Iavnana

Racha

As taught by Kate Howard & Mzetamze Transcribed by Kate Howard & Colin Kinlund



"Iavnana" has the same mixture of soothing sounds and real words as "lullabye", its translation. The text roughly translates to, "Here are violets, little lord, here are roses, little lord, hush, sleep."

This would be sung to children sick in bed, with the offering of flowers meant to placate the demons causing the child's illness.