THE JOURNEY INTO NOTHING
Cyprian Consiglio

(based on Daniel Ladinsky's translation of the Hafiz poem, “That Lamp That Needs No Oil”)

Cyprian Consiglio: Voice and Guitar
John Pennington: Bodhran, Riqq
Bryan Kuban: Bass
John Marheineke: Backing Vocals

I have made the journey!
I have lit the lamp that needs no oil.
I have made the journey!
I've become the flame that needs no fuel.

I have cried great streams of emerald crystals on my scarred knees.
What need is there to call for me?
If you did, I would only step right out of you!
I have made the journey!
I have lit the lamp that needs no oil.
I have made the journey!
I've become the flame that needs no fuel.

IN A HANDFUL OF GOD
John Pennington

Text: Shamseddin Muhammad Hafiz
Translated by Daniel Ladinsky

Cyprian Consiglio: Voice and Guitar
John Pennington: Mbira, Glockenspiel, Whistle, Cajón, Triangle, Suspended Cymbals
Mikylalah Myers McTeer: Violin
John Marheineke: Backing Vocals
Refrain
In a handful of sky and earth,
In a handful of God,
In a handful of sky and earth,
In a handful of God.

When your truth forsakes its shyness,
When your fears surrender to your strengths,
You will begin to experience
That all existence
Is a teeming sea of infinite life.

Refrain

You could not count all the finely tuned Musicians
Who are acting wild
For intelligent reasons
And of course they are extremely sweet and wild
In a handful of ocean water
In a handful of God.

We cannot count
All the ecstatic lovers who are dancing
Behind the mysterious veil.

True art revels there is no void
Or darkness
In a handful of sky and earth
In a handful of God.

Refrain

There is no loneliness to the clear eyed mystic
In this luminous, brimming Playful world.

In a handful of sky and earth
In a handful of God.

HE PRABHU
Traditional Hindi Bhajan

Cyprian Consiglio: Voice, Guitar;
Tambura
John Pennington: Tar, Triangle,
Finger Cymbals
Shannon Frediani: Backing Vocals

He Prabhu teri vandana ho.
He prabhu tera kirtana ho.
Vandana ho teri Prabhuji,
vandana ho teri.
Teri mahima teri gahima, gunjita
sakala jaga.
Vandana ho teri Prabhujii,
vandana ho teri.

"O Lord, we praise and sing to you. The whole creation proclaims your splendor and glory."

THE PULSE OF GOD
John Pennington

Text: St. Thomas Aquinas
Translation Daniel Ladinsky

Cyprian Consiglio: Voice and Guitar
John Pennington: Tuned Tars, Riqq,
Synthesizer: Filipino Buzzing Mouth Harp, Metal Shaker, Hand Claps

The limbs of a tree reached down and lifted me,
Thinking I was its child.

And in the meadows my spirit becomes so quiet that if I put my cheek against the earth's body I feel the pulse of God.

“Tell me the way you do that birds - enter the private chambers of my Lord.” And they all sang, they just sang.

Years passed, and the sky reached down one day and lifted me; the birds noticed and spoke,

“How do you enter the Sun like that and know the pulse of God?”

AMBROSIAN GLORIA
Traditional Gregorian arranged
Consiglio/Pennington

Cyprian Consiglio: Voice
John Pennington: Mbira, Djembe,
Crotales, Shaker

Gloria in excelsis Deo et in terra pax hominibus bonae vountatis.
Laudamus te, benedicimus te, adoramus te, glorificamus te,
There's a drum never touched, but it just keeps on beating. There is musk in the deer, but the deer don't seek it. There's a moon in my body and sun, but I can't see it! But I just can't see it.

There's a moon in my body, but I can't see it. There's a moon in my body, a moon and a sun.

**CELESTIAL FIRE**  
John Pennington

Eleazar Ben Kaller  
Translated T. Carmi

Cyprian Consiglio: Voice and Guitar  
John Pennington: Bodhran, Mbira, Maraca, Wind Pipe, Shaker  
Mikylah Myers-McTeer: Violin  
John Marheineke: Backing Vocals

a fire that devours fire;  
a fire that burns in things dry and moist;  
a fire that flies in a storm wind;  
a fire that burns without wood;  
a fire that renews itself every day;  
a fire that is not fanned by fire;  
a fire that billows like palm branches;  
a fire whose sparks are flashes of lightning;  
a fire black as a raven;  
a fire, curled, like the colours of the rainbow!

**LOS LABERINTOS**  
Cyprian Consiglio

Two poems of Federico Garcia Lorca (Y Después and El Silencio)  
Translated Cola Franzen

Cyprian Consiglio: Voice and Guitar  
John Pennington: Marimba, Vibraphone, Cajón, Suspended Cymbal, Crotales  
John Marheineke: Backing Vocals
Los laberintos que crea el tiempo, se desvanecen.

(Sólo queda el desierto.)

El corazón, fuente del deseo, se desvaneca.

(Sólo queda el desierto.)

La ilusión de la aurora y los besos, se desvanecen.

Sólo queda el desierto. Un ondulado desierto.

Oye, hijo mío, el silencio. Es un silencio undulado, un silencio, donde resbalan valles y ecos.) y que inclina las frentes hacia el suelo.

(trans.)
The labyrinths that time creates vanish.

(Only the desert remains.)

The heart fountain of desire vanishes.

(Only the desert remains.)

The illusion of dawn and kisses vanish.

Only the desert remains.

Undulating desert.

Listen, my child, to the silence. An undulating silence, a silence that turns valleys and echoes slippery, bends foreheads toward the ground.
ON A BRIGHT DAY NEXT WEEK
Cyprian Consiglio

Text: Maya Angelou

Cyprian Consiglio: Voice and Guitar
John Pennington: Berimbau, Triangle, Marimba, Suspended Cymbal
Jeff Solon: Harmonica

On a bright day, next week
Just before the bomb falls
Just before the world ends,
Just before I die

All my tears will powder
Black in dust like ashes
Black like Buddha’s belly
Black and hot and dry

Then will mercy tumble
Falling down in godheads
Falling on the children
Falling from the sky

THE DAY SKY
John Pennington

Text: Shamseddin Muhammad Hafiz
Translated by Daniel Ladinsky

Cyprian Consiglio: Voice and Guitar
John Pennington: Vibraphone, Mbira, Tunes Gongs, Synthesizer
John Marheineke: Backing Vocals

Let us be like
Two falling stars in the day sky.

Let no one know of our sublime beauty
As we hold hands with God
And burn

Into a sacred existence that defies
That surpasses
Every description of ecstasy
And Love.

Let us be like
Two falling stars in the day sky.
MATSU KAZÉ (Wind In The Pines)
Traditional arranged
Consiglio/Pennington/Jonas

Robert A. Jonas: Shakuhachi
Cyprian Consiglio: Voice and Tambura
John Pennington: Tuned Gongs, Bodhran, Wind Chimes, Caxixi

COMPASSIONATE AND WISE
(translated and adapted from the Chinese Buddhist Metta Sutta by Rev. Heng Sure; melody adapted from Loreena McKennitt’s “The Dark Night of the Soul,” by Rev. Heng Sure; arranged Consiglio/Pennington)

Cyprian Consiglio: Voice, Guitar and Tambura
John Pennington: Mbira, Crotales, Vibraphone, Maraca
Barry Phillips: Violoncello
John Marheineke: Backing Vocals

May every living being, our minds as one and radiant with light,
share the fruits of peace, our hearts of goodness luminous and bright.
If people hear and see how hearts and hands can find, in giving, unity, may their minds awake to great compassion, wisdom, and to joy.

May goodness find reward, may all who sorrow leave their grief and pain.
May this boundless light dispel the darkness of their endless night.
Because our hearts are one this world of pain turns into paradise. May all become compassionate and wise.
Recorded at:
Mars Recording Studio;
Aptos, California
Richard Bryant, Engineer

Eagle Sound;
Durango, Colorado
Doug Eagle, Engineer

Life Ventures Incorporated Inc.;
Phoenix, Arizona
Byran Kuban, Engineer

Mixed at:
Mars Recording Studio;
Aptos, California
Richard Bryant and
Chris Parsons, Engineers

Mastered:
DKS Productions;
Hayward, California
Don Turney, Engineer

Design by Debi Lorenc

Cover art is a wall hanging made of antique Tibetan Buddhist monk chubas (robes) and aprons. For more information contact Shantara Arts at shantara_arts@yahoo.com.

Special thanks to all the musicians and technicians especially Mikylah Myers-McTeer, John Marheineke, Bryan Kuban, Shannon Frediani, Robert A. Jonas, Barry Phillips, Jeff Solon and Mary Pennington

Graphic Production & Audio Replication: World Class Tapes, Ann Arbor, MI

© 2006 Cyprian Consiglio and John Pennington
All rights reserved,
Printed in the U.S.A

The Journey Into Nothing
From the book: The Gift
Translated by Daniel Ladinsky
Lyrics adapted from Daniel Ladinsky’s translation of “The Gift: Poems by Hafiz the Great Sufi Master”
Used by permission

On a Bright Day Next Week
Poem from the book:
Collected Poems of Maya Angelou
By Maya Angelou
© 1986 by Maya Angelou
Used by permission
Bantam Books
All rights reserved
The Pulse of God
St. Thomas Aquinas. From the book: 
*Love Poems From God, Twelve Voices from the East and West*
Translated by Daniel Ladinsky
Lyrics adapted from
Daniel Ladinsky’s translation
Used by permission

In a Handful of God
From the book: *The Subject Tonight is Love, 60 Wild and Sweet Poems*
Translated by Daniel Ladinsky
Lyrics adapted from
Daniel Ladinsky’s translation
Used by permission

Compassionate and Wise
Translated and adapted from the Chinese Buddhist Metta Sutta by
Rev. Heng Sure; melody adapted from Loreena McKennit’s “The Dark Night of the Soul,” by Rev. Heng Sure.
Used by permission

Celestial Fire
Eleazar Ben Kaller
From the book: *Poetry for the Spirit, Poems of Universal Wisdom and Beauty*
Edited by Alan Jacobs
Translated by T. Carmi
Lyrics adapted from
T. Carmi’s translation
Used by permission
Watkins Publishing
All rights reserved

The Day Sky
From the book: *The Subject Tonight is Love, 60 Wild and Sweet Poems*
Translated by Daniel Ladinsky
Lyrics adapted from
Daniel Ladinsky’s translation
Used by permission

Los Laberintos
Federico Garcia Lorca
Y Después and El Silencio; from Selected Verse, A Bilingual Edition edited by Christopher Maurer.
Farrar, Straus and Giroux, © 1994
# Compassionate and Wise

**Cyprian Consiglio and John Pennington**

<table>
<thead>
<tr>
<th>Track</th>
<th>Title</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>The Journey Into Nothing</td>
<td>4:08</td>
</tr>
<tr>
<td>2.</td>
<td>In a Handful of God</td>
<td>3:28</td>
</tr>
<tr>
<td>3.</td>
<td>He Prabhu</td>
<td>6:04</td>
</tr>
<tr>
<td>4.</td>
<td>The Pulse of God</td>
<td>2:05</td>
</tr>
<tr>
<td>5.</td>
<td>Ambrosian Gloria</td>
<td>3:10</td>
</tr>
<tr>
<td>6.</td>
<td>Moon in My Body</td>
<td>4:45</td>
</tr>
<tr>
<td>7.</td>
<td>Celestial Fire</td>
<td>3:04</td>
</tr>
<tr>
<td>8.</td>
<td>Los Laberintos</td>
<td>4:58</td>
</tr>
<tr>
<td>9.</td>
<td>On a Bright Day Next Week</td>
<td>3:15</td>
</tr>
<tr>
<td>10.</td>
<td>The Day Sky</td>
<td>3:24</td>
</tr>
<tr>
<td>11.</td>
<td>Matsu Kazé</td>
<td>4:45</td>
</tr>
<tr>
<td>12.</td>
<td>Compassionate and Wise</td>
<td>3:51</td>
</tr>
</tbody>
</table>

**Total Time: 46:57**