



”Total Energy”

Touching the Spirit

A Musical in Honour of Baba Muktananda

Based on a story told by both Baba Muktananda
and Gurumayi Chidvilasananda

DRAFT SYNOPSIS

Created by
Anatole Kononewsky

1 April 2000

//Om Guru Om\\

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Musical Score & Songs

Prelude:

"Intergalactic Space - Set your Mind free"

Choir & Orchestra: *"Om Namah Shivaya"*

Orchestra: *"Dancing with Inner Fire"*

First Song: *"Pond of Nectar"*

Second Song: *"Muktanandaya"*

Third Song: *"Spiritual Song of the Aborigine"*

Fourth Song: *"At the Heart of Australia"*

Orchestra: *"The Softness of Sound"*

Fifth Song: *"Total Energy"*

Orchestra: *"Three Moments plus a Second"*

Six Song: *"Baba's Last Wish"*

Seventh Song: *"You Stand near a Fire..."*

Chant Finale: *"Om Muktananda"*

Eighth Song: *"I Know I Am"*

Close - Orchestra: *"Only Love Matters"*

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Musical

Prelude: *"Intergalactic Space - Set your Mind free"*

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Opening: *"Om Namah Shivaya"*

Instrument Intro: Cello start with guitar, violin and flute joining.

Choir:

- "Om Namah Shivaya" x 2 with harmony
(punctuations of violin & flute)
- "Om Namah Shivaya" x 2 with harmony
(Violin and flute fully involved)
- "Om Namah Shivaya" x 2 with harmony (very soft)

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Full Orchestra: *"Dancing with Inner Fire".*

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Choreography: Dance sequence leading into,
during & after Narrator speaking.

Narrator: Once there was a great musician and his sister, an exquisite dancer, who travelled the world giving uplifting and inspired performances to both royalty and the poor alike. The musician had been the disciple of the great sadguru, Baba Muktananda.

After Baba passed the Siddha Yoga lineage to Gurumayi Chidvilasananda, as his successor, the musician then became the disciple of Gurumayi.

Baba's Guru was the great Siddha, Bhagavan Nityananda.

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Narrator: Bhagavan Nityananda was a great Indian Saint and much loved by children. They would always gather and follow him where-ever he went.



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First Song: "Pond of Nectar"

Performed with children choir:

Verse 1

I had a dream.
One Golden Heart, One Golden Hand,
Reaching out to One Golden World.

Verse 2

I saw the World.
Living in Peace, Filling with Love,
Suddenly my heart filled with light.

Chorus

Look in your heart, a pond of nectar.
See in your heart, a pond of nectar.
Flowing into One Golden World

Repeat above x 2

(Building energy each time):

Third Chorus

Look in your heart, a pond of nectar.
See in your heart, a pond of nectar.
Flowing into One Golden World
Flowing into One Golden World
Flowing into One Golden Light...

Make your dreams real.



Words & Music by Anatole Kononewsky 29 June 1997
(Written in honour of Bhagavan Nityananda.)

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Narrator: The musician, would often reminisce about the times he had spent with Baba. He would often sing his name, "Muktanandaya" over again and again. The word means the bliss of freedom.



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Second Song: "Muktanandaya"

(Performed with children choir)

Instrumental

Verse 1

You gave us truth, You gave us light,
You set the world on fire with your love,
You gave us heart, you gave us strength,
You set the world on fire with your love.

Verse 2

You gave us love, you gave us joy,
You set the world on fire with your love,
You gave us Peace, you set us free,
You set the world on fire with your love.

Chorus x 2 Muktanandaya (males),
Baba Muktanandaya (females)

Bridge

Baba Muktanandaya!
Well you travelled the world,
you gave your heart and your soul.
People came when they heard your call.
You said, "Look within, Honour yourself,
God dwells within you as you, for you."

Instrumental

Verse 3

You gave us Peace, you set us free,
You set the world on fire with your love,
You gave us truth, You gave us light,
You set the world on fire with your love.

Chorus x 2

Muktanandaya, (males)

Slow: Baba Muktanandaya (females)

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Narrator: Before embarking on their world tour the musician and the dancer decided to take a pilgrimage to the sacred Aborigine site at the heart of Australia, called Uluru. A gigantic majestic rock situated in the centre of the Australian desert outback.



Photo by Swami Achytananda

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Third Song: "Spiritual Song of the Aborigine"



Chorus:

I am a child of the dream time people
Part of this land like a gnarled gum tree
I am the river softly singing
Chanting our songs on the way to the sea.

Verse 1

My spirit is the dust devils,
Mirages that dance on the plains.
I am the snow, the wind and the falling rain.
I'm part of the rocks and the red desert earth.

Chorus

Verse 2

Red as the blood that flows in my veins.
I am eagle, crow and snake that glides through
the rain forest that clings to the mountainside.



Chorus

Bridge:

I awaken here when the earth was new
There was emu, wombat and kangaroo
No other man of different hue.
I am this land and land is me.
I am Australia

Repeat x 3

I am this land and land is me.
I am Australia
Last time: I am in everyone of us.

Reprise

I am a child of the dream time people



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Fourth Song: *"At the Heart of Australia"*

Verse 1

At the heart of Australia, I feel the love of the Guru.
At the heart of the Guru, I feel the love of Australia.

Chorus

When you're heart is so full,
and you're feeling good.
Reach for the stars, and
hold them in your arms,
And know the fullness of your heart.

Verse 2

See yourself in the Guru,
just become who you are.
Know the one and the other,
are one and the same.

Chorus Repeat

Bridge

Our golden land awakened with the light.
Seeing destiny come into sight.
There's no limit to fullness, as we start seeing
our newness, coming down from above.
Our sacred golden land is filling with love.

Instrumental solo • Verse 1 Repeat • Chorus x 3

Last Chorus repeat last line:

And know the fullness of your heart.

Guitar break

When you're heart is so full, and you're feeling good.
Reach for the stars, and hold them in your arms,
And know the fullness of your heart.

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Full Orchestra: "The Softness of Sound"

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Choreography: Dance sequence leading into,
during & after Narrator speaking.



Narrator: After spending time doing puja to this sacred site and land, the musician and the dancer embarked on their world performance tour.



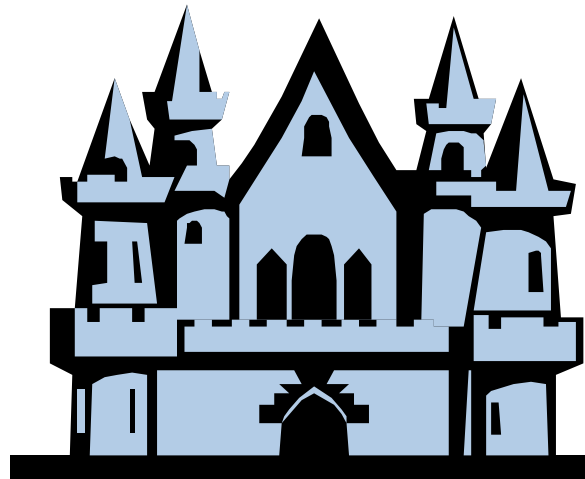
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Narrator: After travelling the world, as fate would have it, their tour culminated in the capital of a miserly king.



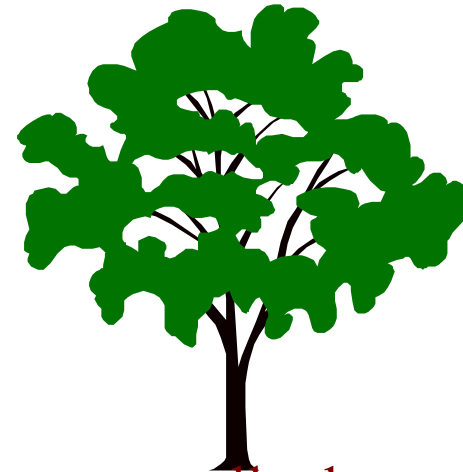
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A Musical in Honour of Baba Muktananda

Narrator: The dancer and the musician would perform in a special courtyard of the palace where the public could also attend.



Narrator: They performed, day after day, giving all there hearts. But because the king was miserly, he did not even think of rewarding the musician and the dancer for their performances. It was also the custom of the land that unless the king gave first no one else was permitted to do so.

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Narrator: The dancer and the musician continued performing for a long time, they loved entertaining their audiences, but they also realised they would not get anything from the king. So they decided to hold a final special performance and then leave the kingdom.



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Narrator: Now both the dancer and the musician were famous and since it was their last performance a large crowd gathered, including both renunciants and rich people.



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Narrator: The Princess and the Prince were also in attendance, as was the king's spiritual adviser, a monk of long standing. They performed until the small hours of the morning, and still the king did not reward them.



//Om Guru Om\\

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Narrator: Near the end of the performance the musician's sister became disheartened and her performance started to deteriorate. She wanted to quit and just go home.



//Om Guru Om\\

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Narrator: The musician immediately sang a verse: "Already much time has passed, and now only a little time remains, and this too, will soon pass, so don't give up now, give your total energy!"



//Om Guru Om\\

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Fifth Song: "Total Energy"

Performed with Choir and lead male vocalist.

Verse 1 All that I'm asking you is give me total energy,
And we can go from here until eternity.

Verse 2 You might say you simply haven't got the time,
Why don't you stop handing me that same old line.

Verse 3 I'm gonna take you to places where you've never been,
Where there's no limit to what you think that you can be.

Verse 4 Everything is possible nothing is impossible,
All you got to do is see that there is nothing new.

Bridge

Don't be afraid to show your feelings,
The answer to living is to see how you're giving.

Words & Music by Anatole Kononewsky

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A Musical in Honour of Baba Muktananda

Orchestra: Three Moments plus a Second.

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Choreography: Dance/movement sequence to highlight and connect to the Narrator.

Narrator: The dancer was so inspired by these words she immediately went into an ecstatic final dance.

It totally enthralled the audience and took them all into an absolute blissful state.



//Om Guru Om\\

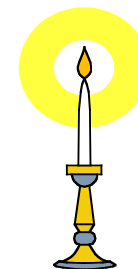
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Narrator: The monk, who was in the audience, was wearing his only possession, a beautiful shawl given to him by the king. The moment the monk heard these words by the musician, suddenly to everyone's amazement, he took off his shawl and threw it as a gift to the performers.



//Om Guru Om\\

"Total Energy"

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A Musical in Honour of Baba Muktananda

Narrator: Then the princess, who was the only daughter of the king, took her precious jewel necklace and threw it to the performers.

Next the prince also removed his beautiful gold and jewelled ring and gave it to the performers as well.

//Om Guru Om\\

"Total Energy"

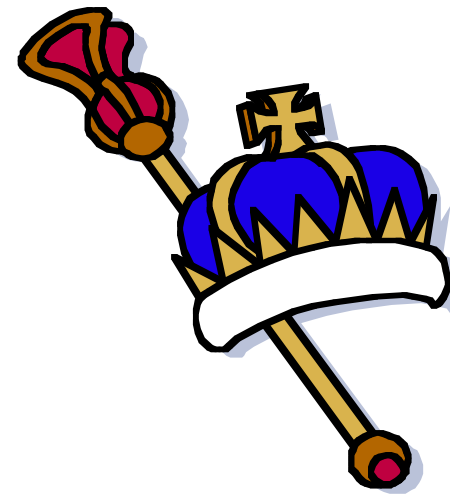
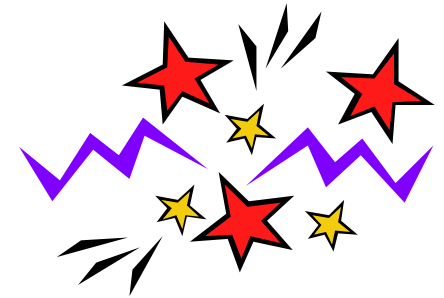
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Narrator: The king was outraged at this blatant act of defiance of his miserly ways, but he did not dare say a word in front of everyone because of his indignation.

He stormed out of the courtyard and summoned the monk to his chambers.

King: "You are a renunciant, I gave you that shawl, it is the only possession you have. Why did you part with it to the performers?"



//Om Guru Om\\

"Total Energy"

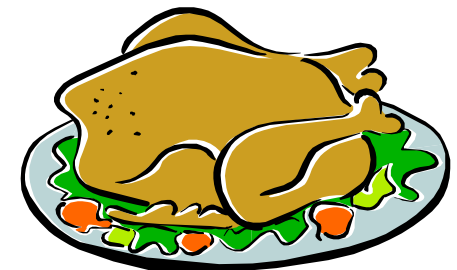
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Sadhu: "King I didn't mean to insult you by giving my only possession when you had not given anything."

Let me explain what prompted me to give my shawl. I have been a renunciant for 30 years and just recently I started to question my goals and then I started looking at the various pleasures of the world, the comforts and riches you enjoy.



//Om Guru Om\\

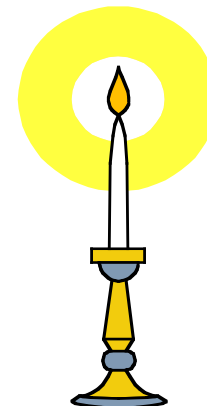
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Sadhu: They began to tempt me when all of a sudden I heard the musician's words to his sister and I immediately realised that I had been pursuing tapasya without desire all the years of my life and now that I am old there aren't many years left for me to live, already much time has passed, only a little time remains and this too will pass very quickly so don't give up now.



//Om Guru Om\\

"Total Energy"

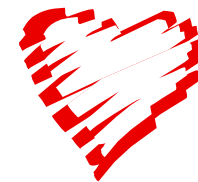
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Narrator: The king was taken back by this answer and summoned the Princess.

King: *"My dear princess, why did you give your valuable necklace?"*

Princess: *"Father, you are miserly, and it is because of this that you haven't found me a suitable husband. I am becoming old and I was planning to elope with a man of my own choice."*



//Om Guru Om\\

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Princess: When I heard the musician sing those words, I realised you will pass away soon so why should I bring dishonour to our family name, “...*already much time has passed, only a little time remains and this too will pass very soon so why should I give up now.*”

I changed my mind and decided to wait patiently, This made me very happy and so I immediately felt like rewarding the performers.





//Om Guru Om\\

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Narrator: The king was also moved by her answer and called the prince.

King: *"Why my son did you so thoughtlessly throw away such a precious ring?"*

//Om Guru Om\\

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Prince: Father forgive me if I speak the truth, but you have become so old and you have always belittled me and you haven't thought of relinquishing the kingdom to me.

Prince: I had become so impatient and furious that I had been conspiring to overthrow you but when I heard that verse, *"...already much time has passed, only a little time remains and this too will pass soon, so don't give up now"*.

Prince: I realised you are getting old and will pass away soon and I would wait to inherit the throne in natural ways. I was saved from committing a horrible sin of treason and for this reason I wanted to reward the performers.

//Om Guru Om\\

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Narrator: The King was now deeply effected by these explanations and realised he also had so little time left to live a full and good life. He went to the musician to asked him to explain the source of his wisdom. The musician explained the power of his Guru and "*Baba's last wish*".



//Om Guru Om\\

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Sixth Song: "Baba's Last Wish"

Performed with Adult & Children (optional) Choir with main female vocalist

Instrument intro

Theme (slow at start and build.)

Baba's last wish. Baba's last wish, was to see,
A world full of saints become a living reality.

Verse 1 (full tempo)

There's a light, a bright shining light.
It lives, it lives within my heart.

Verse 2 There comes a time, when you ask:
On Master come into my life,
Remove the darkness from around my heart.

Chorus And light my light with your light,
Light my light with your light.

Bridge It's time to stand up to become the goal.
It takes a little heart to find that courage,
But when it wakes up you know that it's real.

Instrumental Solo/Repeat Verses 1 to 2

Chorus (Choir maintains base with female vocalist
improvisation & ad lib as appropriate.)

Theme (Fast at start.)

Baba's last wish. Baba's last wish,
Baba's last wish. Baba's last wish,

Slow: Baba's last wish.

Baba's last wish was to see,
A world full of saints become a living reality.

NOTE: Sequoias into next song

Words & Music by Anatole Kononewsky (Written at Shree Muktananda Ashram)

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Seventh Song: *"If you stand near a fire..."*

Performed with Adult & Children (optional) Choir with male vocalist.

Instrument intro (continued from previous song.)

Theme Repeated: Starts slowly, builds in energy but not in tempo. Chorus maintains base with lead vocalist gradually improvising and ad lib over chorus building to ecstatic climax.

Verse/Chorus

*When you stand near a fire,
You're bound to get warm.*

*When you stand in the light of your love,
You set the world on fire.*

//Om Guru Om\\

"Total Energy"

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A Musical in Honour of Baba Muktananda



Chant Finale: "Om Muktananda"

(With entire audience participation as response to call from stage.)

"Om Muktananda, Sadguru Jaya Om."



"Muktananda, Sadguru, Muktananda Jaya Om."

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A Musical in Honour of Baba Muktananda

Narrator: The musician continued explaining to the King that Baba had entrusted the Sidhha lineage to his beloved disciple, Gurumayi Chidvilasananda. And now through her Grace Baba's mission is being expanded and continued around the world. Giving the unprecedented gift of Shaktipat and creating a world full of saints.



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A Musical in Honour of Baba Muktananda



Eighth Song: "I know I am"



Spoken: *Please close your eyes and imagine yourself in sitting in a sacred place with a magical being of light.
It's early evening and there's a light, gentle, warm breeze blowing with a full moon shining brightly up above.*

Verse 1 The whisper of the wind, caressing your hair...

The fragrance of your warmth,
Surrounds my senses in the night,
As I'm standing in the light,
And the moon is shining bright.

Chorus There is something that I can't explain,
My love grows stronger when I call your name.
My heart just opens and I know I am,
Everything that you say I am.

Verse 2 The sparkle in your eyes, reflecting my gaze...
The softness of your touch, As your eyes melt into mine,
I know I'm running into time, Cause I know that I can't hide...

Chorus

Bridge If the clouds grow dark and it rains,
I think of you and call your name.
If I'm in doubt and don't know what to do.
I know your love will see me through...

Chorus/Verse 1/Chorus Repeat

Reprise

My heart just opens and I know I am,
Everything that you say I am.

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Written especially for Gurumayi. and performed to her at Sydney Ashram in 1997.



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A Musical in Honour of Baba Muktananda

Narrator: The King decided to renounce his kingdom and dedicate the remaining part of his life to spiritual practices. The king gave control of Kingdom to his son whose first command was to announce the betrothal of his sister to her loved one.

The kingdom of God rejoiced and Baba smiled down from above showering love to all.

//Om Guru Om\\

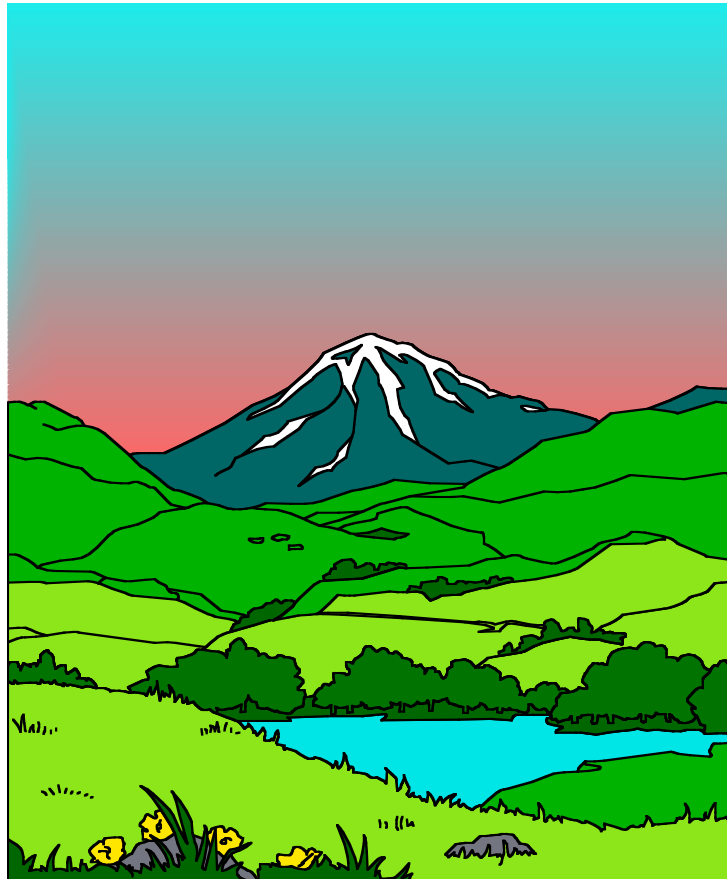
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Closing Music: "Only love matters".

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The End