2: Dave Van Manen;  
3: Tom Paxton.

Copyright 2004 People Records.

This album is for Jude.

*Still singing - together - after all these years!*

The Van Manens 8929 Apache Drive Beulah, CO 81023