

# Léchiya Hé Ho

OCEANA SOL

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Maka Ina-aa Maka Ina

Wakan Tan-ka Wakan Tanka (2x)

Ma Ma Ma Ma Ma Ma Ma Ma

Ma Ma Maka Ina

Wa Wa Wa Wa Wa Wa Wa Wa

Wa Wa Wakan Tanka (2x)

Maka Ina Haaaa-ha-ha!

Wakan Tanka Haaaa-ha-ha!

Maka Ina! Wakan Tanka!

Léchiya Hé Ho

*Outro:*

Léchiya Hé Ho

Léchiya Hé Ho Hé Ho (4-6x)

## **Meaning Breakdown:**

- **Maka Ina** - Earth Mother
- **Wakan Tanka** - Great Mystery / Sacred Vastness
- **Léchiya** - I am here
- **He** - Yes / indeed / so
- **Ho** - Communal sound

## **Overall Meaning:**

*This Lakota mantra invokes the Earth Mother and the Great Mystery, calling in ground and vastness. A playful rhythm helps the body to awaken and actively arrive in shared presence. Léchiya Hé Ho can be understood as: I am here, yes - and we sound.*