

PORTALS OF GRACE

Music for relaxation, healing and transformation

Nancy A. Watters

A production of Luminous Tones Music

www.luminous-tones.com

Nancy Watters' pure, angelic vocals blend with Alchemy Quartz Crystal Bowls to gently transport you to realms of celestial peace. Many describe the experience as "other worldly", opening portals to a realm of grace that is beyond words. In this state, you'll transcend time and space, experience your Divine Essence and connect with the Creator's boundless Love.

1. **I Call on Thee**--Healing Prayer by Bahá'u'lláh, composer Nancy Watters [1220801919] 5:40

This is an excerpt from a prayer that invokes God using 119 different names and attributes.

I call on Thee, O Exalted One, O Faithful One, O Glorious One!

I call on Thee, O Most Praised One, O Holy One, O Helping One!

I call on Thee, O Beloved One, O Cherished One, O Enraptured One!

I call on Thee, O Enkindler, O Brightener, O Bringer of Delight!

Refrain: Thou the Sufficing, Thou the healing, Thou the Abiding, O Thou Abiding One.

2. **Spirit Calling Me**—Ann Mortifee [1220801920] 4:17

In my heart I hear Spirit calling me
Calling me, calling me, calling me home. (2Xs)

Refrain: Call me into my life
Call me into my love
Call me into my fire
Call me into my heart
Call me into my voice
Call me into my sight
Call me into the beauty pathway.

Hey-hey, Hey, hey, hey (3Xs)
Call me into the beauty pathway.

In 2000 I attended a sacred song workshop led by two gifted musicians: Shivon Robinsong (<http://www.gettinhigherchoir.ca/>) and Ann Mortifee (<http://annmortifee.com/>). Their inspirational instruction was a turning point in my life. Ann taught us this song, which has become an enduring favourite of chant circle participants. I like the First Nations style, as well as the fact that it invokes the seven chakra centers, and the *Beauty Pathway*, which is a Navajo term for walking a Spiritual Path. Thanks Ann!

3. **Orbs of Eternity**—Crystal Bowl Journey, composer Nancy Watters [1220801921] 5:32

The pure tones of the Alchemy Crystal Bowls deeply penetrate our bodies and souls. People say these otherworldly sounds transport them to a timeless place of complete peace. Yogis reach that place after years of meditation, but the crystal bowls take us there quickly. I hope these sounds serve as a doorway for you to enter realms of love and healing. You can read more about the science of healing with sound at www.luminous-tones.com

4. **Our Divine Essence**—Meditation by Karen McQuarrie, Unity Community of Victoria, BC [1220801922] 4:40

Karen has a talent for writing beautiful meditations, and I'm grateful she let us include this one. It reminds me of how very beloved each person is--created pure, beautiful and in the "image and likeness of God". Scriptures say, "He hath known God who hath known himself", "Thou art my lamp and My light is in thee. . . ." and "Noble I made thee . . . within thee I have placed the essence of my light. . . ." [Baha'u'llah, *Gleanings from the Writings of Bahá'u'lláh*, p.. 177-78] and Arabic *Hidden Words* #11, 12, 13]

"Gently focusing inward now, I allow myself to become fully present. My breath carries me deeper within as I focus on the air flowing in and flowing out. With every exhale I release any tension or concern. It is safe here. It is safe for me to relax.

I center myself in Spirit and feel Spirit centered in me. Bringing awareness to my heart, I feel Divine love flow around, in and through my entire body and energy field. It bathes me in a beautiful light.

I fully relax and allow myself to align more and more with my Authentic Nature. I am Spirit, experiencing a human life. Deeply, deeply, I reach inward and embrace the Light of who I am. I remember my True Nature. In this remembering, I easily and effortlessly align with my soul's purpose. I easily and effortlessly, align with my highest and greatest good. I feel more and more confident in letting my light shine – allowing a new level of Spirit self-expression to emerge through me.

I know that it is safe for me to open more fully to this Light, and I allow it to express through me in ways I've never done before. I express my Divine consciousness in greater and greater grace and ease. I take this thought into the Silence now, for a few moments . . .

Slowly now, returning my awareness to this room, I thank you Creator. Thank you for this new beginning. Thank you for a new level of Divine self-expression. And so it is. "

5. **Dawn Song**— composer Nancy Watters [1220801923] 11:28

Softly, softly, **dawn** comes softly. (3Xs)

Ever present within, ever present within. (2Xs)

Additional verses -- **Light. Hope. Grace. Love. Joy. Peace.**

This song is about ushering in the age of peace, which is just dawning. It came to me while playing the Grandmother crystal bowl during a labyrinth walk. I feel it was sent to comfort our hearts during this tumultuous time of transition. The grandmothers seemed to say, "Be hopeful. Do not to despair. You are birthing a New Day, and it is a messy, painful process. But soon your beautiful new 'child' -the Age of Peace- will be here, and the pain will be

forgotten.” Bahá’u’lláh affirms that the Divine Springtime has come. “Within the realms of holiness . . . a new garden hath appeared. Strive, then, that ye may . . . unravel the mysteries of love from its windflowers....” [*Persian Hidden Words*, # 18] Signs of hope are described in *The Promise of World Peace*, <http://info.bahai.org/article-1-7-2-1.html>

I dedicate this song to all our grandmothers, and especially my grandmothers, Helen Watters, Grace Comly, and my Tlingit Grandmother, Mary Brown, who honored me with the name *Kaasay* meaning *Higher Voice*.

6. **Allah’u’Abhá** –Mantra invoking the All-Glorious One, composer Nancy Watters [1220801924] 7:20

Chant helps us connect deeply with the heart of the Beloved. This mantra carries a very high vibration and you may find yourself transported to “... those spiritual worlds that can neither be expressed in words nor intimated by allusion.” Bahá’u’lláh, *Kitab-i-Aqdas*, p. 61, www.bahai.org

Bahá’ís repeat this phrase 95 times during their daily meditation time. It is variously translated as the *light, glory or splendor* of God. It is also used as a greeting.

7. **Loving Kindness**—Traditional Buddhist text, composer Karen Drucker [1220801925] 7:57

Verses 1- 4: May I [you, we, all] be filled with loving-kindness. May I be well. May I be peaceful and at ease. And may I be happy.

Last verse: I am filled with loving-kindness. I am well. I am peaceful and at ease. And I am happy. I am happy.

Thank you to the Unity Community of Victoria, B.C, for introducing me to Karen Drucker’s uplifting music <http://www.karendrucker.com/>. Watch the music video at <http://www.luminous-tones.com/recordings.html>

8. **Deep Peace**—Traditional Gaelic blessing [1220801926] 4:48

Deep peace of the rolling waves to you
Deep peace of the silent stars

Deep peace of the flowing air to you
Deep peace of the quiet earth

Let peace, let peace, let peace fill your soul.
May peace, may peace, may peace keep you whole.

9. **Portals of Grace**— Crystal Bowl sound journey, composer Nancy Watters [1220801927] 14:03

My first Alchemy crystal bowl was a gift given in November 2010 from the estate of a brilliant and gifted physician, Dr. Marianne LeBlanc. I’d never seen anything so beautiful as that crystalline, aquamarine and gold bowl! It made a calming, pure, luminous tone and within minutes I couldn’t resist the urge to sing with it. Nine Alchemy bowls are used in this recording. I hope they open up a portal of grace in your life, as they did for me.

These verses sustained me during some of my darkest hours. I hope they comfort you too.

“The portals of grace are wide open . . . “ Bahá'u'lláh, *Gleanings*, p. 272

“His grace shall assist thee at all times, His blessings shall be bestowed upon thee, and thy heart's desire shall be realized.” Selections from the Writings of 'Abdu'l-Bahá, p. 309

“He will come to your aid with invisible hosts, and support you with armies of inspiration from the Concourse above; He will send unto you sweet perfumes from the highest Paradise, and waft over you the pure breathings that blow from the rose gardens of the company on high. He will breathe into your hearts the spirit of life.” Selections from the Writings of 'Abdu'l-Bahá, p. 186-7

“Not for a moment are ye alone. Not for a second are ye left to yourselves. The Beauty of Abhá is with you.” *The Power of Divine Assistance*, Quoted in *Star of the West*, Vol. 13, No. 5, p.113

“Rely upon God. Trust in Him. Praise Him and call Him continually to mind. He verily turneth trouble into ease and sorrow into solace, and toil into utter peace.” Selections from the Writings of 'Abdu'l-Bahá, p. 178

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