



MINDFULNESS CHANTS



Mindfulness Chants

Thank you for signing up for our email list!

We share so much content on this platform and our email list is the best way to access discounts, see sneak peaks of products and podcast episodes, and so much more. We put a lot of love into this freebie product and hope you find these chants helpful in promoting mindfulness and self-efficacy for yourself and/or the incredible individuals you serve and care for. Regulation and self-agency and love are the foundation for all other growth....that's why we created this packet just for you!

Music Therapy and Beyond is a creative endeavor by *Giving Song*. MT&B, as we affectionately refer to it, is not a separate business identity, but part of Giving Song as a whole. We are a team of board certified music therapists with a passion for sharing information, advocating for the music therapy profession, creating artistic and helpful products, pushing the limits of our own creativity, and making music! In addition to this shop, we also host a weekly podcast.

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Email us at musictherapyandbeyond@gmail.com

If you like what you see and hear, please consider sharing with a friend! Thank you!



Product Details

The Mindfulness Chant (6 chants) product includes a pdf document (currently viewing) with:

- product details including extensions and pro tips
- recommendations for use for each of the 6 chants
- coordinating visual cards to choose from for children, teens, and adults
- melodic/rhythmic notation for all 6 chants
- **audio or video example(s) for each chant**

[LINK to Audio & High Resolution PDF for Printing](#)

Disclaimer: This product is designed by board certified music therapists for educational and informational purposes only and is not intended to treat or diagnose any medical, health, or mental health condition. This product is designed to be used with caution and within evidenced-based practice by a trained professional or well informed facilitator. Before providing any music experience, we caution the facilitator to take into account an individual's specific needs, music preferences; as well as, the facilitator's expertise. Outcomes cannot be guaranteed nor are we liable for any outcomes which arise from implementation of this product.

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DETAILS

Purpose: To support self-efficacy and agency through exposure and repetition of music affirmations to support mindfulness and our mind-body connection.

Goals: Self-regulation, building coping skills, self-affirmation statements, and much more.

Intended for: All persons of all abilities

Intended to be used by: Board Certified Music Therapists, music therapy students and interns. *May also be adapted and used by occupational therapists, speech therapists, physical therapists, counselors, teachers, and parents/caregivers.*

Preparation Options:

1) Flip-book: Print and cut out images. Laminate/reinforce the image cards, punch a hole in the top corner, attach them to a key ring, and have it hanging in your clinic, therapy room, or home for easy access. You may also like to print off multiple copies and make rings for multiple locations (home and work/school) or a backpack or purse. Accessibility is key for exposure and repetition practice!

3) Visual Menu: A simpler preparation style would be to print off the image pages and slip in sheet protectors to keep in a binder/journal/calendar OR glue on either side of a bifold folder and allow the individual(s) you are working with to make a choice of which one they'd like to practice.

4) Print & Stick: You may find you like them most when used individually. In this instance you can print and reinforce each image card and use either tape or velcro on a choice board or just around the house, on your daily calendar/to-do list/schedule, in the car, at school/work, or wherever you need the affirmation most. For example: the chant "There Is No Obstacle That I Cannot Overcome" may feel best posted on the wall or desk at work or at school where an individual might benefit from seeing the affirmation. "I Am Here My Mind Is Clear" may be a great image to have posted in a space you meditate or practice yoga/stretching.

Procedure: Depending on the preparation choice you've chosen, the procedure may look a little different. In general these chants are helpful for individuals and groups that would benefit from learning grounding and self-affirmation strategies. They can be used to support regulation when overwhelmed, when a client is noticing intrusive thoughts or making negative statements about themselves.

Extensions: We've provided extension ideas on each chant sheet in this document.

Pro Tip: The KEY TO SUCCESS with these chants is to practice when an individual is/you are calm. The second key is to PRACTICE! To become a coping skill these strategies need to be practiced frequently. Choose one at a time and then make them available (as is appropriate) in the preparation style you've chosen to support frequent exposure and practice.



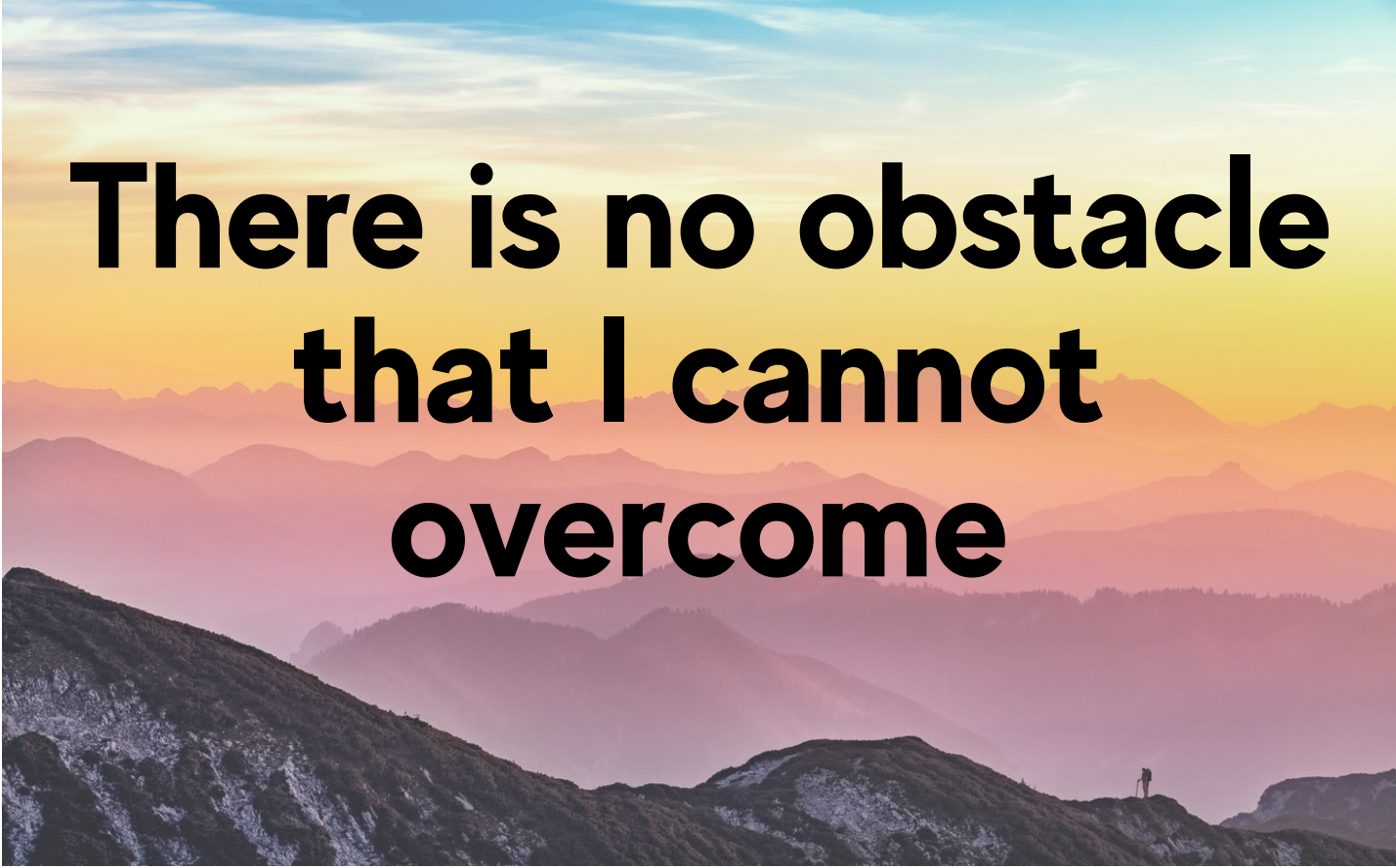


Young Adults/Adult Chant Cards

pages 5-8

[LINK to Audio & High Resolution PDF for Printing](#)



A photograph of a mountain range under a vibrant sky transitioning from blue to orange and yellow. A person is visible on a ridge in the distance.

**There is no obstacle
that I cannot
overcome**

A photograph of a mountain range with a clear blue sky. The foreground is filled with yellow wildflowers.

**I AM HERE,
MY MIND IS CLEAR**



I AM SAFE



**EVERYTHING
THAT I NEED
I ALREADY HAVE**



**I CAN GIVE
MY BODY
WHAT IT
NEEDS**



**I HAVE VALUE
ALL THE TIME**





Children Chant Cards

pages 10-12

[LINK to Audio & High Resolution PDF for Printing](#)



**There is no
obstacle
that I cannot
overcome**



**I AM HERE,
MY MIND IS CLEAR**





**EVERYTHING
THAT I NEED
I ALREADY HAVE**



**I CAN GIVE
MY BODY
WHAT IT
NEEDS**



**I HAVE VALUE
ALL THE TIME**



There Is No Obstacle That I Cannot Overcome

♩=110

By: Music Therapy and Beyond

1



There is no ob- sta- cle that I can- not o- ver- come. There is no ob- sta- cle that I can- not o- ver- come. When I need

10



a break, I breathe in rea- lly deep (breathe in) and I let it out slow- ly.



Click on video to view!

Extensions: This chant is helpful when used personally or when used with others individually or in a group. In addition to being beneficial when practiced frequently when in a calm state, it can eventually become supportive when feeling overwhelmed and discouraged. Using the visual image as a cue can help in this instance.

For groups this can be used in a call and response manner, fill-in-the-blank, in a round, and as a passing game where each group member provides a phrase as the chant is passed around the circle.

This chant can be used as a whole or in parts. For example, an individual may just need the beginning phrase to be repeated ("There is no obstacle that I cannot overcome") OR just the middle used as a cue ("When I need a break...").

Individuals/facilitators might enjoy correlating this with coping skills work and breathe work. Here are a few items that would work well together: **Coping Cards** & **Turtle Breathe & Squeeze** (this one is great for children).

I Am Here My Mind Is Clear

By: Music Therapy and Beyond

♩=110

[*Link to Audio files in product folder](#)

1
I am here my mind is clear (on drum) I am here my
6
mind is clear (on drum)

The image shows two staves of musical notation in 4/4 time. The first staff starts with a treble clef and a key signature of one flat. The melody consists of quarter and eighth notes. The lyrics 'I am here my mind is clear' are written below the first four measures, followed by '(on drum)' and 'I am here my'. The second staff continues the melody with 'mind is clear' and '(on drum)'. The drum interlude is represented by eighth notes with downward-pointing stems.

Extensions: This chant is helpful when used personally or when used with others individually or in a group. This simple but effective chant can be powerful when used prior to meditation or mindfulness practice sessions to provide grounding and centering. In addition it is powerful when used with resonant percussion such as drums and Orff instruments.

For groups this can be used in a call and response manner, in a round, and as a passing game where each group member provides a phrase as the chant is passed around the circle. It may also be used in unison and with straight or improvised rhythm accompaniment by group members.

If an individual(s) is/are not successful at repeating the drum interlude that varies in rhythm (as written above), the facilitator may instruct the individual(s) to simply repeat the same rhythmic pattern as the vocal melody. See notation below:

1

The image shows a single staff of musical notation in 4/4 time, starting with a treble clef and a key signature of one flat. The notation consists of a sequence of eighth notes with downward-pointing stems, followed by a quarter rest. This represents a rhythmic pattern that can be used as a drum accompaniment.

For more mindfulness practice ideas and experiences, check out the following podcast episodes: **28**, **32**, & **45**

- **28: A Guided Meditation for Kids - "The Inner Kingdom"**
- **32: The Breathing Path - An Interactive Mindfulness Experience**
- **45: Coming Up for Air: Why Purposeful Breathing is a Powerful Tool for Wellness**

I Am Safe!

By: Music Therapy and Beyond

♩ = 100

1-2 3-4 1-2-3 4 1-2 3-4 1-2-3 4

I am safe! I am safe!

[*Link to Audio files in product folder](#)

Extensions: This chant is helpful when used personally or when used with others individually or in a group. In addition to being beneficial when practiced frequently when in a calm state, it can eventually become supportive when feeling overwhelmed, anxious, worried, unsafe, fearful, unregulated, etc. The visual image, in this instance, can act as a cue to stop, breathe, and use the chant to center, focus, and calm the body and mind. A music therapist (or other facilitator) may also use this as a modeling cue for an individual they are working with (if appropriate and safe at the professionals discretion). The facilitator may simply cue by chanting "I am safe" and allow the individual to join as they are able.

This chant can be powerful when A Capella with simple tapping/patting on the chest AND when used with resonant instruments such as drums and Orff instruments.

For groups this can be used in a call and response manner, in a round, and as a passing game where each group member provides a phrase as the chant is passed around the circle. Facilitators might also use this in a similar fashion where every other group member is speaking/singing the chant and the next group member is providing the rhythmic response. The group members can then switch parts. It may also be used in unison and with straight or improvised rhythm accompaniment by group members.

To expand on the musical and expressive nature of this chant and individual and/or group may choose to begin in unison, add harmony, and/or improvise a different melodic line as they feel matches their need for vocal expression. An audio example of vocal improvisation is provided in the audio file library in this product folder.

Everything That I Need I Already Have!

By: Music Therapy and Beyond

♩ = 80

Hand Clap 

[*Link to audio files in product folder](#)

Extensions: This chant is helpful when used personally or when used with others individually or in a group. This chant pairs well with gratitude practices. For more ideas on gratitude practices, please listen to these podcast episodes [35](#) & [36](#).

The visual image can act as a cue to stop, breathe, and use the chant to center and focus on the present moment. This may be helpful when placed in frequently travelled areas of your house/school/clinic/work as a visual cue to be present.

A music therapist (or other facilitator) may also use this as a modeling cue for an individual they are working with (if appropriate and safe at the professional's discretion) when an individual is feeling overwhelmed, anxious, worried, fearful, uneasy, unbalanced, and when questioning their abilities and confidence. Assuming the individual(s) have practiced this chant, the facilitator in this instance may simply cue by chanting "Everything that I need I already have" and allow the individual to join as they are willing/able.

This chant can be powerful when A Capella with simple tapping on the chest AND when used with resonant instruments such as drums and Orff instruments.

For groups this can be used in a call and response manner, in a round, and as a passing game where each group member provides a phrase as the chant is passed around the circle. It may also be grounding when used in unison and with straight chant or when improvised with rhythm accompaniment by group members.

To expand on the musical and expressive nature of this chant an individual and/or group may choose to begin in unison chant and then add vocal improvisation of different melodic phrases, as they feel matches their need for vocal expression.

I Can Give My Body What It Needs

By: Music Therapy and Beyond

Grand Piano

The image shows a musical score for Grand Piano. It consists of two staves, a treble clef on top and a bass clef on the bottom, both in 6/8 time. The melody is written in the treble clef and consists of a series of eighth notes: G4, A4, B4, C5, B4, A4, G4, F4, E4, D4. The lyrics 'I can give my bo - dy what it needs' are written below the treble staff. The bass staff contains whole rests for the duration of the melody. The piece ends with a double bar line and a repeat sign.

[*Link to audio files in product folder](#)

Extensions: This chant is helpful when used personally or when used with others individually or in a group. This can be presented with the melody or as a straight chant. In addition it may be improvised with different vocal themes, as well as, paired with different instruments such as percussion, piano and guitar improvisation, and others. This chant lends itself to focusing on many different goal areas...here are a few:

Mind-body connection - This chant experience may be helpful when used personally or professionally with individuals with body image concerns. The focus of this chant may resonate with individuals to explore the fundamental needs of the human body with regards to our physical and mental health. This chant might lead to a discussion about nutrition, healthy body-image, and others. In addition to physical needs, this chant experience might lead to awareness and expression of emotional needs. Within an appropriate therapeutic environment.

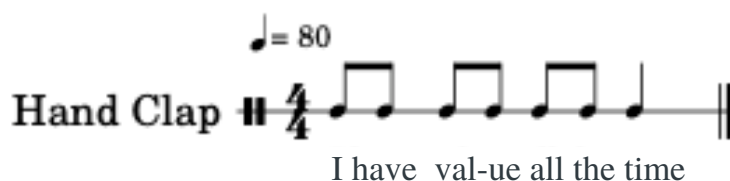
Sensory Awareness - This chant may also resonate with individuals with sensory processing disorders and those who would benefit from being mindful of their internal sensations and identifying what sensory stimulation they need/do not need. For instance, it may be that their body needs deep pressure, quiet, brushing, walk, run, etc. An individual/facilitator might decide to pair this with a sensory menu such as this one: **Sensory Menu**

This chant can be presented in a number of ways with individuals and groups including call and response, in a round, and as a passing game where each group member speaks the phrase as the chant is passed around the circle.

To expand on the experience an individual/facilitator may add to the chant with the phrase "My body needs ____." This is an opportunity to further extend this experience with discussion, art, journaling, action tasks, and many others.

I Have Value All the Time

By: Music Therapy and Beyond



[*Link to audio files in product folder](#)

Extensions: This might be the most foundational and important chant to implement in your life and the lives of the individuals you serve and care for.

I Have Value All the Time is helpful when used personally or when used with others individually or in a group. In addition to being beneficial when practiced frequently when in a calm and confident state, it can eventually become supportive (after practice) when feeling unappreciated, disregarded, under-valued, and unsure of oneself. The visual image can act as a cue to stop, breathe, and use the chant to find assurance and confidence. Each individual has value and deserves belonging. This is a foundational need for us all.....this chant reminds us of this truth.

A music therapist (or other facilitator) may also use this as a modeling cue for an individual they are working with (if appropriate and safe at the professional's discretion). The facilitator may simply cue by chanting "I have value all the time" and allow the individual to join as they are able. They may also choose to speak it to the individual wby changing the lyrics to "You have value all the time."

This chant can be powerful when A Capella with simple tapping/patting on the chest AND when used with resonant instruments such as drums and Orff instruments.

For groups this can be used in unison, a call and response manner, and in a round. As with other chants, this experience maybe extended to allow for vocal improvisation and into journaling and other art and expressive experiences such as mindful movement.

In addition to all of these ideas a facilitator might utilize this as an experience for self affirmation, as well as, group affirmation. For example, the group may engage in this chant with the group members chanting to an individual member "YOU have value all the time" and the individual member responding with "I have value all the time" in a cyclical pattern for each group member. It could also be presented in the opposite direction with the individual chanting first and the group responding in affirmation.



Thank You

We are delighted to connect with you and hope this product fills your mind with ideas and your life and work with music!

Talk soon,

MT&B

