

Songs

AND WHEN I RISE

And when I rise, let me rise,
like a bird, joyfully.

And when I fall, let me fall,
like a leaf, gracefully,
without regret.

BREATHE AND YOU KNOW

Breathe and you know that you are alive,
breathe and you know that all is helping you,
breathe and you know that you are the world,
breathe and you know that the flower is
breathing too,
breathe for yourself and you breathe for the
world,
breathe in compassion and breathe out joy.

Breathe and be one with the air that you
breathe,
breathe and be one with the river that flows,
breathe and be one with the earth that you
tread,
breathe and be one with the fire that glows,
breathe and you break the thought of birth and
death,
breathe and you see impermanence is life.

Breathe for your joy to be steady and calm,
breathe for your sorrow to flow away,
breathe to renew every cell in your blood,
breathe to renew the depth of consciousness,
breathe and you dwell in the here and now,
breathe and all you touch is new and real.

BREATHING IN

Breathing in, breathing out (2x)
I am blooming as a flower.
I am fresh as the dew.
I am solid as a mountain.
I am firm as the earth.
I am free.

Breathing in, breathing out (2x)
I am water reflecting what is real, what is true
and I feel there is space deep inside of me
I am free (3x)

DEAR FRIENDS

Dear friends, dear friends, let me tell you how I
feel.

You have given me such treasures, I love you
so.

Love, joy, inner peace, like a Sunday morning
breeze,
oh my dear you are so welcome. Love give you
ease.

HAPPINESS IS HERE AND NOW

Happiness is here and now,
I have dropped my worries.
Nowhere to go, nothing to do,
no longer in a hurry.

I HAVE ARRIVED

I have arrived. I am home, in the here and in
the now. (2x)
I am solid. I am free, (2x)
in the ultimate, I dwell. (2x)

IN, OUT

In, out,
deep, slow,
calm, ease,
smile, release,
present moment,
wonderful moment.

NO COMING, NO GOING

No coming, no going,
no after, no before.
I hold you close to me.
I release you to be so free,
because I am in you and you are in me. (2x)

Songs

TAKING REFUGE

Breathing in, I go back to the island within
myself.
There are beautiful trees within the island.
There are clear streams of water.
There are birds, sunshine, and fresh air.
Breathing out, I feel safe.
I enjoy going back to my island.

THE THREE REFUGES SONG

I take refuge in the Buddha,
the one who shows me the way in this life.
Namo Buddhaya. (3x)

I take refuge in the Dharma,
the way of understanding and love.
Namo Dharmaya. (3x)

I take refuge in the Sangha,
the community of mindful harmony.
Namo Sanghaya. (3x)

Namo Buddhaya, namo Dharmaya, namo
Sanghaya.

THE WINTER SONG

The gift of a quiet mind brings us peace and
healing.
The gift of a quiet heart makes love sweet.
Winning or losing, quietly breathing
Watching the snow fall on cat's feet.

THE REALM OF THE MIND

The realm of the mind is mine, I can choose.
I can choose where I want to be.
Both heaven and hell I know equally well.
The choice is up to me.

I AM A CLOUD

I am a cloud, I am the blue sky,
I am a bird, spreading out its wings,
I am a flower, I am the sunshine,
I am the earth receiving a seed.

And I am free when my heart is open.
Yes I am free when my mind is clear.

RAIN

The rain is falling, oh so softly.
Washing every leaf of every tree.
Washing every care.

Chorus:
Namo Avalokiteshvaraya (Ah-vah-loh-kee-tesh-
vahr-eye-uh)
Namo Avalokiteshvaraya

The rain is falling, oh so strongly.
Reaching every root of every tree.
Reaching every root of affliction.

Chorus

The rain is falling, oh so loudly
Playing the music of joy
For ten thousands of beings

Chorus

AWARENESS IS A MIRROR (GATHA FOR LOOKING IN THE MIRROR)

Awareness is a mirror.
Awareness is a mirror.
Reflecting, reflecting the four elements.

Awareness is a mirror.
Awareness is a mirror.
Reflecting, reflecting the four elements

Beauty is a heart that generates love
And a mind that is open,
A mind that is open.

Beauty is a heart that generates love
And a mind that is open,
A mind that is pure.

IN THE PRESENT MOMENT

Breathing in, Breathing out in the present
moment (2x)
Buddha to my left, Buddha to my right, in the
present moment (2x)

Songs

NO DISCRIMINATION!

The sun it shines on everyone (2x)
No discrimination! (2x)

The rain pours down on everyone 2x
No discrimination! (2x)

Oh dear brother, oh dear sister,
Let's walk together mindfully.

TAKE YOUR TIME

Take your time
Breathing in, breathing out
Look deeply
as you say "this is me."
You and your breath
You and the air
As hummingbird and flower have always been
together.

Take gentle steps
Feel the ground
Curl your toes
Is there a line between you and this path?
You and your steps
You and the earth
As butterfly and blossom have never been apart.

PEACEFULLY FREE

I am so free because I can be me
Look at the clouds at play
Passing over every day
Inside the sky so blue
Immense, spacious and true
I'll be tall like the sky
Wide enough to embrace what's inside

Just like the clouds passing by
Flying high in the grand open sky
Everything around me will be
Loved, embraced and peacefully free
Everything around me will be
Loved, embraced and peacefully free

THE RIVER IS FLOWING

The river is flowing, flowing and growing
The river is flowing back to the sea (2x)

Mother Earth will carry me
A child of her I'll always be
Mother Earth will carry me
Back to the sea

IN GRATITUDE

In gratitude you have watered
Seeds of love in me
In gratitude
In gratitude I will water
Seeds of love in someone too
I know you're there for me
And I am so happy