



Begin with the Heart

Words: Julian of Norwich

Music: Leah Hokanson

mf ♩ = 72 Swing

Pno.

A Voice 2 - melody
mf

Where do we be - gin? where do we be - gin? where do we be -

Pno.

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B *mf*

14

2 *mf*
_gin; be - gin with the heart. Where do we be - gin?

3 *mf*
Voice 3 enters - harmony
Where d be - gin?

Pno.

19

2
where do we be - gin? where do w gin; be - gin with the heart.

3
where do we be - gin? w' be - gin; be - gin with the heart.

Pno.

25

C Voice 1 enters - uppe

1
Where do be - gin? where do we be - gin? where do we be -

2
Where do be - gin? where do we be - gin? where do we be -

3
we be - gin? where do we be - gin? where do we be -

Pno.

D Option: turn towards piano player

30

1
2

gin; be - gin with the heart. Oo

3
-gin; be - gin with the heart. Oo

mp

mp

Piano Solo

f

Pno.

35

1
2

Oo

3
Oo

Piano Solo

f

Pno.

E Option: improv solo

40

1
2

Where do we be - gin? where do we be -

3
Where do we be - gin? where do we be -

f

f

very lightly - r.h.

bring out the bass line

Pno.

45 *solo out*

1
2
3

gin? where do we be - gin; be - gin with the heart.

gin? where do we be - gin; gin with the heart.

Pno. *tacet*

50 **F** with a full warm sound

1
2
3

Where do we be - gin? w' we be - gin? where do we be -

Where do we be - gin? ere do we be - gin? where do we be -

55 *rit.* *molto rit.*
straight time rubato

1
2
3

gin? be - ch, be - gin with, be - gin with the heart.

gin? gin with, be - gin with, be - gin with the heart.

"Begin with the Heart" is one of Leah's "Diamond Chants".



Begin with the Heart is a gospel setting of 14th century Christian theologian and mystic Julian of Norwich's wise words: "Where do we begin? Begin with the heart." It is an invocation to reside fully in our heart centre, knowing that beginning with the heart will always lead us toward a more loving and compassionate world. Begin with the Heart is part of a body of work called "Diamond Chants." Playfully referred to as "ecstatic pop,"

Diamond Chants blend the simplicity of the chant form, the wisdom and inspiration of ecstatic poetry, and the eclectic groove and tunefulness of popular music, including jazz, R&B, pop ballad, gospel, funk and world music. Diamond Chants are dedicated to my great grandmother, Sarah Diamant (Diamond). Visit my page at cypresschoral.com to learn more.

Leah Hokanson is a lifelong adventurer in music, sound and listening—as a composer, community choir leader, pianist, improviser, singer-songwriter, and certified sound healing practitioner. Leah is co-founder of Sound, Belonging & Wholeness, offering programs that explore vocal sounding and intentional listening as portals to Presence, healing and transformation. She also directs the Song Keepers Women's Choir (Gabriola Island), is Music Director at the First Unitarian Fellowship (Nanaimo), and leads bi-weekly Contemporary Ecstatic Chanting sessions at Bethlehem Centre (Nanaimo). (as of 2024)

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