

Song and Chanting Sequence Reference Page

One

**In Bravery I am strong of heart
I face what comes to me
I rise above all fear and doubt
Claim all I Am to be**

***“And so it is given, and so I receive
I embrace this Virtue most thankfully”***

**I Am the path, the journey’s end
The goals, the stops, where I begin
All lessons learned along the way
Shall guide me on each blessed day
Bravery, Honor, Trust and Flow
Virtues four I’m glad I know
Spontaneity, surely I call my friend
On Enthusiasm too, I so depend
I Celebrate these virtuous traits
In choices and in steps I take
For, if indeed, as hero thrive
These signposts I must utilize**

Two

**I wear the cloak of Honor
I walk authentically
What you see is what you get
You can count on me**

***“And so it is given, and so I receive
I embrace this Virtue most thankfully”***

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Three

**In trust I choose the steps to take
Tho' evidence be none
Through guidance I surrender
Each challenge thus is won**

***“And so it is given, and so I receive
I embrace this Virtue most thankfully”***

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Four

**Turn now says spontaneity
With n'er a blink I move
Upon that Golden Moment
My life does find the groove**

***“And so it is given, and so I receive
I embrace this Virtue most thankfully”***

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Five

**I take enthusiasm's hand
And run life's magic road
I'm fully in and wide-eyed
As on and on I flow**

***"And so it is given, and so I receive
I embrace this Virtue most thankfully"***

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Six (*Virtues six and seven at same signpost*)

**Let go, release, give in, give up
Relax into the flow
With no resistance life reveals
All that is ours to know**

Seven

**In this pure moment celebrate
What now was just achieved
For honoring accomplishments
To greater things will lead**

***"And so it is given, and so I receive
I embrace this Virtue most thankfully"***

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Shall guide me on each blessed day
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Conclusion (*return to circle and speak as a group when invited*)

And though I walk this path my own
I know that I am not alone
The Seven Virtues there for me
Ensure my safe flight home

So, may I thus remember
So loved and strong am I
I'm guided, blessed by being born
My Essence, safe inside

Let will and courage initiate
My steps on chosen roads
Let moments laid right at my feet
Be lessons, make me whole

In life, to sing and play and dance
To let my Spirit fly
Are what I need, yes, to succeed
Reclaim The Christ inside

The Path has no beginning
The Journey has no end
Each day I rise to be the Light
Move onward once again

SONG: We Are All Travelers

We are all travelers moving through life
We choose our own roads guided by inner light
The steps we are taking we must take alone
To reclaim the Truth and to find our way home
Find our way home

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I hear it calling me, the big adventure
I wonder where it will flow
An invitation, I have to answer
I feel it's down that road
And there's no telling what I'll find there
This thing's beyond my control
Over the threshold from the known into the unknown
C'mon angels let's go
Da da da da n da...

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Somewhere on my journey
There's a place they call the Abyss
Where the shadows lurk, doubts abound, feet get cold, doubts resound
A place of death and rebirth
And revelation
That's where the hero must go
That's where the hero must go
Every hero must go
That's where I shall go ...alone
Because I choose

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I'm on my journey I will just keep going
Sometimes I need a little help
A hero's journey is to just keep going
Ask for and use the help
There will be challenges there'll be temptations
That lure me down some dark, untraveled road
I have courage, I have faith, I have the knowledge
And they will always lead me
Where I must go
Oh Oh Oh Oh...

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Sometimes I feel like there's no one around me
Like I've got no one I'm just on my own
There are angels, mentors, helpers, beings all in line, they love me
And they will be here standing at my side
If I just call, I have to call

So let's call
Come to me come to me I'm calling out come to me
Come to me come to me come here now, right now

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I have made choices I have made change
I have found courage I have learned strength
I walked through the darkness recovered my Light
As I look at me now I Am a beautiful sight

I heard the call and crossed the threshold
I stepped with faith into the unknown
I met the challenges and found worth
I faced my death and claimed a rebirth
Through the abyss to revelation
I rose into my transformation
I took this journey now I know
Everywhere I go
I Am a hero