



100 PLUM VILLAGE & BEYOND

SONGS

IN ENGLISH & GERMAN & SO ON

CHORD SYMBOLS

4	C	G		D _m	A _m		C			A _m	G	
	A _m	G			C		F	A _m		D _m	F	
	G	C		∕								

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16 breathing exercises

(-)

Form: AA D V

CC D V

BC D V

BB D V

A
4/4 || **B_m** G | **A** | **B_m** | |
| **G** | **A** | **B_m** | | **/:** ||

B
|| **B_m** A | **B_m** | **G** A | **B_m** | | **/:** ||

C
|| **B_m** A | **D** | **G** A | **D** | | **/:** ||

D
|| **G** A | **B_m** | **G** A | **D** | | **/:** |
| **G** A | **B_m** | **G** A | **B_m** | ||

V
|| **G** A | **B_m** | **G** A | **D** | |
May I ...
| **G** A | **B_m** | **G** A | **B_m** | | **/:** ||

Adieu , adieu

(-)

$\frac{4}{4}$ || C

| D_m

| F

| G

||


all in my heart . The sun the sun it shines ...

Form : AAB AAB

(-)

|| F F_{/C} | : F_{/C} | F F_{/C} | F F_{/C} ||

A } F F_{/C} | : F_{/C} | F F_{/C} | F D_m |
 | B^b | F | B^b C | F }

B || B^b | F | B^b | F |
 | B^b | F D_m |  G_m C | F ||

2nd time jump to coda

 } G_m C | F }

Alone Again / Recommendation

(-)

4/4 || C F | C

A } E_m | F | C | :/

E_m | F | G | A_m

E_m | F | C | D

| :/ | G[⊕] | | C } :/

⊕ } G | :/ | C | F

Outro

C | F[⊙] | C |

And When I Rise

(-)

$\frac{4}{4}$ D

| F#_m

| G

| D

)

Arrived. Arrived

(W Thích Nhất Hạnh/M Unknown)

(Ballad)

4/4 || C G | D_m A_m | C | A_m G |
| A_m G | C | F A_m | D_m F |
| G C | ∴ ||

Außerhalb von richtig oder falsch

(Ballad)

$\frac{4}{4}$ || G

| E_m

| C

| D

| G

| E_m

E_m
/ D

| C

| D

Being an Island

(Thích Nhất Hạnh / Betsy Rose)

(Ballad)

4/4
B

C G | C)

D_m | G | D_m G7 | C |


A_m | F | D_m | G7 |

1.
C | / |)

2.
F | G | C ||

Beyond ideas of right and wrong doing

(-)

||D |A |D |A |
|A B_m |A E₇A  ||

Breathe and You Know / Atme, du lebst! /

(Ballad)

A

$\frac{4}{4}$

C **D_m** | **G₇** **C** | **A_m** **D_m** | **G₇** **C** |

C **D_m** | **G₇** **C** | **A_m** **D_m** | **G₇** **C** ||

B

A_m | **D_m** | **G₇** | **C G₇ C** ||

Breathing and Walking . Let the buddha breathe ...

(-)

4 **E_m** | **D** **G**

Let the Budd. breathe.

E_m | **D** **G**

Let the Budd. walk.

C | **E_m**

I dont have to breathe.

C **E_m** | **D**

I dont have to walk.

C **E_m** | **D** **G**

OUTRO Breathing....

C **E_m** | **D** **G**

Sitting....

C **E_m** | **D** **G**

Working....

C **E_m** | **D** **G**

Breathing...

Breathing In, Breathing Out / Ich atme ein, ich atme aus / Thở vào thở ra
(Ballad)

4/4

C 3	G 6	C 1	G 4	C 3	G 6	C 1
D_m b3	G 5	D_m b3	D_m b3	G₇ 6	C 1	
A_m b7	F 5	D_m b3	D_m b3	G₇ 5		
1. C 1		2. G	F 5	G 4	C 1	

The Circle Song

(-)

$\frac{4}{4}$ || A D | A F[#]_{m7} | D | E₇

| D | F[#]_m | B_m E₇ | A ||

come and sit

(Ballad)

4/4 **D** | $\dot{\cdot}$ A | **D** **B_{m7}** | **E_m** **A₇** |

D **B_m** | **E_m** | **G** **A** | **D** **A** ||

Cultivate Joy

(Ballad)

A

6/8

D_m

C

B^b

A

D_m C

A C

A

D_m C

A A₇

D_m

||

Đã Về Đã Tới

(Ballad)

A

4
4

C

1

C

3

D_m

1

G

1

C

5

C

3

D_m

5

G

1

B

D_m

1

D_m

5

G

5

G

1

C

F

9

F

1

C

3

G

1

D_m

1

G

1

∴

5

C

1

Danke Mutter Erde

Susanne Mössinger

(Ballad)

C	F	G	C	
A _m	D _m	G	C	
♯	F	G	C	
A _m	D _m G	C	♯	

dear friends

(-)

$\frac{4}{4} \left(D_m \quad C \quad \left| D_m \quad A_m \right. \right)$

Der Mond ist aufgegangen

Matthias Claudius, 1778

(-)

4/4 C₇ B^b | B^b₆ C₇ F | A₇ B^b | G_m C₇ F |

| D_m G_m B^b C F)

1.

2.

| C₇ F ||

Einfach Sein

Susanne Mössinger , Hr. Hartleb

(-)

4 4 C	G	A_m		
D_m	∴	G	∴	
C	G	A_m F		
C	∴	G	∴	

em là hoa hồng nhỏ

(Ballad)

A

2
2

A

B

A

C

C

E | G[#]_m | B | E || E | A | F[#]₇ | B ||

E | G[#]_m | B | E || C[#]_{m7} | A | B | E ||

E | C[#]_{m7} | G[#]_m | C[#]₇ | E C[#]_{m7} F[#]_m | B ||

E | G[#]_m | B | E || C[#]_{m7} | A | B | E ||

E | G[#]_m | B | C[#]_{m7} | F[#]_m | A | B ||

E | G[#]_m | B | E (C[#]_{m7} | A | B | E)

Every Breath

(Ballad)

A
4/4

G		⋮		E_m		⋮	
----------	--	---	--	----------------------	--	---	--

C		D		G		⋮		}
----------	--	----------	--	----------	--	---	--	---

B

C		⋮		G		⋮	
----------	--	---	--	----------	--	---	--

E_m		⋮		D		⋮	
----------------------	--	---	--	----------	--	---	--

A

G		⋮		E_m		⋮	
----------	--	---	--	----------------------	--	---	--

C		D		G		⋮	
----------	--	----------	--	----------	--	---	--

Following our breathing

Klaus Nagel

(-)

A

2/2 || C | C F | C | C | || **B** | :/ | :/ | :/ |

3 3 1 1 5

A

| C F | C | C | || **C** | | | C | C | ||

3 1 3 5 1

Andere Version:

4/4 || C | F | C | :/ |

| G | :/ | :/ | :/ | ||

|| C | F | C | :/ |

| G | :/ | C | :/ | ||

four elements. awaken spirit of the earth

Form: AAB AAB AAB AABBB

(4 x)

(-)

in

B_m^b E_m^b | A^b | B_m^b ||

A

B_m^b | \div | A^b | B_m^b }

Awaken spirit of the...

B

D^b | B_m^b | D^b | B_m^b ||

I am home...

Freedom of the Heart - I am a Cloud

(Ballad)

A

A_m

E

F

G

A_m

E

F

G

A_m

B

C

G

A_m

E

A_m

G

F

G

A_m

Freundlich kommst du mir entgegen

(Ballad)

4|| **C** **A_m** | **F** **G** | **D_m** **E_m** | **F** **G** |
4|| **D_m** **E_m** | **F G C** |

Gatha for lighting a Candle

(W Thích Nhất Hạnh)

(-)

4||C |F |C |G |
4||C |F |A_m G|C ||

Gatha for Planting a Tree . I entrust myself ...
(W Thích Nhất Hạnh/M Traditional)

(-)

3
4 || **G** | **E_m** | **A_m** | **G** | **E_m** |

| **B_m** | **C** | **G** | **D** | **G** ||

Go as a River / Đi Như Một Dòng Sông

(Ballad)

Bř. Pháp Thệ

A
4/4 :C | F A_m | D_m F | G C)

B
| F G | C | F D_m G | C |

| F C | F C G ||

Great Big Smile / Cười Với Thiên Thang .i am a bird (-)

4/4 || D A | D | A G | D |
| A D | B_m F_m[#] | D G D A | D ||

Guten Abend in diesem Raum

(Ballad)

$\frac{4}{4}$ | C G | C G | C G | C |

| F D_m | F D_m | C F | C A_m |

| F G | C ||

Happiness is Here and Now / Ich komm an mit jedem Schritt / Hạnh Phúc Trong Phú
(Ballad)

4/4 || C | F | A_m | G |

5 | 5 | 5 | 5 |

| F | G | | C | A_m | G7 | C |

5 | 9 | 1 | 5 | 5 | 1 |

Here Is the Pure Land / Hier ist das Reine Land

(Ballad)

A
4/4

D_m

A

B^b

A

D_m

A

B^b

A

B

D_m C D_m

C

D_m

F

A

G_m

D_m

B^b

A

D_m

C

A

D_m

A

D_m

G_m

D_m

B^b

A

D_m

Hiếu và Thương

(-)

A
4/4

| G | / | D | / |
| E_m | C | A_m | D | / ||

B

/ | G | / | E_m | D | / |
Hiếu và Thương
A_m	D	D₇	G	/
C	B_m	/	A_m	D
G	/			

I Am Happy / Hạnh Phúc

(Ballad)

Sr Chân Không

3 4 G	∴	E_m	D	A_m	
D	∴	G	∴	∴	
E_m	D	A_m	D	G	

I am remembering (who i am)

(-)

$\frac{3}{4} \text{C}_m$ | E^b | B^b | C_m)

I HAVE ARRIVED / Angekommen

(Ballad)

A
4/4
B
C

C	D_m	G	C			
	1	1	1			
F	G	A_m	G			
	3	3	5			
C	C	A_m	C	G	C	
5	1	3 5	5	..7	1	

I Like the Roses / Ich mag die Blumen / Em Yêu Hoa Hồng (-)

(C A_m | D_m G)

I Love Nature / Ich liebe die Natur



(Ballad)

A
4/4: **D** **G** | **D** **A** | **B** **D** **G** | **A** **D** ||

x3

I Love You and Buddha Too

(Ballad)

 C		:/.		F		:/.	
C		:/.		F		:/.	

I Shall Be Released

Bob Dylan

(-)

A
4/4
A | B_m | C_m[#] D E | A

B
| / | B_m | C_m[#] D E | A |

| / | B_m | C_m[#] D | A ||

Ich habe Sonne in meinem Herzen

(Ballad)

A

C | G | C G | C

B

C F | C | G C | G

A

C | G | C G | C

(Ballad)

Ich lad' die Freude zu mir ein

Susanne Mössinger

4/4 **B^b** | **F** | **G_m** | **C_m** | **F** |

| **B^b** | **F** | **G_m** | **F** | **F₇** ||

Ich wünsch dir tiefen Frieden

(-)

$\frac{2}{2} \parallel C \quad | A_m \quad | D_m \quad | E_m \quad | A_m \quad | F \quad | D_m \quad | E_m \quad ||$

If it's not love you can let it all go

(-)

$\frac{4}{4}$ **D**_m

|

$\frac{\cdot}{\cdot}$

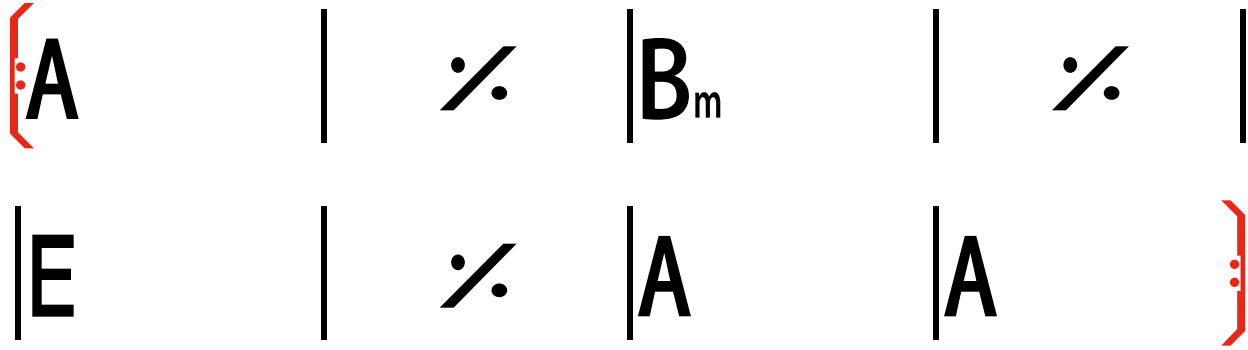
| **B**^b

| **C**

)

Immer wieder neu

(Ballad)



In Gratitude / Giờ Đây Bên Nhau

(Ballad)

A

|| A
3

| D
1

| A
5

| E₇
5

| A

| D
1

| A
5

E₇
5

| A
1

B

| A
5

| D
6

| E
1

| E₇
5

| A
1

| A

E

||

In, Out, Deep, Slow

(Ballad)

C 1 G 1 F 3 C 5 F 1 C 3 G 5 C 1

Island of the Self . Ich kehre zurück zu der Insel, die in mir ist (Ballad)

A

$\frac{4}{4}$ | **D_m**
3

| **C**
4

A
1

| **D_m**
1

B

|| **F**
3

| **A₇**
7

| **D_m**
5

| **⌘**
3

| **D_m**
1

| **B^b**
5

A
1

| **D_m**
1

A

|| B^b E^b | G_m F | B^b | | |

| B^b G_m | | F | B^b G_m | G_m G_m | G_m |

| E^b G_m | E^b F | F B^b | | |

B

| B^b F | E^b B^b | G_m F | B^b | |

| | B^b | |

C

|| E^b G_m F | | B^b | | | B^b |

|| E^b G_m F | | B^b | | | ||

Kehre Zurück

(Ballad)

$\frac{3}{4}$ $\left[\begin{array}{c} \vdots \\ C_m \end{array} \right. \mid G_m \left. \right] \left[\begin{array}{c} \vdots \\ F_m \end{array} \right. \mid G_m \mid C_m \mid$

$\left[\begin{array}{c} \vdots \\ C_m \end{array} \right. \mid F_m \left. \right] \left[\begin{array}{c} \vdots \\ C_m \end{array} \right. \mid G_m \left. \right] \left[\begin{array}{c} \vdots \\ \end{array} \right]$

A Version 2 , näher an "Reviens en toi":

$\frac{6}{8}$ $\left[\begin{array}{c} \vdots \\ C_m \end{array} \right. \mid G \mid C_m \mid G \mid A^b \mid B^b \mid G \mid C_m \mid$

B $\left[\begin{array}{c} \vdots \\ C_m \end{array} \right. \mid F_m \mid C_m \mid F_m \mid E^b \mid F_m \mid G \mid$

A $\left[\begin{array}{c} \vdots \\ C_m \end{array} \right. \mid G \mid C_m \mid G \mid A^b \mid B^b \mid G \mid C_m \mid$

(Note: In the B section, the G chord has a slash and 'A' below it, indicating a slash chord G/A.)

Kein schöner Land

(-)

|C 4/4:F |C |F |

|C ||F |G_m B^bC|F C||

|F D_m|G_m B^bC|F C C } 7

Let Go Of The Shore

(-)

6/8 **A_m**

| **∕** |

D_m

| **E_{sus}** **E₇** |

A_m

| **F[#]_∅** |

F **E_{sus}**

| **A_m** **)**

Let Life Move Me

(-)

4/4 G		∕.		∕.		∕.	
C_m		∕.		D_m	G_m		∕.
G_m		B^b		C_m	D_m		G_m
G_m		B^b		C_m	D_m		G_m D₇ }

Let the Buddha Walk with you

Joseph Emet

(-)

4/4 **D** | **F[#]_m** **B_{m7}** | **E_{m7}** | **A** |

| **F[#]_m** | **B_{m7}** | **G** **A** | **D** ||

Love the life you live

(Carter fam. picking style (quint in bass) -

||G

|E_m

|C

|D

D₇ ||

May the Day be Well (for children)

(-)

$\frac{4}{4}$ C

| G

| F

| C

| $\frac{\cdot}{\cdot}$

| G

| F

G

| C

Metta Meditation . May i be filled...

(-)

G $\frac{3}{4}$ C | F | C | A_m ||
|| C | F | D_m G | C | G }

The Mind is a Clear Blue Sky

Betsy Rose

(-)

$\frac{4}{4}$ A_m G | C)

E_m A_m | G C | A_m G | C

Mögen alle meine Gedanken

Susanne Mössinger

(-)

4/4 C | G | G7 | C |
| C7 | F | C | G ||

Version 2:

4/4 C G | F G C | C F | C G |
3 65 1 7 3 5 21 3 5

(Ballad)

Morning Has Broken

Eleanor Farjeon

A

3
8

| C | D_m | G | F | C |

| :/ | E_m | A_m | D₇ | G₇ |

| :/ | :/ | **B**
| C | F | :/ |

| C | A_m | D | G | C |

| F | G₇ | C | :/ |

Mother Earthship

(-)

2/2 || G_m B^b | C_m D_m | G_m D_m | G_m |

| B^b | C_m D_m | G_m D_m | G_m |

| B^b | C_m | D_m | G_m D_m |

| G_m B^b | C_m D_m | G_m D_m | G_m D_m |

| G_m | / | ||

Move a Mountain

Br Bảo Tạng

(-)

4/4 **D** | **D**_{/C} | **B**_m | **G** **A** | **D** |

| **B**_m | **E**_m | **G** **A** | **D** ||

Namo Valo

(Ballad)

A
6/8

D

∕.

∕.

∕.

A

∕.

B

F#_m

B_m

G

A

D

∕.

No Coming, No Going / Kein Kommen, kein Gehen / Không Đến Không Đi
 (Ballad)

A

3/4

C 3	/ 1	G 1	C 3	F 3	
C Δ7 5	D _m 3	G C 1 3	B D _m 3	G C A _m 3	
G 5	E _m 3	A D _m 5	G C A _m	G	
C					

Now i walk in beauty

(-)

$\frac{4}{4}$ **D_m** **C** | **D_m** | ♩ **F** | **C** **A** ||

Peacefully Free

Sr Triều Nghiêm

(-)

$\frac{4}{4}$ F C E_m G D_m C ||

pebble meditation . flower fresh , mountain solid

(-) Charity Kahn . <https://www.jamjamjam.com/> AB AB AB AB C

A
4/4
B^b E^b_{sus2} | B^b E^b_{sus2} | B^b E^b_{sus2} | F^{sus4} E^b_{sus2})

1.
2.
| B^b E^b_{sus2} B^b E^b_{sus2} |

B
| C E^b | B^b F | C E^b | B^b F |

| C E^b | B^b E^b_{sus2} B^b E^b_{sus2} ||

C
(G_m B^b | C E^b)

play 6x

|| B^b E^b | F^{sus4} (B^b E^b_{sus2} B^b E^b_{sus2})

Please Call Me by My True Names / Nenne meine wahren Namen / Hãy Gọi Đúng Tên
(Ballad)

A

$\frac{4}{4}$ **D_m** | ‰ | **G_m C** | **F B^bA** |

D_m | ‰ | **G_m C** | **B^bA D_m** ||

B

F | **C** | **A₇** | **D_m** |

B^b | **C** | **A₇** | **D_m** |

C **A₇** | **D_m** ||

The rain on the leaves

Pham Duy . AABBAAC

(-)

A
3/4

D	B_m	E_m	A
----------	----------------------	----------------------	----------

D	B_m	A	D A₇ } 1.
----------	----------------------	----------	---------------------------------------

A₇	D D₇ 2.
----------------------	--

B

G	E_m	D	A
----------	----------------------	----------	----------

G	E_m	A₉	D D₇ } 1.
----------	----------------------	----------------------	---------------------------------------

B_m	D 2.
----------------------	-------------------

C

D	B^b	G	B_m } 2.
----------	----------------------	----------	------------------------------

The realm of the mind

(-)

$\frac{4}{4} \parallel D_m$

| \cdot / \cdot

| G

| A

| D_m

| D_m
/C

| B^b

A

| D_m

Reich mir die Hand für den Frieden

(-)

$\frac{6}{8} \text{ : } D_m$

$| G_m$

$| A_m$

$| D_m$

$\text{ : } \text{)}$

(-)

A
6/8

D_m A | D_m A | B^b C A | D_m

B

D_m G_m | D_m G_m | F G_m A |
B

A

D_m A | D_m A | B^b C A | D_m

The River is Flowing

(Ballad)

$\frac{4}{4}$ **A_m**

G **A_m**

Silence is an ocean

(-)

-

|| **A_m**

| **D_m**

G

| **A_m**

C

| **D_m**

E_m

||

Simple Things

(-)

A

4
4

| **A_m**

| **C**

| **G**

| **A_m**

| **A_m**

| **C**

| **D**

| **E**

| **A_m**

| **C**

| **D**

E₇

| **A_m**

B

| **A_m**

| **C**

| **D**

E₇

| **A_m**

| **A_m**

| **C**

| **G**

| **A_m**

The Six Mantras

Thích Nhất Hạnh, Sr Châu Nghiêm

(-)

4 4 G		∕.		∕.		D	
A_m		E_m		G	D		C D G

The Smile

Sr Chân Không. Chord arrangement Br Khiet Tam

(Free time / no time...)

A
6/8
D_m

A

B^b

A

F

C

G_m

A

B
B^b

G_m C

G_m

C D_m

G_m

A

D_m

A

Song of Gratitude

(Ballad)

Unbekannt

A { C | G | G₇ | C }

B || F | C | G | C |

| C ||

The Song of the Wind

Eveline Beumkes

(-)

$\frac{2}{2}$ || **A_m** **E** | **A_m** **G** | **A_m** | $\cdot /$ | **E** | **A_m** | **D_m** | $\cdot /$ ||

| **A_m** **G** | **D_m** **A_m** | **D_m** **E_m** | **A_m** **G** | **A_m** ||

Standing Like a Tree . Ich stehe wie ein Baum

(Ballad)

Betsy Rose

|| **D_m**

| **C**

D_m

| **F**

| **C**

A

|

| **D_m**

| **F**

| **G**

|

A

||

Take Your Time

(Ballad)

A

D_m A | F C | D_m A | F C₇ ||

B

|| F C | D_m A | B^b C | B^b C₇ |

There is true joy . Love Joy Peace

(-)

4/4 C G | C F | C
| F | C A_m | D_m G₇ | C G

This Is It

(-)

6/8

| E^b F ||

B^b

| E^b F |

A

| E^b F ||

B^b

| E^b F ||

B^b

| E^b F | E^b F ||

B^b

| E^b F ||

B^b

| E^b F |

Last time: end on tonic

The Three Refuges Song

(Thích Nhất Hạnh / Betsy Rose)

(Ballad)

4/4 C | A | G | F | G7 |

| C | A | F | C | G | C |

| G7 | } |

|| C | C | C | ||

Together we have a future

PV brothers and sisters

(-)

A
4/4

G **B_m** | **C** **D** | **E_m** **D** | **C** **D** |

| **E_m** **B_m** | **D** **G** | **E_m** **A** | **D** **D₇** }
:

B

| **E_m** **B_m** | **C D G** | **E_m** **A** | **D** }
:

1.

2.

| | ||

Trommle mein Herz

(Ballad)

$\frac{6}{8}$ C_m

| F_m

| G_m

| C_m

)

(-)

A
4/4

C A_m | F G C | C | A_m F G |

B

C F G | C || A_m E_m | F C |

A_m G F G | C ||

unborn and indestructible

(Ballad)

Br Phap Linh

A

4
4 || **E_m** |

C |

E_{m7} |

D |

A_m |

C |

D |

G ||

B

D |

G |

D |

B_m |

C **D** |

B_m |

C |

A_m |

D |

G **D** ||

Wake Up

Joe Reilly & Sr Trăng Hái Ấn

(-)

$\frac{4}{4}$ C G | F G]

Walking meditation"- poem . Our walk is a peace walk (-)

C	E _m	F	G
A _m E _m	F E _m	D _m	D _{m7}
F G	D _m	F G	C G
A _m E _m	C	F G	C
F E _m	F E _m	D _m F	C
F E _m	D _m F G	C	

Walking Meditation Gatha

(-)

$\frac{3}{4}$ || C

| $\frac{3}{4}$

| F

| $\frac{3}{4}$

|

| G

| G₇

| C

G₇

| C

||

We Are All the Leaves of One Tree

(-)

A
4/4 **A_m G | A_m | A_m G | A_m |**

B
C G | A_m E | A_m G | A_m ||

We are moving

(Ballad)



We are opening up our hearts and minds

(-)

$\frac{4}{4} D_m$

|

$\frac{\cdot}{/}$

|C

|

$\frac{\cdot}{/}$

)

We shall overcome

Traditional

(-)

4/4

C	F	C		F	C			
∴	F	G	A _m	D	G	D	G	G ₇
F		C		F	G ₇	A _m		
C	F	C	G ₇	C		∴		

When I Walk

(-)

$\frac{4}{4}$ A_m D_m | G_7 C | A_m G | E_7 A_m)

Willkommen was in mir singt

(Ballad)

4/**4** || **C** **G** | **C** | **F** **C** | **G** |

| **F** **D_m** | **C** **A_m** | **D_m** **G** | **C** **C₇** |

| **F** **D_m** | **C** **A_m** | **F** **G** | **C** ||

You Are a Buddha

(-)

$\frac{4}{4} \text{G}$ $|E_m$ $|C$ $D|G$ $D|$

You are a Buddha to me

AABBAA repeat 1x

(-)

A
4/4
4/4

D	A	G	B _m
G	D	G	D

This is our

B

G	A	E _m	A
B _m	⌘	⌘	
B _m	⌘	⌘	

way....

2.

(D | G F# E F#)

Outro: Repeat a few times