

# Teabag wisdom and more inspirations from everyday life



by

ZubinNur



# Teabag wisdom

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### Gratitude

This book is made with the intention toward enlightenment,  
for inspiration and support for all,  
to empower Love, Harmony and Beauty  
in all beings on this planet

All parts of the book may be used to inspire and cherish  
others. Please ask for prior permission to copy images,  
remembering this is work came through me,  
and as we treat others, so will we be treated.  
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Other publications by ZubinNur:

Honouring the Divine Feminine (Book & CD)  
Sound Soul Healing (Book & CD)  
The Rhythm of Life (Book & CD)  
Universal Worship (Book & CD)  
Real-eyesing the Divine (Book)

Forthcoming projects:

Lullabys (Book & CD)  
Songs for Children (Book & CD)  
Reflections 1: on Life (Book & CD)  
Reflections 2: Living Peace (Book & CD)

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## Introduction

Have you ever drunk a 'Yogi tea'? No, not some special brew of magic mushrooms just, you know, the teabags made by 'Yogi tea'? With the wisdom sayings on the little paper at the end of the string? Well these teabags and these sayings gave birth to some of the songs on this CD.

At Unicorn Natural Voice Camp in the Summer of 2012 with Raaja Fischer, Nick Prater, Hagara Feinbier and Roxanne Smith we had a wonderful team and fantastic participants. the teabags were there and inspiration was in the air and it took little to spark off a new song.

I was busy this year finally bringing songs and mantras together for a Universal Worship CD and these songs did not want to wait, and more poured through to join them. So here you have 'Teabag wisdom and more'. I trust you will enjoying hearing them and most of all singing them and sharing them with your friends and family and circles.

ENJOY ;D



## 1 Wake up in the mornin' with the Goddess

Wake up in the mornin' with the Go-o-dess  
And hear her singing your song,  
Wake up in the mornin' with the Go-o-dess  
She's dancing with you all the day long.

Go-o-dess, singing my song,  
Go-o-dess, she's dancing with me all the day long  
Go-o-dess, singing my song,  
Go-o-dess, she's dancing with me all the day long



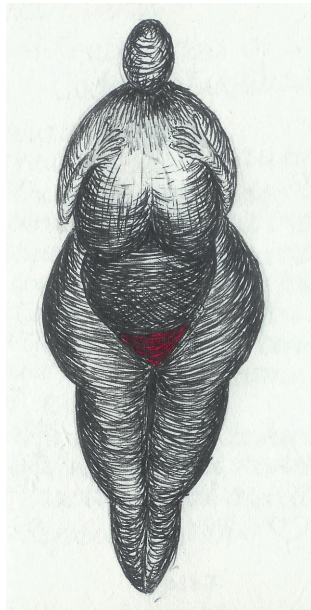
## 2 Holy Goddess living in me

Of course there have to be some Goddess songs. As one song says “She’s be waiting, waiting, she’s been waiting so long, She’s been waiting for her children to remember to return.” Well, here we are ;D

Even as a young child who had never experienced worship with a female image of God, I missed when I did start to go to Sunday School. I couldn’t work out where she was. As often happens my questions were not welcome, and in the end I found her myself.... manage to ‘Hear Her Call’.

The challenge of our time is to reinstate the Divine Feminine and to build our society on and with a harmony of Divine Feminine and Divine Masculine.

Holy Goddess living in me,  
Holy Goddess help me be,  
Holy Goddess living in me,  
Holy Goddess help me be  
Attuned to Thy Mercy,  
Hearing Thy Call,  
Held in Thy Strength,  
Your Love, Love flows to All.



### 3 We are tears born in the eyes of God

Wow! I thought when I read this on my teabag, what a wonderful image. For tears are not only the salty drops that fall with emotion, they are the vital fluid that keeps the eye moist and healthy. And we are of course (like our planet) over 70% water. So here's to us being good tears for God ;D

We are tears born in the eyes of God  
We are tears in the eyes of God  
We are all tears in the eyes of God  
We are tears in the eyes of God

We are all children in the Heart of God  
We are children in the Heart of God,  
We are all children in the Heart of God  
We are children in the Heart of God.





## 4 Vrede is in ieder hart

And with some help from Danielle Roelofsen a Dutch Peace song. I'm sure there are many, we just added a new one during the Dance Camp in Germany in 2013.

And to enrich the Peace quality I have translated it into English and German. Translate into other languages too. ;D

Vrede is in ieder hart -  
Laat je vrede bloeien.  
Vrede is in ieder hart -  
Laat je vrede groeien

Vrede, Vrede laat je vrede bloeien.  
Vrede, Vrede laat je vrede groeien.

Peace is in ev'ry heart -  
Let your Peace show.  
Peace is in ev'ry heart -  
Let your Peace grow.

Peace, Peace, let your peace show,  
Peace Peace, let your peace grow.

Frieden ist in jeden Herz -  
Lass dein Frieden blühen.  
Frieden ist in jeden Herz -  
Lass dein Frieden glühen.

Frieden, Frieden, lass dein Frieden blühen,  
Frieden, Frieden, lass dein Frieden glühen.

## 5 Shadow and light

Again in Germany I went to singing class with my good friend Kaliqa Ohntrup. Her teacher Ulrike Gutzeit, she works in the region of Bad Wildungen, if you have the opportunity to sing with her, take it, she's *great!* She taught us a song from her teacher about the shadows and the light and that it is all one. We need both light and dark, we see this in the natural flow from day to night.

When I got home another version of the song came, it has the Zikr phrase "La illah ha ilAllah Hu", which can be translated in many ways, such as: "There is nothing that is not a part of The Divine". This phrase and practise bring me further and further on the path of 'real-eyes-ation'.

- 1 There is shadow,
- 2 There is light.
- 3 All is equal in Thy Sight.
- 4 La illah ha ilAllah Hu

Form a circle.

1 Step back from the circle, raising and folding your arms over your head, (making it dark).

2 Step forward into the circle, the arms come down.

3 Turn to the right, embracing the wholeness and sacredness of all of Creation.

4 Join hands in the circle, row and swing along to the right. Moving a little further to the right with each step.



## 6 Allah's me and Allah's you

I love the unfoldment that the practice of Zikr can bring us. Zikr is an Islamic practice of Remembrance. We remember that there is nothing that is not included in the Divine. Which to me means God does not 'choose' or 'leave out' ~ that strikes me as quite Divine... to have the capacity to love and accept us all ~ just as we are.

So this song came and empasises that there is no one excluded from the Divine.

Allah's me and Allah's you,  
Allah's here in all we do,  
There's no place that we can hide,  
Allah's livin' right inside.

Allah's here and Allah's there,  
Allah shows all kinds of care,  
In each bee, each ant and flea,  
Allah's here in all you see.

Allah's this and Allah's that,  
Makes no difference which hat,  
There's nothing for us to do  
Just find Allah in all we do.

Allah's light and shadow too,  
Allah's here inside of you,  
Allah's livin' in your hand,  
And She's singin' with the band.

Allah's black and Allah's white,  
There's no difference in Her Sight,  
There's no place that we can hide,  
Allah's livin' right inside.

## 7 O there's life and death

Though I do believe we, as humanity, are making progress I there does still seem to be a lot of denial around death, so here's a song that address this.

Thich Nhat Hanh reminds us of the words of the Buddha to look through what we *see* to see the *whole*, so when we *truly* see a flower we can see the seed and the wilted remains on the compost, which forms the nutrition for the new flower.

Do you know the joke about the twins in the womb? One asked the other: "Do you think there's life after birth?"

O there is life and death,  
and in between there's all kinds of health,  
Some we call good some we don't like to name -  
Still they come round just the same.

Life is happening all round you  
Don't you see it? Death is here too!  
It's here in the flower and in the pain  
Life's pages turn again.

We think in death all life is gone  
And yet all life seems just to carry on  
Watch the seasons, they come and they go  
Sometimes sunshine, sometimes snow.

So be aware of what you are  
Your soul's eternal - just like a star  
When the star dies the stardust remains  
There's no losing and no gains

## 8 All that's flowin' to you...

All that's flowin' to you,  
All that's flowin' to me,  
All that's flowin' from you,  
All that's flowin' from me,  
Is Love,  
It's some form of Love.

There is Love that's distorted by fear,  
Makes sure no one will ever come near,  
Still this fear is rooted in Love,  
Somewhere everything's connected to Love

All that's flowin'...

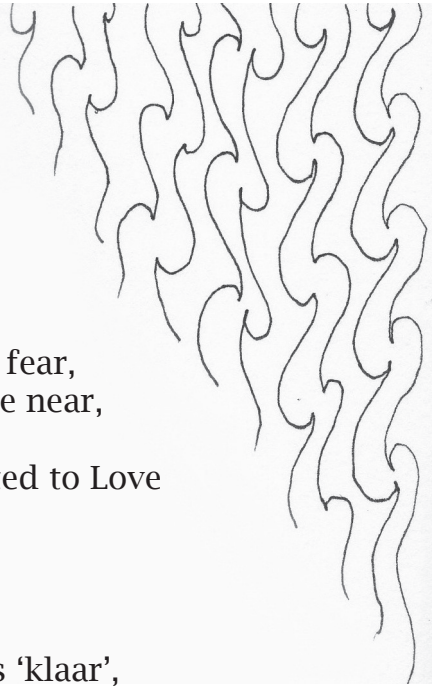
Anger may erupt where you are,  
Ask a question and the volcano's 'klaar',  
It erupts makes you want to go and hide,  
Still remember there is love inside.

All that's flowin'...

And when your anger comes burning out  
Giving you just a fury and a shout  
Remember the cause came from Love  
For everything's connected in Love

All that's flowin'...

This may seem strange and yet it's true, all things are connected in Love. Even the hurtful things, somewhere they are founded in a lack of love or wounded love. If we remember this it can become easier to learn the lesson, forgive and move on.



## 9 Oponopono song

Have you heard of Oponopono? I was lucky that a friend recommended the book “Zero limits” to me. The author tells the story of Dr Ihaleakala Hew Len who went to work in a psychiatric unit for criminals. He sat with the documents of the prisoners who were terrorizing the unit (the staff turnover was fast to say the least) and he was allowed to work there on his terms. He managed to ‘cure’ or resolve many of the issues the prisoners had by meditating and praying for them. This is the practise of Oponopono, we hold the issue or situation before us and offer our love, apologies, forgiveness and gratitude. There is much information on Oponopono on the internet.

These words are also a concentration we can hold as we go about our work, as we sit with someone who is sick, as we create new pieces of art and craft, the energy enters the atmosphere.

I lo-o-ove you, tha-a-ank you, I’m sorry, please forgi-ive me,  
I lo-o-ove you, tha-a-ank you, I’m sorry, please forgi-ive me,  
I lo-o-ove you, tha-a-ank you, I’m sorry, please forgi-ive me,  
Lo-o-ove you, tha-a-ank you, sorry, forgi-ive me,  
Lo-o-ove you, tha-a-ank you, sorry, please forgive me.



## 10 When you wake-up

Well when you wake up in the mor-ornin' give thanks for  
this day.

And when you wake up in the mor-ornin' fe-el life's play.

Do you feel Joy - callin' you?

Do you feel Life is holdin' you?

There is so much to be grateful for,

Come on get up and sing some more.

Well do you get up in the mor-ornin'  
aware of life's surprise

And do you get up in the mor-ornin'  
with Love in your eyes?

There's so much love in all you see,

There's so much love in you and me.

Wake up, share this love with all you meet,

... Give a smile to all in the street!

Well do you wake up in the mor-ornin'  
feelin' grateful for Life?

And can you wake up in the mor-ornin'  
knowin' that in the strife,

There is always so much Love in you,

You can feel this Love in all you do.

Even through the worries Love's still there  
in each flower she is bloomin' there.

(Continues overleaf)

So when you wake up in the mor-ornin'  
know Life is greeting you  
And when you wake up in the mor-ornin'  
see the Love that's calling you  
For life is waitin' just for you  
You are unique - there's only one you  
Manifest your talents they are you  
And give away your love this day  
You'll see more love will come your way  
Blessings abound  
As your feet touch the ground.  
Yes, blessings abound  
As your feet touch the ground.





## 11 Love = here

You know this Love, I feel for you,  
Doesn't stop at what you do,  
This Love is there for all you are,  
This love flows near and far.

You know this Love is flowing on  
Like a river that's never dried or gone,  
This Loving is a gift that we share  
It's ever full of care

It's there when we forget  
When we get into a fret,  
It's there when there's joy and when there's pain,  
Love flows on just the same.

I can't stop this love for you,  
It flows on in all I do  
Love is the strength that flows to all  
Just listen - hear Love's call.

For Love never goes away,  
It is present every day.  
It's there in the pain and in the joy,  
With Love ugliness 'wordt mooi'\*

This Love's including all  
It's an all encompassing call  
It's flowing in Light and through pain  
Love's here just the same..

\* Dutch for 'becomes beautiful'



## 12 Ya Shakur

Within this unfolding consciousness, we can also learn to say thank you for the situations which we have found hard. It is during these times that we often learn the most ... this can be a doorway to finding gratefulness for 'all' ... not just the pleasant, loving or easy things, but especially for the challenges through which we grow.

Ya Shakur is one of the 99 Beautiful Names for the Divine in the Islam, it is the name of Divine Gratitude.

On our way to this moment in time we have all received wounds. There are no perfect people on the planet ... or even if there are our wounds may keep us from experiencing them as such. This prayer offers thanks for All.

Ya Shakur for the woundedness,  
Ya Shakur for the sacredness,  
Ya Shakur for the completeness of all,  
Ya Shakur for the completeness of all.



## 13 Bismillah Ya Salamo

1 Bismillah ErRachman ErRahim

Bismillah ErRachman ErRahim

2 Ya Salamo, Salamo-o-o, Ya Salamo, Salamo

This is an Arabic Prayer. Bismillah is an opening and a dedication, we offer and call upon The One. ErRachman, ErRahim, The One who is the Perfection of Mercy and Compassion. It has been said we can regard these qualities as a boundless container, in other words there is no limit to the Mercy and Compassion of the Divine. Isn't that *amazing*? The Divine accepts us *as we are*.

This is a simple Dance. It can remind us how simple life can be. Keep cleaning and clearing the heart to move forward in Peace.

Form a circle, hold hands. Direction counterclockwise.

1 Rocking in and out of the circle, right foot forward, rowing movement with the hands. (We can imagine we are bathing in Divine Compassion, washing it over us.)

2 Walk to the right (counterclockwise)



## 14 Let go, let be

Let go, let be,  
And wonders you will see,  
Let go, let be,  
All is in Unity.

“Let go, let be” wisdom indeed from a teabag ;D How much easier life would be if we could ‘let more go’, let it pass us by. Somewhere the ‘I’ drops in and feels itself and it’s viewpoint to be important.

In 2012 I did a retreat with the Vietnamese teacher Thich Nhat Hanh. One of the most important messages I heard him give us was “What ever is going on it can stop *here*.” Many disagreements and arguments happen because we are *not* willing to **stop**. We carry on and want to be ‘right’. Remember the saying “Do you want to be right? Or do you want to be happy?” Mmm could also be ‘Teabag wisdom’, though it would have to be real small print. ;D

Just recently I was able to hear the Dalai Lama say much the same thing but in different words. “If there is no effect, there is no cause.” Yes, it may take a little to fully sink in. We are taught from an early age to think in terms of ‘cause and effect’, and if we don’t get lost in ‘the effect’ then there was ‘no cause’. So many of the simple disagreements that happen can be avoided if we can remember and embody this practise. The clue is *breathe*.



## 15 Love is a two-way street

1 Love is a two-way street,  
don't wait for the other to begin,

2 Love is a two-way thing,  
as you give it away you win.

3 Share your love, 4 give it away,

5 Open your heart, share your love today,

6 Share your love, 7 give it away,

8 Open your heart, share your love this way.

Yep, also straight from the teabag. ;D

Form a circle, hold hands, Direction counterclockwise.  
Choose partners.

1 Walking right, light step, swinging arms gently.

2 Walk left, as 1.

3 Walk in toward centre.

4 Turn right, outward and back

5 Turn to your partner, make a right turn together, holding hands changing places.

6 & 7 as 3 & 4

8 Turn back to your partner (yes the *same* partner) open arms, soft embrace. And release ready to walk in the circle again.



## 16 Hu = you

Hu is you,  
Hu is one in every 'you'  
Hu is me and Hu is you.  
One and one and one is...

This is a wee song that just goes on and on and on. It's simple, humble, unpretentious, ... which if we look around is exactly what the 'wise ones' are. They don't run around saying "Come to me, I can teach you." They travel their road. Embodying their strength and power, giving us the example to do the same.

Hu is for the Sufi's as Om is for the Hindu's. It's the sound of the Divine Resonance that vibrates in all of creation to a greater or lesser extent. May be we can't hear the vibration of a stone, that doesn't mean it's not vibrating.

This song is like a zikr. It holds the remembrance that there is nothing that is not in the all encompassing Divine.



## 17 From the unreal to the real

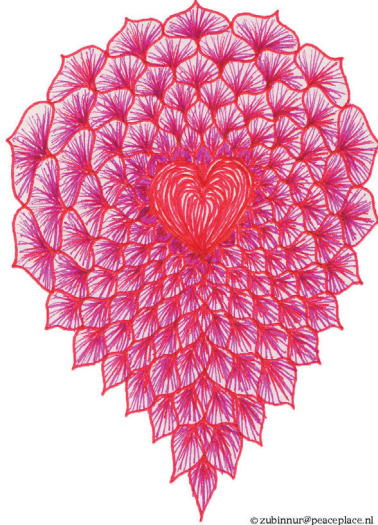
From the unreal to the real,  
From darkness to light,  
From death to immortal life.

I met this prayer at the Upanishads study group. Where we sing this prayer at the end of our meeting. May be one day a dance will come to the Sanskrit form of this prayer:

Asato ma sad gayama  
tamaso ma jyotirgamaya  
mrty orma amrtam gamaya

It can also be translated:

From delusion lead me to truth  
From darkness lead me to light  
From death lead me to immortality.



## 18 Well when I sing

Well when I sing I sing to Allah,  
and when I dance I'm dancin' with Her.

(repeat)

Ishq Allah Mahboud Lillah, (lillah)

Ishq Allah Mahbo-oud Lillah (lillah)

(repeat)

It's another simple yet catchy song, offering a dedication of our breathe and our movement to the One. Singing it, dance it, most of all enjoy it, enjoy your dissolving into Divine Unity, step by step, breath by breath.





## Gratitude

I am so grateful to have found this path of Universal Sufism. It includes all, and helps me to stretch and find out what isn't in my 'all' yet. ;) It feels like I have found the sort of faith I was looking for and couldn't find as a child ~ each institution wanted me to believe in 'just us'. And told me my friends of different faiths would not be able to come to our heaven; I knew this would not be where I wanted to be, not on earth, not in such a heaven. ... Now I believe it's more about making heaven on earth. ;D

I am grateful to all my teachers, Sufi and otherwise. I am grateful to Life who is my biggest teacher. All thanks to Mariam Baker and to Darvesha Misani who have supported me in getting this project 'done'.

And huge thanks to my life partner of over 30 years, through thick and thin, my beloved John. He is amazing and knowing what to do when a computer programme doesn't do what it 'should'. He's my lover, my friend, my personal assistant, he's more than anyone could ever hope for ... "Thank you, my Beloved, for all you are, and for all you do and share."

And thank you to you for listening to these recordings. I hope they uplift and inspire you. Ya Fattah, may you awaken to be the best and most amazing you can be. Love, Light and Joy to you in abundance.

*ZubinNur*

May 2014

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