

Songs of the Sangha

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)

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.

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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 snowfall 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.
Oh dear Brother, oh, dear sister,
let's walk together, mindfully.

And I feel free... Lets walk together joyfully.

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)

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.

NO DISCRIMINATION!

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

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

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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 inside me will be
Loved, embraced and peacefully free

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
Please call and I will come.

THE RIVER IS FLOWING

The river is flowing,
flowing and growing
The river is flowing
back to the sea.

Mother Earth is carrying me
Her child I will always be
Mother Earth is carrying me
back to the sea.

The Sangha is flowing,
flowing and growing.
The Sangha supports
all of us Buddhas to be.

Ancestors watch over me,
Your child I will always be.
Ancestors watch over me,
Until we are free.

The Moon she is waiting,
Waxing and waning,
The moon she is waiting
For us to be free.
Sister Moon watch over me
Your child I will always be.
Sister Moon watch over me,
Down to the sea.

JOURNEY TO NO WHERE

We are moving
On a journey to nowhere
Taking it easy
Taking it slow.
No more worries
No need to hurry
Nothing to carry
Let it all go.

ALL IS WELL (NOMI'S SONG)

There is ample time for all things, all is well.
There is ample space for all things, all is well.
There is ample hope for all things, all is well.
Take the journey, starting with just one step,
color outside the lines.
All is well.

Songs of the Sangha

ARE YOU SURE? (STAPLE SINGERS)

Are you sure there's nothing you can do
To help someone worse off than you?
Think before you answer, are you sure?
Are you sure?

Are you sure it'll be a waste of time
to stop and let your love light shine?
Think before you answer, are you sure?
Are you sure?

Are you sure that it will be in vain
To show some love for your fellow man?
Think before you answer, are you sure?
Are you sure?

(Chorus) Are you sure? Are you sure?
Are you sure? Are you sure?
Think before you answer, are you sure?
Are you sure?

Da, Da, Da, Da (to tune)

Are you sure that it's not your place
To help someone whose lost their way?
Think before you answer, are you sure?
Are you sure?

Are you sure it's not your concern
When you see a neighbor's home is burned?
Think before you answer, are you sure?
Are you sure?

Are you sure that I will still be down
When you've realized that you've been blind
Think before you answer, are you sure?
Are you sure?

(Chorus)

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.

TO DEVELOP MY COMPASSION

To develop my compassion,
I breathe.
To develop my compassion,
I try to see,
Looking deeply, looking deeply.

To develop my understanding,
I breathe.
To develop my understanding,
I stop to see,
What if it were me? What if it were me?

And I want to feel peace,
with everything that breathes.
And I want to protect,
the sky, the earth, the sea. (2x)

I LOVE THE MOUNTAINS

I love the mountains
I love the rolling hills
I love the flowers
I love the daffodils
I love the twinkling stars
When the sun goes down

(Chorus)

Boom dee ah dah. Boom dee ah dah.
Boom dee ah dah. Boom dee ah dah.
Boom dee ah dah. Boom dee ah dah.
Boom dee ah dah. Boom dee ah dah.

We walk together
Hike by the quiet stream
Watch for the sunrise.
Breathing the air so clean
When we're together,
Walking so mindfully

(Chorus)

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HOW CAN I KEEP FROM SINGING

My life flows in endless song
above earth's lamentation
I hear a joyful melody
that cuts through all affliction.
Through all the tumult and the strife,
I hear that music ringing.
It brings me joy with every breath
How can I keep from singing?

Each time I see that through my fear,
a peaceful nature's shining
With love of friends both near and far,
how can I keep from singing?
The storms don't shake me deep down
while to that tune I'm listening
With love for all beings in my heart,
how can I keep from singing?

NOW I WALK IN BEAUTY

Now I walk in beauty
Beauty is before me
Beauty is behind me, above me, below me

I sit at beauty's table
Beauty's in the food before me
in the fragrance, in the flavor,
fresh from Earth's green garden

I lie in beauty's cradle
Beauty's in the moon above
Beauty's in the dome of stars
and in the Earth that holds me

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 day is
through.

Doobity, doobity, doobity, doobity,
Doobity, doobity, doobity, doobity,
Doobity, doobity, doobity, doobity,
Doobity, doobity, doobity, doobity, doo.

I like the lilacs, the dandelions too,
I like the sangha, and being here with
you.
I like that everyday we begin anew.

Doobity,...

WHAT A WONDERFUL WORLD

I see trees of green
Red roses too,
I see them bloom
For me and for you,

And I think to myself
What a wonderful world.

I see skies of blue
And clouds of white,
The bright-blessed day,
The dark sacred night,

And I think to myself
What a wonderful world.

The colors of the rainbow
So pretty in the sky,
Are also on the faces
Of people going by

I see friends shaking hands
Saying how do you do
They're really saying
I love you

I hear babies laugh
I watch them grow,
They'll learn much more
Than I'll ever know

And I think to myself
What a wonderful world
Yes, I think to myself
What a wonderful world

Oh, Yeah!

TWO PROMISES

I vow to develop understanding,
In order to live peacefully with
people, animals, plants, and
minerals.

I vow to develop my
compassion,
In order to protect the lives of
people, animals, plants, and
minerals.

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THE FIVE CONTEMPLATIONS

This food is the gift of the whole universe,
The Earth, the sky and loving hands
(2x)
Let's enjoy mindfully and vow to
offer understanding and love to all
beings (2x)

MANY HANDS

On this plate, there are many hands,
The hands that sowed the seeds,
The hands that plowed the land,
The hands that worked the harvest
and brought it to the stands, Yes, on
this plate are many hands.

In this bowl are sun and rain and air
The garden soil and all the tiny
creatures who live there,
A delicate balance of beings great and small
Yes in this little bowl we have them all.

In this meal are many hearts and
souls:
Some may be our families who
served it in our bowls,
Some may be migrant workers who
we may never know, who can't
afford to buy the food they grow.

In this room there are many hands.
Let's join them all together in a circle
if we can,
And in this sacred silence let there
be gratitude,
For the many hearts and hands that
made this food...
For the many hearts and hands that
made this food.

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 of no-birth,
and no-death is open

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 seen in an autumn leaf,
The Dharma in a floating cloud
The Sangha body is everywhere
My true home is right here.

Breathing in, flowers are blooming
Breathing out, I am aware that bamboo is
swaying
My mind is free, and I enjoy every moment.

TWO PROMISES

I vow to develop understanding,
In order to live peacefully with people,
animals, plants, and minerals.

I vow to develop my compassion,
In order to protect the lives of people,
animals, plants, and minerals.

THE MIRACLE IS WALKING ON THE EARTH (Intro in solo voice)

Right now we are happy,
Right now we are free.
The miracle is walking on the earth.

(sung in an upbeat, tuneful way)

The miracle is walking on the earth.
The miracle is walking on the earth.

We look for something bigger, and
Miss what's right before us.
The miracle is walking on the earth.
The miracle is walking on the earth.

We look into the future, and
Miss the here and now.
The miracle is walking on the earth.
The miracle is walking on the earth.

Right now we are happy,
Right now we are free.
The miracle is walking on the earth.
The miracle is walking on the earth.

(Slowly) The miracle is walking on the earth.