

# Reach Beyond This World—Howl, Cry & Be Free: Ethereal Songs Of Holy Women

Via [The Urban Howl](#)

*“Laboratorium Pieśni are a phenomenal group of international holy women who use shamanic techniques in song to create sacred space, employing glossolalia and the sounds of nature to harness the healing power of the wild, sacred feminine through ancient music and verse. The experience is haunting, powerful and ethereal, and reaches into something beyond this world.”*

*—[She Who Is](#)*

*Na morzu, na błękitnym morzu  
Tam pływały stada białych łabędzi  
Z małymi łabądkami  
A skąd się wziął szaro-biały orzeł  
Rozgonił stado po całym błękitnym morzu  
Biały puszek uniósł się do nieba  
Szare pierze opadło na zielonej łące  
A kto zbierze to pierze?  
Zbierze je piękna dziewczyna.*

*At the sea, blue sea  
There was a floating flock of white swans  
And where did the gray-white eagle come from?  
It dispersed the flock around the blue sea  
White down rose to heaven,  
Gray feathers fell on a green meadow  
And who will collect these feathers?  
A beautiful girl.*

*Tam w lesie kukułka uwiła gniazdo i uleciała*

*There in the forrest a cuckoo made a nest and flew away*

*Oh you river, you river*

*Why are you not full?*

*Oh, luli luli luli...*

*Why are you not full?*

*Oh, how could I be full?*

*People come to drink water*

*Oh, luli luli luli...*

*People come to drink water*

*People come to drink water*

*Jasieńko comes to water his horse*

*Oh, luli luli luli...*

*Jasieńko comes to water his horse*

*Jasieńko comes to water his horse*

*Kasieńka comes to extinguish the fire*

*Oh, luli luli luli...*

*Kasieńka comes to extinguish the fire*

**Laboratorium Pieśni (Song Laboratory) is the group of female singers from Tri-City (Poland), created in 2013.**

Using traditional, polyphonic singing they perform songs from all over the world, mainly: Ukraine, Balkans, Poland, Belarus, Georgia, Scandinavia and many other places. They sing a capella as well as with shaman drums and other ethnic instruments (shruti box, kalimba, flute, gong, zaphir and koshi chimes, singing bowls, rattles etc.), creating a new space in a traditional song, adding voice improvisations, inspired by sounds of nature, often intuitive, wild and feminine.

The traditional songs are often brought from their source –

different regions of Poland, Europe and world, by the members of the group – having their unique history and evolving in the course of work. Finally they are performed in a new form – traditional or enriched.

Laboratorium Pieśni is a winner of TRYTON PRIZE on FAMA Festival 2014 for the greatest artistic personality of the festival.

***Read more about Laboratorium Pieśni [here](#).***

Featured Image: [Laboratorium Pieśni](#)

***For more self-study, [The Urban Howl](#) recommends [Untie the Strong Woman: Blessed Mother's Immaculate Love for the Wild Soul](#).***

# #SING