

Songs for Practice

1. *Breathing in, Breathing out*

Breathing in, breathing out;
breathing in, breathing out;
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; breathing in,
breathing out;
I am water, reflecting what is real, what is true,
and I feel there is space deep inside of me;
I am free, I am free, I am free.

2. *The Island Within*

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.

3. *In Out*

In, out; Deep, slow;
Calm, ease; Smile, release;
Present moment, Wonderful moment.

4. *I have Arrived, I am Home*

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

I am solid, I am free,
I am solid, I am free,
in the ultimate I dwell,
in the ultimate I dwell.

5. *Arrived*

Arrived, arrived,
At home, I am at home.
Dwelling in the here
And dwelling in the now.
Solid as a mountain.
Free as a white cloud.
The door to no birth and no death is open.
Free and unshakable.

6. *Here is the Pure Land*

Here is the Pure Land, the Pure Land is here.
I smile in mindfulness, and dwell in the
present moment.
The Buddha is seen in an autumn leaf,
The Dharma in the floating cloud,
The Sangha body is everywhere, my true home is
right here.
Breathing in flowers are blooming.
Breathing out I am aware that bamboos
are swaying.
My mind is free and I enjoy every moment.

7. *I Like the Roses*

I like the roses. I like the daffodils.
I like the mountains. I like the rolling hills.
I like the twinkling stars when the sun goes down.
Du-bee-dee, du-bee-dee, du-bee-dee, du-bee-dee
du-bee-dee, du-bee-dee, du-bee-dee,
du-bee-dee ... dum



8. 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.
Oh dear brothers, Oh dear sisters,
Let's walk together mindfully.

And I am free, when my heart is open.
Yes I am free, when my mind is clear.
Oh dear brothers, Oh dear sisters,
Let's walk together joyfully.

9. 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.

In gratitude you have watered seeds of love in me
in gratitude,
In gratitude I will water seeds of love in
someone too.
And when you suffer some, just call and I will come.

10. And When I Rise

When I rise, let me rise like a bird, joyfully
And when I fall, let me fall like a leaf, gracefully,
without regrets
And when I stand, let me stand like a tree,
strong and tall
And when I lie, let me lie like a lake, peacefully,
calm and still
And when I work, let me work like a bee,
wholeheartedly
And when I play, let me play like a breeze,
refreshingly, light and clear, like a breeze,
refreshingly, light and clear ...

11. Please Call Me by my True Names

My joy's like spring so warm, it makes flowers bloom
all over the Earth.
My pain's like a river of tears, so vast it fills
the four oceans.
Please call me by my true names, so I can hear
all my cries and laughter at once, so I can hear
that my joy and pain are one.
Please call me by my true names, so that I can wake
up and the door of my heart could be left open.

12. Happiness

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

Happiness is here and now. I have dropped
my worries.
Somewhere to go, something to do, but I don't
need to hurry.

13. Dear Friends

Dear friends, dear friends, let me tell you how I feel.
You have given me such treasure, I love you so.

Love, joy, inner peace, like a summer
morning breeze
Ah my friends you are so lovely.
I love you so. I love you so.

14. No Discrimination

The sun, it shines on everyone. (2x)
No discrimination, no discrimination.

The rain, it falls on everyone. (2x)
No discrimination, no discrimination.

My heart belongs to everyone. (2x)
No discrimination, no discrimination.

15. 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
Because I am in you, and you are in me

16. Two Promises

I vow to develop understanding
in order to live peacefully with people,
animals, plants and minerals.
Mmm – ahh, mmm – ahh, mmmmm – ahh.

I vow to develop my compassion
in order to protect the lives of people,
animals, plants and minerals.
Mmm – ahh, mmm – ahh, mmmmm – ahh.

17. Breathe, You Are Alive

Breathe and you know that 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’s
breathing too.

Breathe for yourself and you breathe for the world.
Breathe in compassion and breathe out the joy.

18. There is Honey in your Eyes

There is honey in your eyes when you look
without hunger.
There is sunshine in your face when your mind
is pure.
Feathers in your hands when you touch
without taking.
And petals on your feet when you walk with joy.
Music in your voice when you speak with laughter.
And moonlight in your sleep when your heart is free.

19. Being an Island

Being an island unto myself, as an island
unto myself.
Buddha is my mindfulness, shining near, shining far.
Dharma is my breathing, guarding body and mind.
I am free.

Being an island unto myself, as an island
unto myself.
Sangha is my skandhas, working in harmony.
Taking refuge in myself, coming back to myself.
I am free, I am free, I am free.

20. Cultivate Joy

Cultivate joy, hour by hour,
Smile by smile, flower by flower
Sow seeds of joy among gloom and despair
Cultivate joy, and joy will be there (x2)

Cultivate peace, hour by hour,
Smile by smile, flower by flower
Sow seeds of peace among hate and fear
Cultivate peace, and peace will be there (x2)

Cultivate love, hour by hour,
Smile by smile, flower by flower
Sow seeds of love among hard and cold
Cultivate love, and love will be there (x2)



21. Gatha For Walking Meditation

The mind can go in a thousand directions
But on this lovely path, I walk in peace.
With each step, a gentle wind blows
With each step, a flower blooms.

22. I love nature

I love nature, nature is cool!
The forest is my classroom the earth is my school.
Trees are my teachers, animals are my friends.
And on this school all life depends.

23. Standing Like a Tree

Standing like a tree with my roots down deep,
And my branches wide and open.
Come down the rain,
Come, come, come down the sun,
Return to the Earth, return to the one.

You are so tall, your leaves are so green,
How could we live without you? (2x)
Trees give us shade and trees give us air to breathe,
we are one family, we are all related.
You are so tall, your leaves are so green,
How could we live without you? (2x)
I will hug the trees, they will shelter me,
I will protect the trees and they will protect me.

24. Song of Celebration

The sky is deeper blue today
because I have awareness.
The trees are more alive today
as I breathe in the greenness

The birds are soaring higher
with my eyes following their path.
The children's laughter is brighter
as my own lips are blooming.

And you, you are closer to me than ever
because I know myself more.
And you, you are closer to me than ever
because I know myself more.

25. One

We are all the leaves of one tree (2x)
The time has come for all to live as One
We are all the leaves of one tree
We are all the waves of one sea (2x)
The time has come for all to live as One
We are all the waves of one sea
We are all the stars of one sky (2x)
The time has come for all to live as One
We are all the stars of one sky

We are all the leaves of one tree
We are all the waves of one sea
The time has come for all to live as One
We are all the stars of one sky

26. Joy

Whatever illumines your path,
I will consider as my friend.
There are no enemies,
no barriers in the heart.
There is only wishing you well.

Your joy is my joy, my joy is your joy.
Your joy is my joy, for sure.

This is the song in my heart,
sing along, sing along.
This is the song in my heart,
sing along.



27. Brock Songs

28. Breathing In, Breathing Out

Breathing in, Breathing out
Breathing in, Breathing out
I am blooming as a flower
I am fresh as the dew
I am solid as the mountain
I am firm as the earth
I am free.
Breathing in, Breathing out
Breathing in, Breathing out
I am water, reflecting
What is real, what is true.
And I feel there is space
Deep inside of me
I am free, I am free, I am free.

29. The Island Within

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.

30. Happiness

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

Happiness is here and now,
I have dropped my worries.
Somewhere to go, something to do,
But I don't need to hurry.

31. 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.
Oh dear brothers, oh dear sisters,
Let's walk to together mindfully (joyfully). (2x)

32. I Have Arrived, I Am Home

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

33. In Out

In out,
Deep slow,
Calm ease,
Smile release,
Present Moment,
Wonderful Moment.

34. I Like The Roses

I like the roses, I like the daffodils
I like the mountains, I like the rolling hills
I like the twinkling stars when the sun goes down
doobadee doo badee doo badee doo badee doo
badee doo badee doo badee doo badee doo (2x)

35. In Gratitude

In gratitude, you have watered seeds
of love in me, in gratitude ...
In gratitude, I will water seeds of love
in someone new ...
I know you're there for me
And I am so happy ...
In gratitude, you have watered seeds
of love in me, in gratitude ...
In gratitude, I will water seeds of love
in someone new ...
And when you suffer some,
Please call and I will come ...

36. Please Call Me By My True Names

My joy's like spring so warm,
It makes flowers bloom all over the Earth.
My pain's like a river of tears,
so vast it fills the four oceans.

Please call me by my true names,
So I can hear all my cries and laughter at once.
So I can hear that my joy and pain are one.

Please call me by my true names,
So I can wake up
And the door of my heart could be left open.

37. No Discrimination

The sun, it shines on everyone (2x)
No discrimination, no discrimination
The rain, it falls on everyone (2x)
No discrimination, no discrimination
My heart belongs to everyone (2x)
No discrimination, no discrimination

38. 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)

39. 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 regrets.

And when I sit,
Let me sit like a mountain, solidly.
And when I lay,
Let me lay like a lake, calm and still, reflecting all.

And when I work,
Let me work like a bee, lazily.
And when I play,
Let me play like the rays, of the sun, rejoicingly.

40. Dear Friends

Dear friends, dear friends,
Let me tell you how I feel.
You have given me such treasures,
I love you so.

41. The Two Promises

I vow to develop understanding, in order to live

peacefully with people, animals, plants and
minerals (2x) Mmmahh, Mmmahh

I vow to develop my compassion, in order to protect
the lives of people, animals, plants and minerals
(2x) Mmmahh, Mmmahh

42. Four Part Peace Song

1. Om manipadme hum (Oh the jewel in the lotus)
2. Shalom, Shanti (Peace in Hebrew and Sanskrit)
3. La Ila-ha, Il Allah hu (there is no God but God)
4. Gloria in ExcelsisDeo (Glory to God in the highest)

43. Irish Blessing

May the Road rise with you.
May the Wind be always at your back.
May the Sun shine warm upon your face.
May the Rain fall soft upon your fields.
And until we meet again.
May Love hold you, in the hollow of Her Hand.

44. Being An Island

Being an island unto myself
As an island unto myself
Buddha is my mindfulness
Shining near, shining far
Dharma is my breathing,
Guarding body and mind.
I am free
Being an island unto myself
As an island unto myself
Sangha is my skandhas,
Working in harmony
Taking refuge in myself
Coming back to myself
I am free, I am free, I am free

45. Arrived

Arrived, arrived,
At home, I am at home.
Dwelling in the here
And dwelling in the now.
Solid as a mountain,
Free as a white cloud,
The door to no birth and no death is open,
Free and unshakable.

46. Here Is The Pureland

Here is the Pureland,
The Pureland is here
I smile in mindfulness
and dwell in the present moment
The Buddha is in an autumn leaf
The Dharma is the floating cloud
The Sangha body is everywhere
My true home is right here
Breathing in, flowers are blooming
Breathing out, I am aware that bamboos are
 swaying
My mind is free and I enjoy every moment.

47. 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.