



100 PLUM VILLAGE & BEYOND
SONGS
IN ENGLISH & GERMAN & SO ON

LYRICS

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The 16 Exercises of Mindful Breathing

1. 'Breathing in a short breath, I know I am breathing in a short breath.
Breathing out a short breath, I know I am breathing out a short breath.'
2. 'Breathing in a long breath, I know I am breathing in a long breath.
Breathing out a long breath, I know I am breathing out a long breath.'
3. 'Breathing in, I am aware of my whole body. Breathing out, I am aware of my whole body.'
4. 'Breathing in, I calm my whole body. Breathing out, I calm my whole body.'

*May I be aware of my breath at all times
May my body be peaceful and relaxed
May my steps be gentle and at ease
and my eyes be compassionate
As an offering to myself, my parents and my loved ones.*

5. 'Breathing in, I feel joyful. Breathing out, I feel joyful.'
6. 'Breathing in, I feel happy. Breathing out, I feel happy.'
7. 'Breathing in, with mental formations. Breathing out, with mental formations.'
8. 'Breathing in, calming mental formations. Breathing out, calming mental formations.'

*May my feelings be peaceful and calm
May my heart and mind be fresh, light and in harmony
May joy and happiness be cultivated
As an offering to myself, to my teacher and friends
and to all creatures supporting my life.*

9. 'Breathing in, I am aware of my mind. Breathing out, I am aware of my mind.'
10. 'Breathing in, I make my mind happy. Breathing out, I make my mind happy.'
11. 'Breathing in, I concentrate my mind. Breathing out, I concentrate my mind.'
12. 'Breathing in, I liberate my mind. Breathing out, I liberate my mind.'

*May my mind be quiet, awake and clear and always be directed to wholesome ways
May I maintain my concentration on the beauties of life,
As an offering to oneself, to every wish of the people
and to the callings of the world.*

13. 'Breathing in, all dharmas are impermanent. Breathing out, all dharmas are impermanent.'
14. 'Breathing in, I observe desire. Breathing out, desire disappearing.'
15. 'Breathing in, observe no-birth. Breathing out, I observe no-death.'
16. 'Breathing in, I observe letting go. Breathing out, I observe letting go.'

*With lightness, may I always be aware of the impermanence of all that is, free from craving and
aversion, dwell in equanimity and love
May mother earth be at peace and continue to offer her love and beauty,
As an offering to oneself and to the entire cosmos.*

Adieu, Adieu

Adieu, Adieu,

auf wiedersehen.

Pass' auf dich auf,

lass es dir gut gehn.

Adieu, Adieu,

auf Wiedersehen.

Wir sind verbunden,

wohin wir auch gehn.

All in my heart

The Sun! The Sun, it shines!

On my face and on my eyes

The su-u-u-un shines in my heart (2x)

The River! The River, it flows!

From the mountains to my toes

The ri-i-i-ver flows in my heart (2x)

Chorus:

From the mountains, the flowers, the children, and the deer (the deer!)

We all love each other - There's a space for everyone in my heart

The Trees! The Trees, they sway!

And give oxygen everyday

The Tree-ee-ees they sway in my heart (2x)

The Birds! The Birds, they fly!

As a school of fish swim by

The Animals are all in my heart (2x)

Chorus: From the mountains,

End: There's a space for everyone in my heart

There's a home for everyone in my heart

Alone Again/Recommendation

W Thích Nhất Hạnh/M Gregory Norbet

Alone again, I'll go on with bent head,

But knowing the immortality of love,

And on the long rough road

Both sun and moon will shine.

Promise me, promise me this day

While the sun is just over head

Even as they strike you down

With a mountain of hate and violence

Remember brother, man is not our enemy.

Just your pity, just your love, invincible, limitless.

Hatred will never let you face the beast in man,

And one day when you face this beast alone,

Your courage intact, your eyes kind,

Out of your smile will bloom a flower

And those who love you will behold you

Across ten thousand worlds of dying, of dying and birth.

Alone again, I'll go on with bent head but knowing

The immortality of love, and on the long rough road

Both sun and moon will shine, lighting my way.

Ooh ooh ooh..

And when I rise

(call & response)

Text und Melodie: Joseph Emet

And when I rise, let me rise,

Like a bird, joyfully.

And when I work, let me work,

Like a bee, wholeheartedly.

And when I fall, let me fall,

Like a leaf, gracefully,

without regret.

And when I lie, let me lie,

Like a lake, peacefully,

calm and still.

And when I sit, let me sit,

Like a mountain, solidly.

And when I breathe, let me breathe,

Like the wind, spaciouly.

And when I walk, let me walk,

Like my teacher, mindfully.

And when I play, let me play,

Like a breeze, fresh and cool,

light and clear.

And when I stand, let me stand,

Like a tree, strong and tall.

Arrived, arrived

(W Thích Nhất Hạnh/M Unknown)

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, free and unshakable.

Außerhalb von richtig oder falsch

Außerhalb von richtig oder falsch

da ist ein Raum, da treff ich dich,

und alles Wahre und die Liebe, die wir sind,

zeigen wir uns hier.

Being an Island

(Thích Nhất Hạnh / Betsy Rose)

Form: A A B (Coda)

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 five skandhas,

Working in harmony.

Taking refuge in myself,

Coming back to myself,

I am free, I am free, I am free.

Beyond ideas

Beyond ideas of right and wrong doing,

there is a field, a singing field.

I'll meet you there,

I'll meet you there.

Breathe and You Know

(Sr Chân Đuc)

Form: A A B

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.

Atme und spüre, dass du lebst,
Atme und sieh, wie alles dir hilft.
Atme und sieh: die Bäume atmen auch.
Atme für dich und atme für die Welt.
Atme in Liebe und atme mit Freude.

Du bist die Luft, die du atmest.
Du bist der Fluss, mit dem du fließt.
Du bist die Erde, auf der du gehst.
Du bist das Feuer, das dich wärmt.

Atme und spüre Ruhe und Freude.
Atme und sieh, wie Leiden schwindet.
Atme und erneuere jede deiner Zellen.
Atme und erfrische deinen Geist.
Komm mit deinem Atmen ins Hier und Jetzt
zurück.
Berühr' mit deinem Atem die frische
Wirklichkeit.

Thở và mới hay ta còn đang sống đây
Thở và mới hay muôn loài đang nâng đỡ ta
Thở và mới hay ta là cả thế gian
Thở và mới hay bông hồng cũng đang thở
theo

Breathing and Walking

(Thích Nhất Hạnh)

Form: A B C D

Let the Buddha breathe...(2x - echo each line)

Let the Buddha walk...

I don't have to breathe

I don't have to walk

The Buddha is breathing/...walking

I enjoy the breathing/ ...walking

Buddha is the breathing/ ...walking

I am the breathing/ ...walking

There is just the breathing/ ...walking

There is no breather/ ...walker

Peace and joy while breathing/ ...walking

Peace and joy the breather/ ...walker

* Breathing, walking. Sitting, smiling. Working, playing. Breathing, walking.

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

(Thích Nhất Hạnh/M Betsy Rose)

Form: A B

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, I am free, I am free.

Ich atme ein, ich atme aus, (2x)

Und ich blühe wie die Blume

Ich bin frisch wie der Tau

Ruhig und stark wie die Berge

Wie die Erde so fest, ich bin frei.

Ich atme ein ich atme aus (2x)

Ich bin Wasser, das spiegelt,

Was wirklich ist und wahr

Und ganz tief in meinem Inneren

Da ist weiter, weiter Raum.

Ich bin frei, ich bin frei, ich bin frei.

Thở vào thở ra

Là hoa tươi mát

Là núi vững vàng

Nước tĩnh lặng chiều

Không gian thanh thang.

The Circle Song

(Verse 1)

There's a place for you in the circle,
The circle can expand.
Come and join the circle,
All people hand in hand.

(Verse 2)

There is love for you in the circle,
a love you can understand.
Come and join the circle,
All people hand in hand.

(Verse 3)

There is peace for you in the circle,
a love you can understand.
Come and join the circle,
All people hand in hand.

(Verse 4)

There is strength for you in the circle,
as together we all stand.
Come and join the circle,
All people hand in hand.

(Verse 5)

There is healing in the circle,
healing on the land
Come and join the circle,
All people hand in hand.

(Verse 6)

There is love for you in the circle,
A love you can understand.
Come and join the circle,
All people hand in hand.

Come and Sit / Đến Bên Tôi

Come and sit by my side if you are lonely	Mời bạn đến bên tôi đây, những lúc vui
Close your eyes, drink some tea together	buồn
Breathe in, breathe out, smile can come	Bình trà thơm mình hãy uống cho chánh
You will feel that life is so good.	niệm
Come and sit by my side when you are tired	Thở cho sâu, thở thật nhẹ, cười lên nhé em
Close your eyes, put your hand on your	Để thấy rằng cuộc đời kia rất chân thật.
heart	Mời bạn đến bên tôi đây khi thấy mệt nhoài
Breathe in, breathe out, smile can come	Đặt vào tim một bàn tay như vỗ về
You will feel that life is so true.	Thở cho sâu, thở thật nhẹ, cười lên nhé em
Come and sit by my side if you cry	Để thấy rằng cuộc đời kia rất chân thật.
Close your eyes, put your hand on the earth	Mời bạn đến bên tôi đây khi nước mắt rơi
Breathe in, breathe out, smile can come	Đặt bàn tay, thả buồn đau lên đất mẹ
You will feel that life is happy.	Thở cho sâu, thở thật nhẹ, mẹ ôm ấp cho
	Để thấy rằng cuộc đời kia rất tươi đẹp.

Cultivate Joy

Form: A B

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. (2x)

Cultivate peace, hour by hour,

Smile by smile, flower by flower.

Sow seeds of peace among hate and fear,

Cultivate peace and peace will appear. (2x)

Cultivate love, hour by hour,

Smile by smile, flower by flower.

Sow seeds of love among hard and cold,

Cultivate love and love will take hold. (2x)

Đã Về Đã Tới

Form: A B C

Đã Về Đã Tới

Đã về, đã tới

Bây giờ, ở đây

Vững chãi, thanh thoi

Quay về, nương tựa

Nay tôi đã về

Nay tôi đã tới

An trú bây giờ

An trú ở đây

Vững chãi như núi xanh

Thanh thoi dường như mây trắng

Cửa vô sinh mở rồi

Trạm nhiên và bất động

Danke Mutter Erde

(Susanne Mössinger)

Form: A B

Danke Mutter Erde,
danke, dass ich werde,
danke, dass ich werde
mehr und mehr, die/der ich bin.

Dank für deine Liebe,

Dank für deine Hilfe,

mmh,

deine Schönheit und Kraft.

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 Sunday morning breeze

All my friends are so lovely / joyful / peaceful.

I love you so.

Der Mond ist aufgegangen

Der Mond ist aufgegangen
Die goldnen Sternlein prangen
Am Himmel hell und klar:
Der Wald steht schwarz und schweiget,
Und aus den Wiesen steigt
Der weiße Nebel wunderbar.

2. Wie ist die Welt so stille
und in der Dämmerung Hülle
so traulich und so hold!
Als eine stille Kammer,
wo ihr des Tages Jammer
verschlafen und vergessen sollt.

3. Seht ihr den Mond dort stehen?
Er ist nur halb zu sehen
und ist doch rund und schön.
So sind wohl manche Sachen,
die wir getrost verlachen,
weil unsre Augen sie nicht sehn.

4. Wir stolzen Menschenkinder
sind eitel arme Sünder
und wissen gar nicht viel;
wir spinnen Luftgespinste
und suchen viele Künste
und kommen weiter von dem Ziel.

5. Gott, lass dein Heil uns schauen,
auf nichts Vergänglichs trauen,
nicht Eitelkeit uns freu'n!
Lass uns einfältig werden
und vor dir hier auf Erden,
wie Kinder fromm und fröhlich sein.

6. Wollst endlich sonder Grämen
Aus dieser Welt uns nehmen
Durch einen sanften Tod,
Und wenn du uns genommen,
Laß uns in Himmel kommen,
Du lieber treuer frommer Gott!

7. So legt euch denn, ihr Brüder,
In Gottes Namen nieder!
Kalt ist der Abendhauch.
Verschon' uns Gott mit Strafen,
Und laß uns ruhig schlafen,
Und unsern kranken Nachbar auch!

Einfach Sein

Einfach sein in diesem Körper

Einfach sein mit den Gedanken

Einfach sein mit diesem Atem

Einfach sein.

Em là hoa hồng nhỏ

Trịnh Công Sơn, 1982-84

Em sẽ là mùa xuân của mẹ

Em sẽ là màu nắng của cha

Em đến trường học bao điều lạ

Môi biết cười là những nụ hoa

Trang sách hồng nằm mơ màng ngủ

Em gối đầu trên những dòng thơ

Em thấy mình là hoa hồng nhỏ

Bay giữa đời làm mát ngày qua

Trời mênh mông đất hiền hòa

Bàn chân em đi nhẹ nhẹ

Đưa em vào tình người bao la

Cây có rừng bầy chim làm tổ

Sông có nguồn từ suối chảy ra

Tim mỗi người là quê nhà nhỏ

Tình hồng thắm như mặt trời xa.

Every breath we take

(The Police / adapted Natalie Skipworth)

Form: A A B A

Every breath we take,

Every move we make,

Every leaf we rake, every meal we bake,

We're living mindfully.

Every warm embrace,

Every smiling face,

We transform our space and the human race,

We're living mindfully.

Oh we can see, looking deeply,

We are all empty, we all inter-be.

Over calm, clear lakes,

Morning light will break,

Slowly we will wake with each vow we take,

We're living mindfully.

Following Our Breathing

(Text: Thích Nhất Hạnh · Melodie: Klaus Nagel)

Form: ABAC

Breathing in, I relax my body.

Breathing out, I smile.

Dwelling in the present moment,

I know it is a wonderful moment.

Four Elements / Awaken spirit of the earth / I Am Home

Awaken Spirit of the Earth, I feel you growing me (x2)

I am home, I am home (x2)

Awaken Spirit of the Rain, I feel you flowing me (x2)

I am home, I am home (x2)

Awaken Spirit of the Wind, I feel you blow through me (x2)

I am home, I am home (x2)

Awaken Spirit of the Sun, I feel you burn in me (x2)

I am home, I am home (x2)

(Repeat all above)

We are home, we are home (x4)

Freedom of the Heart - I am Cloud

Form: A R R

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.

(2nd time: Let's walk together, joyfully.)

Ich bin die Wolke, ich bin der Himmel,

Ich bin ein Vogel, die Flügel weit.

Ich bin die Blume, ich bin der Sonnenschein,

Ich bin die Erde, mit Samen besät.

Und ich bin frei, denn mein Herz ist offen,

Ja, ich bin frei, denn mein Geist ist klar.

Oh liebe Schwester, oh lieber Bruder,

Wir geh'n zusammen in Achtsamkeit.

Mình là cụm mây bay khi trái tim đang mở

ra,

Cũng như trời xanh cao luôn có thành thời.

Như cánh chim ngàn và nguồn tâm trong

sáng,

Bay vút giữa trời mây.

Mình là một bông hoa với muôn ngàn nắng

ấm,

Như đất mẹ hiền gìn giữ bao mầm xanh.

Và mình tự do.

Freundlich kommst du mir entgegen

Freundlich kommst du mir entgegen, mein Leben,

ich bin bereit, für dich bereit,

mit allen Sinnen weit.

Ich bin bereit, für dich bereit,

willkommen jederzeit.

Gatha for lighting a Candle

(W Thích Nhất Hạnh)

Lighting this candle,

Offering light to countless Buddhas,

The peace and joy I feel

Brightens the face of the earth.

Gatha for Planting a Tree

(W Thích Nhất Hạnh/M Traditional)

I entrust myself, I entrust myself

To the earth, to the earth

And she entrusts herself to me.

(Repeat: ...to the Buddha, ...to the Sangha...)

Go as a River / Đi Như Một Dòng Sông

I wanna go as a river, not as a drop of
water.

Let us flow in harmony, selfishness we
surrender.

I wanna go as a river, not as a drop of
water.

We learn to live mindfully, truly there for
each other.

How fresh the stream of spirituality,

How wonderful to be able to see

That we are all water.

So I wanna go as a river, not as a drop of
water,

For sure we will reach the sea

Of peace, love, and clarity.

Ta nguyện một lòng là một dòng sông,

Chẳng nào chịu làm hạt nước nhỏ.

Cùng nhau ta trôi đi êm ái,

Xua tan đi cái tôi đầy nhỏ bé.

Ta nguyện một lòng là một dòng sông,

Chẳng nào chịu làm hạt nước nhỏ.

Học sống tinh khôi từng giây phút,

Trao cho nhau khoảnh khắc chân thật.

Ngọt mát biết bao suối trong của ngôi tâm
linh,

Tuyệt vời sao ở đây thấy nhau có mặt cho
đời.

Và chúng ta không tách biệt,

Và chúng ta không cô đơn.

Và ta nguyện một lòng là một dòng sông,

Chẳng nào chịu làm hạt nước nhỏ.

Cùng nhau ta vươn ra biển lớn

Của tình thương trong sáng thiên thu.

Great Big Smile / Cười Với Thành Thang

(Gregg Hill)

I am a bird, a beautiful bird,

I am the sun, a golden sun,

I am the wind carrying

Beautiful bird in the sun,

We are one in a wonderful world.

I am a seed, a tiny seed,

I am the rain, gentle rain,

I am a stream carrying

A tiny seed in the rain,

As we change in a wonderful world.

I am a note, a beautiful note,

I am a song, beautiful song,

I am a child, great big smile,

I am a note in a song,

Sing along in a wonderful world.

Mình là cánh én, cánh én xinh,

Mình là tia nắng, nắng ban mai,

Mình là cơn gió đến bất ngờ,

Một cánh én lượn trong nắng,

Không lo lắng trong thế giới thật nhiệm

màu.

Mình là hạt giống, bé tí ti,

Mình là cơn mưa rất nhẹ nhàng,

Mình là dòng suối róc rách vui,

Hạt giống tốt được tưới mát,

Nảy mầm xanh làm thế giới thêm nhiệm

màu.

Mình là một nốt, nốt nhạc trầm,

Mình là khúc hát, khúc hòa bình,

Mình là tuổi thơ với nụ cười,

Một nốt bé trong khúc hát,

Hòa cùng nhau trong thế giới thật nhiệm

màu.

Guten Abend in diesem Raum .
Willkommen was in mir singt.

Guten Morgen/Abend in diesem Raum (x2)

Ja so wünschen wir (x2)

Freude, Glück und Frieden (x2)

Willkommen was in mir singt. Willkommen was in mir klingt.

Willkommen, Willkommen, Willkommen was kommen mag.

Happiness is Here and Now / Ich komm an mit jedem Schritt / Hạnh Phúc Trong Phút Giây

(Eveline Beumkes)

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.

Ich komm an mit jedem Schritt,

Bin fest und frei, und ohne Sorgen

Muss nirgends mehr hin, hab nichts mehr zu tun Und bin nicht länger, mehr in Eile.

Ich komm an mit jedem Schritt,

Bin fest und frei, und ohne Sorgen.

Muss irgendwo hin, hab etwas zu tun Und bin dennoch nicht in Eile

Ta hạnh phúc liền giây phút này

Lòng đã quyết dứt hết âu lo

Không đi đâu nữa, có chi để làm

Học buông bỏ, sống không vội vàng

Ta hạnh phúc liền giây phút này

Lòng đã quyết dứt hết âu lo

Thong dong khi bước

Thành thơ lúc làm

Lòng thanh thản sống trong nhẹ nhàng.

Here Is the Pure Land / Hier ist das Reine Land / Đây Là Tịnh Độ

(Thích Nhất Hạnh / M Ellen Deimann)

Time: 4/4

Key: Dm

Form: A A B C D C

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 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 clear

And I enjoy every moment.

Hier ist das Reine Land, das Reine Land ist
hier.

Ich lächle in Achtsamkeit und bin ganz
gegenwärtig.

Den Buddha seh' ich im Birkenblatt,

Das Dharma in der Wolke,

Der Sanghakörper ist überall,

Mein wahres Zuhause ist hier.

Ich atme ein und Blumen blühen,

Ich atme aus und bin gewahr,

Dass Gräser sich neigen, mein Geist ist frei

Und ich erlebe große Freude.

Đây là tịnh độ, tịnh độ là đây

Mỉm cười chánh niệm, an trú hôm nay.

Bụt là lá chín, Pháp là mây bay,

Tặng thân khắp chốn, quê hương nơi này.

Thở vào hoa nở, thở ra trúc lay,

Tâm không ràng buộc, tiêu dao tháng ngày.

Hiếu và thương

Anh em ta từ bốn phương trời
Chị em ta từ khắp Năm Châu
Không phân biệt màu da tôn giáo
Cùng về đây xây đắp yêu thương
Hiếu và thương
Hiếu và thương
Có hiếu mới có thương
Hiếu càng sâu thương càng rộng
Hiếu càng rộng thương càng sâu
Hiếu sâu thương lớn
Hiếu và thương
Hiếu và thương

I Am Happy / Hạnh Phúc

Sr. Chân Không

Every morning when I wake up, I am happy

Being aware of my health, I am happy

Being aware of my eyes, I am happy,

Because I have learned to look deeply.

Whenever I go to the restroom, I am happy

Whenever I go to the kitchen, I am happy

Whenever I wash my dishes, I am happy,

Because I have learned to look deeply.

Whenever I walk, I am happy

Whenever I sit, I am happy

Whenever I rest, I am happy

Because I have learned to breathe deeply.

Hạnh Phúc

Mỗi lần mình thức dậy là mình thấy vui

Nhận diện đôi mắt này là mình thấy vui

Nhận diện thân thể này, là mình thấy vui

Bởi vì mình đã học là nhìn bằng mắt thương.

Mỗi lần mình cất bước, là mình thấy vui

Mỗi lần mình ngồi xuống, là mình thấy vui

Mỗi lần mình thư giãn, là mình thấy vui

Bởi vì mình đã học là nhìn bằng mắt thương

I am remembering

I am remembering who I am

I am remembering who I am

I – I am remembering

I – I am remembering

I Have Arrived / Ich bin angekommen

(Thích Nhất Hạnh/M Traditional)

Form: A B C

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)

Ich bin angekommen, ich bin zu Hause Im Hier und im Jetzt. (2x)

Ich bin fest, ich bin frei. (2x)

Im Reinen Land verweile ich. (2x)

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

Form: A

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.

Doo ba dee doo ba dee doo...

I like the rabbits, I like the squirrels too,
I like the bluebirds, I like the roaming moose,
I like all animals, all animals like me.

Doo ba dee doo ba dee doo...

Em yêu những nụ hồng, em yêu đóa thủy tiên vàng,
Em yêu núi và rừng, em yêu những ngọn đồi hoang.
Em yêu ánh sao trên trời khi mặt trời đi ngủ.

La la la la...

Ich mag die Blumen, die Flüsse und die Seen,
Ich mag die Wiesen, auf denen Störche stehn.
Ich mag den Wasserfall und den Kieselstein.

Doo ba dee doo ba dee doo...

Ich mag die Wolken, ich mag den kühlen Wind,
Ich mag die Sterne, dass wir beisammen sind.
Ich mag den Sonnenschein, Regen darf's auch sein.

Doo ba dee doo ba dee doo...

I Love Nature / Ich liebe die Natur

(Joe Reilly)

Form: A A A B

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.

Ich liebe die Natur, die Natur ist cool.

Der Wald ist mein Klassenraum,

Die Erde meine Schul'.

Die Bäume sind die Lehrer,

Tiere sind die Freunde,

Und so zu leben macht uns froh.

I Love You and Buddha Too

(Mason Jennings)

Oh Jesus, I love You And I love Buddha too

Ramakrishna, Guru Dev Tao Te Ching and Mohammed

Why do some people say

That there is just one way

To love You, God, and come to You?

We are all a part of You

You are un-nameable You are unknowable

All we have is metaphor

That's what time and space are for

Is the universe Your thought?

You are and You are not You are many,

The Garden Of My Heart

Der Garten meines Herzens 54

You are one Ever ending, just begun

Refrain Alright, alright, alright

I love You and Buddha too (2x)

I Shall Be Released

(Bob Dylan)

They say ev'rything can be replaced,
Yet ev'ry distance is not near.
So I remember ev'ry face
Of ev'ry man who put me here.
I see my light come shining
From the west unto the east.
Any day now, any day now,
I shall be released.

They say ev'ry man needs protection,
They say ev'ry man must fall.
Yet I swear I see my reflection
Some place so high above this wall.
I see my light come shining
From the west unto the east.
Any day now, any day now,
I shall be released.

Standing next to me in this lonely crowd,
Is a man who swears he's not to blame.
All day long I hear him shout so loud,
Crying out that he was framed.
I see my light come shining
From the west unto the east.
Any day now, any day now,
I shall be released.

Ich habe Sonne in meinem Herzen

Time: 4/4

Key: G

Form: A A B C

[: Ich habe Sonne in meinem Herzen,

jede Stunde, jeden Tag. :]

Sonne, die mir niemand nehmen kann.

Sonne, die mir niemand geben kann.

Ich habe Sonne in meinem Herzen,

jede Stunde, jeden Tag.

Sonne / Freude / Frieden, usw. usf.

Ich lad' die Freude zu mir ein

Ich lad' die Freude zu mir ein

Lass mein Leben Fülle sein

Ich nehm die kleine Freude wahr

Und danke stets dafür

Ich dank dafür.

Ich wünsch dir tiefen Frieden

Ich wünsch dir tiefen Frieden,
am Ende deines Tages,
dass dein Herz dankbar zurück schaut,
auf all dein Tun und Sein.

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

[: If it's not love you can let it all
go, let it all go, let it all go-o! :]

[: Freedom!

Love is fre-e-e-dom. :]

Immer wieder neu

Immer wieder neu, fange ich neu an.

Immer wieder neu, bleibe ich dran.

In Gratitude / Giờ Đây Bên Nhau

(- Irene D'Auria)

Time: 4/4

Form: AB

Refrain: 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.

Refrain

And when you suffer some, please call and I will come.

Refrain

Giờ đây bên nhau cùng nhau cất tiếng hát , thấp sáng ý thức chúng ta có nhau.

Giờ đây bên nhau , cùng nhau bước những bước vững chãi thích thú, chính trên đất này.

Biết không ta còn bên nhau, sống vui bên nhau tháng ngày.

ĐK

Khó khăn hay là gian nguy, có nhau bên nhau tức thì.

ĐK

Với nhau ta còn tương lai , sánh vai ta cùng giúp đời.

ĐK

In, Out, Deep, Slow

Thích Nhất Hạnh / M Chân Hoa Lâm

In, out, deep, slow,

Calm, ease, smile, release,

Present moment, wonderful moment.

Ein, Aus, Tief, Langsam,

Ruhig, Leicht, Lächeln, Frei.

Dieser Augenblick, wunderbarer Augenblick.

Vào, ra, sâu, chậm

Khoẻ, nhẹ, lặng cười

Hiện tại tuyệt vời

Island of the Self / Ich kehr zurück zu der Insel, die in mir ist / Quay Về Nương Tựa

(Thích Nhất Hạnh / Joseph Emet) Form: A B

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.

Ich atme ein und kehr zurück zu der Insel, die in mir ist.

Seh' die Blumen in mir, die Wolken und den Wald.

Seh' das Wasser, die Vögel und das Reh, seh' die Sonne

und freu' mich an der frischen Luft. Ich bin frei!

Ich kehr' im Atem stets zurück zu der Insel.

Quay về nương tựa hải đảo tự thân,

Chánh niệm là Bụt soi sáng xa gần.

Hơi thở là Pháp, bảo hộ thân tâm,

Nắm uẩn là Tăng, phối hợp tinh cần.

Joy

(Sr Thệ Nghiêm)

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.

Refrain 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.

Kehre Zurück

Kehre Zurück (x2) Nach Hause in dein Herz

Spüre deinen Atem.

Spüre deinen Körper

Kehre dahin zurück,

wo du jetzt gerade bist.

Kein schöner Land

Wilhelm von Zuccalmaglio

1. Kein schöner Land in dieser Zeit,
als hier das unsre weit und breit,
wo wir uns finden
wohl unter Linden
zur Abendzeit, Abendzeit.

2. Da haben wir so manche Stund'
gesessen wohl in froher Rund'
und taten singen;
die Lieder klingen
im Eichengrund.

3. Dass wir uns hier in diesem Tal
noch treffen so viel hundertmal,
Gott mag es schenken,
Gott mag es lenken,
er hat die Gnad'.

4. Nun, Brüder, eine gute Nacht,
der Herr im hohen Himmel wacht!
In seiner Güten
uns zu behüten
ist er bedacht.

5. Ihr Brüder wißt, was uns vereint,
eine andre Sonne hell uns scheint;
in ihr wir leben,
zu ihr wir streben
als die Gemeind'.

Let Go of the Shore

Chorus: Let go of the shore, and let the water carry you.

Let go of the shore, float into the mystery... (Repeat)

You have all you need, it's all inside of you.

Close your eyes and breathe, and know that you are safe.

Chorus: Let go of the shore...

No need to make a plan, your heart will be your compass.

Just lift your sails in faith, and trust that you will arrive.

Let Life Move me

Text und Melodie: Scott Kalechstein based on "The Work That Reconnects"

Gonna let life move me,
gonna let life shake me down.

Gonna let life show me the joy
that's all around

Gonna laugh all my laughter,
gonna cry all my tears.

Gonna love the rain
just as deeply as

the sun when it clears

Gonna let life move me,
gonna let life pull me on.

Gonna let life teach me
the beauty of this song

Gonna laugh all my laughter,
gonna cry all my tears.

Gonna love the rain
just as deeply as

the sun when it clears.

(Gonna love the rain just as
deeply as the sun when it clears)

Let the Buddha walk with you

(Joseph Emet)

Let the Buddha walk with you

Let the Buddha walk with you

Let the Buddha walk, just walk

Let the Buddha walk with you

For next verses use the following words instead of walk:

breath

work

smile

sing

play

live

At the end repeat the last line using the words in reverse order.

Feel free to add new words and invent gestures to describe them.

Love the life you live

Love the life you live with all your heart
and all your soul and all your mind,
and love all humankind
as you would love yourself.

We've got all our lives to live,
we've got all our hearts to give,
we've got love inside our soul,
and we will let it flow.

Love...

May the Day be Well

(for children)

May the day be well and the night be well

May the midday hour bring happiness too

Refrain: In every minute and every second

May the day and night be well.

May the dogs be well and the cats be well

May the human beings know happiness too.

Refrain In every minute....

May the sun be well and the moon be well

May the planet earth bring happiness too.

Refrain In every minute...

May the monks be well and the nuns be well

May our teacher Thầy know happiness too.

Refrain In every minute....

Metta Meditation – May I be filled with...

May I be filled with love and kindness

May I be well

May I be peaceful and at ease

and may I be happy (2x)

May you be filled with love and kindness

May you be well

May you be peaceful and at ease

and may you be happy (2x)

May we be filled with love and kindness

May we be well

May we be peaceful and at ease

and may we be happy (2x)

The Mind is a Clear Blue Sky

(Betsy Rose)

The mind is a clear blue sky. (2x)

Clouds come, clouds go,

But the mind is a clear blue sky.

(Repeat: thoughts, friends, storms, fears, joy...)

Mögen alle meine Gedanken

(Susanne Mössinger)

Mögen alle meine Gedanken,
möge jedes Wort, das ich sprech,
und auch alle meine Taten
zum Wohle des großen Ganzen sein.

Morning Has Broken

(Eleanor Farjeon)

Time: 3/8

Key: C

Morning has broken, like the first morning.

Blackbird has spoken, like the first bird.

Praise for the singing, praise for the morning,

Praise for them springing, fresh from the Word.

Sweet's the rain's new fall, sunlit from heaven,

Like the first dew fall on the first grass.

Praise for the sweetness of the wet garden

prung in completeness where His feet pass.

Mine is the sunlight, mine is the morning

Born of the one light Eden saw play.

Praise with elation, praise every morning

Mother Earthship

Text und Melodie: Avril Yospa Harwood

Mother Earth is a great big ship

That we are sailing on

(sailing on)

Sailing on

Through space and time

(space and time)

Touch the earth,

Feel your worth,

Awake into this new rebirth.

Open up your heart and

Touch the divine. (3x)

Move a Mountain

(Br Bảo Tạng)

My smile can move a mountain,
painting joy up to the sky.

Like the vapor of the ocean
it continues in all life.

My speech can move a mountain,
bringing peace in every sound.

Like the vapor of the ocean
it will always be around.

My mind can move a mountain,
it goes beyond space and time.

Like the vapor of the ocean
it was never born,
it will never die,
it continues in all times.

Namo Valo

Namo- valo- kitesh- vara- ya [repeat]

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

(Sr Chân Đục)

Time: 3/4

Key: C

Form: A B

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)

Kein Kommen, kein Gehen; Kein Vorher, kein Danach.

Ich halte dich nah bei mir; Ich gebe dich frei von mir,

Denn ich bin ja in dir und du bist in mir. (2x)

Không đi đâu, cũng không cần đến

Không trước, cũng không sau

Cầm tay nhau, đứng bên nhau

Rồi chia tay, bước cho thành thói

Cũng bởi vì, chúng ta đã có nhau rồi từ lâu

Cũng bởi vì, chúng ta sẽ có nhau hoài mãi sau

Now I Walk in Beauty

Now I walk in beauty

Beauty is before me

Beauty is behind me

Above and below me.

Peacefully Free

(Sr Triều Nghiêm)

Time: 4/4

Form: A (loop)

I am so free Because I can be me
Look at the clouds at play
Passing over every day
Inside the sky's 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.

Pebble Meditation

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Verse 1

Breathing in, I see myself as a flower
Breathing out, I feel fresh and new
Breathing in, I see myself as a flower
Breathing out, I feel fresh and new

Flower, fresh
Flower, fresh
Flower, fresh

Verse 2

Breathing in, I see myself as a mountain
Breathing out, I feel solid and sure
Breathing in, I see myself as a mountain
Breathing out, I feel solid and sure

Mountain, solid
Mountain, solid
Mountain, solid

Verse 3

Breathing in, I see myself as still water
Breathing out, I reflect things as they are
Breathing in, I see myself as still water
Breathing out, I reflect things as they are

Still water, reflecting
Still water, reflecting
Still water, reflecting

Verse 4

Breathing in, I see myself as space
Breathing out, I feel free
Breathing in, I see myself as space
Breathing out, I feel free

Space, free
Space, free
Space, free

Bridge

Fresh, solid, reflecting and free
Patient, understanding, full of generosity
Peaceful and grateful, kind awake and true
Full of love for me, and full of love for you
Joyful and mindful, remembering how to be
Fresh, solid, reflecting and free

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

(Thích Nhất Hạnh/M Joseph Emet)

My joy is like spring, so warm,
It makes flowers bloom all over the Earth.
My pain is 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 see 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 can be left open. (The door of compassion)

Meine Freude ist so groß,
Sie lässt Blumen blüh'n überall auf der Welt.
Mein Schmerz ist ein Tränenstrom,
So groß, dass er die vier Meere füllt.
Nenne meine wahren Namen,
Damit ich hör' mein Weinen und Lachen zugleich,
Damit ich hör', meine Freude und Schmerz sind eins.
Nenne meine wahren Namen, so dass ich erwachen kann,
Und die Tür meines Herzens
Ganz weit offen steht.

Đau buồn một dòng sông nước mắt
Chảy ra tràn đại dương, tan theo ngàn
muôn sóng
Lòng này nhiều khi vui tươi thắm
Sáng như ngàn hoa giữa nắng xuân
hồng

Gọi thật tên tôi cả vui lẫn buồn
Để tôi được nghe tất cả một lần thôi
mà thôi

Để tôi nghe buồn vui là một

Gọi thật tên tôi, cả vui lẫn buồn
Để tôi thức tỉnh.

Lòng từ bi, mở ra.

The Rain on the Leaves / Giọt mưa trên lá

Phạm Duy - 1965

1. Giọt mưa trên lá nước mắt mẹ già
Lã chã đầm đìa trên xác con lạnh giá
Giọt mưa trên lá nước mắt mặn mà
Thiếu nữ mừng vì tan chiến tranh chồng về
Giọt mưa trên lá tiếng khóc oa oa
Đứa bé chào đời cho chúng ta nụ cười
Giọt mưa trên lá tiếng nói bao la
Tóc trắng đậm đà êm ái ru tình già

2. Giọt mưa trên lá tiếng nói thầm thì
Bóng dáng phật về xoa vết thương trần thế
Giọt mưa trên lá tiếng nói tình khôi
Lúc chúa vào đời xin đóng đanh vì người

Giọt mưa trên lá tiếng khóc chơi vơi
Thế giới lạc loài chưa thoát ra phận người
Giọt mưa trên lá cố gắng ngùi ngoai
Nói với loài người xin cứ nuôi mộng dài

3. Giọt mưa trên lá bối rối, bồi hồi
Ráo riết, miệt mài, em biết yêu lần cuối
Giọt mưa trên lá bờ ngỡ, xôn xao
Cuống quít, dạt dào, anh biết yêu lần đầu

Giọt mưa trên lá thấp thoáng, bơ vơ
Khép nép, đợi chờ, xa cách nhau vài giờ
Giọt mưa trên lá dĩ vãng xa xôi
Sớm tối bụi ngùi, xa cách nhau một đời

1. The rain on the leave is the tear of joy
Of the girl whose boy re- turns from the war
The rain on the leave is the bitter tears
When the mother hears her son is no more

The rain on the leave is the cry that is torn
Form a baby just born as life is be- gun
The rain on the leave is an old couple's love
Much greater now than when they were young

2. The rain on the leave pas- sionate voice
In the final choice when last love is near
The rain on the leave is the voice sur- prised
As it rea- lizes its first love is here

The rain on the leave is the heart's dis- tress
Anh a loneli- ness, as life passes by
The rain on the leave is the last ca- ress
And a tender- ness be- fore love can die

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.

Reich mir die Hand für den Frieden

Reich mir die Hand für den Frieden,
wir schaffen es gemeinsam. (x2)

Reich mir deine Hand,
wir schaffen es gemeinsam. (x2)

Reviens en toi

(frz. Original)

Time: 3/4

Form: A B A

Reviens en toi,

reviens en toi,

reviens au creux de ton cœur.

Reviens à ton souffle,

reviens à tes pas,

en ce lieu,

en ce moment.

Reviens en toi,

reviens en toi,

reviens au creux de ton cœur.

The River is Flowing

Time: 4/4

Key: Am

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 moon she is waning. Waxing and waning.

The moon she is waiting. For us to be free.

Sister Moon watch over me. Her child I will always be.

Sister Moon watch over me. 'Till we are free.

Silence is an ocean

Silence is an ocean.

Language is a river.

A hundred voices inside saying.

'That's enough for now'

When the ocean calls to you.

Don't walk to the river.

Listen to the ocean.

That's enough for now.

Simple things

I get my joy from the simple things,
coming from the earth.

I get my joy from the sun that shines,
and the water speaks to me.

Listen to the wind and listen to the water,
hear what they say.

Singing hey yah

hey yah hey yah

hey yah ho.

(2x)

The Six Mantras

(Thích Nhất Hạnh, Sr Châu Nghiêm)

I am here for you, I am here for you (2x)

I am fresh, solid, calm and free

Offering the best of myself

I am here for you.

I know that you are there and I am so happy (2x)

Your presence is so precious to-oo-oo me

I know that you are there and I am so happy.

I know you suffer my dear, that's why I'm here for you (2x)

I will do my best to help you hold this pain

I know you suffer my dear, that's why I'm here for you.

Please help, I suffer. I suffer, please help (2x)

Please help me my dear to hold this pain

I need you to know I suffer, please help.

No mud no lotus, no lotus no mud (2x)

On the ground of suffering joy is born

So welcome the mud to grow your love.

This is a happy moment what a happy moment (2x)

We are alive together what more do we need?

This is a happy moment, what a happy moment.

You're right, in part. In part you are right. (2x)

Whether praise or blame, I know I'm just a stream so,

Sometimes you're more right, and sometimes, umm,

A little less!

The Smile – Das Lächeln

(A Song by Sister Chân Không)

I smile to the star that still shines in the sky,
To the sun that slowly guides us out of the night,
To the day that begins,
To the enchanting bird,
I smile to the world and the world smiles to me.

I smile to the child that crosses my way,
I remember also all those who are hungry.
Those who live in misery all over the planet,
Who have to face the war, who lost their mother.

If sometime my smile is moistened by tears,
When I see the great pain that spreads over the
world,
I shall still be smiling with tears in my eyes,
Smiling to life. Smiling to death.

And one day will come when it is bitterly cold,
When even my footsteps will not leave any mark,
The never ending current of life energy
Will carry me along, and I will not look back.

The fear will no longer block my way.
My heart finally opens very wide.
Then I will become the smile of the earth,
Of the flower, of the sun, of the wind and the rain.

And one day, perhaps, in a very small child,
I will open my eyes to the wonders of life.
And the little more loving, and the little more
smiling
I will continue this wonderful way.

Je souris à l'étoile qui au ciel encore luit,
Au soleil qui lentement nous sort de la nuit,
À ce jour qui commence,
À l'oiseau qui m'enchanté,
Je souris au monde et le monde me sourit.

Ich lächle dem Stern zu, der am Himmel noch
glänzt,
Der Sonne, die uns langsam aus der Dunkelheit holt,
Diesem Tag, der beginnt, dem Vogel, der mit mir
singt.

Ich lächle der Welt zu – und sie lächelt mir zu.

Ich lächle dem Kind zu, das auf meinen Weg tritt,
Auch denk' ich an alle, die hungrig sind,
Die da leben im Elend, weit weg in der Welt,
Die den Krieg kannten, die ihre Mutter verloren.

Und wenn manchmal mein Lächeln
Auch feucht wird von Tränen,
Beim Anblick des tiefen Schmerzes der Welt,
So will ich doch unter Tränen noch lächeln, Lächeln
dem Leben und lächeln dem Tod.

Song of Gratitude

(Sr Giới Nghiêm)

Form: A A B

Thank you for letting me fly,

High, high above the sky.

Thank you for letting me smile,

Smile, smile throughout day and night.

Thank you for letting me cry,

The tears from deep down inside.

Thank you for being my light,

A guardian angel by my side.

Thank you for opening my eyes,

And making the world so bright.

The Song of the Wind

(Eveline Beumkes)

I listen to the song of the wind and it has no name,

I listen to the song of the wind and it has no word,

I listen to the song of the wind and I can see

The wind is free, the wind is free.

I listen to the song of the moon and it has no name,

I listen to the song of the moon and it has no word,

I listen to the song of the moon and I can see

The moon is free, the moon is free.

Standing Like a Tree / Ich stehe wie ein Baum

(Betsy Rose)

Standing like a tree
with my roots dug down,
my branches wide and open.

Come down the rain,
come down the sun,
come down the love
to a heart that is open
to be standing like a tree. . .

Ich stehe wie ein Baum,
meine Wurzeln tief,
die Äste weit geöffnet.
Fällt der Regen, scheint die Sonne,
reifen die Früchte in Herzen,
die glücklich sind, zu stehen wie ein Baum,
meine Wurzeln tief ...

Take Your Time

Form: A B A B

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 step, you and the Earth

have never been apart.

There is true joy

There is true love right here
There is true love right here
And we are so glad that we have found it
There is true love right here

There is true joy right here
There is true joy right here
And we are so glad that we have found it
There is true joy right here (oh yes it is now)

There is true peace right here
There is true peace right here
And we are so glad that we have found it
There is true peace right here

There is true love right here
There is true love right here
And we are so glad that we have found it
There is true love right here

This is it

This is it! This is a happy moment
This is it! This is a wonderful moment
This is it! I have arrived in this moment
And the only moment is now.

This is it! Only breath breathing
This is it! Only life blooming
This is it! Only interbeing
The only way is right now.

This is it! The holy mountain is here
This is it! The sacred temple is here
This is it! The pathless path is here
And the only place is right now.

This is it! This is a happy moment
This is it! This is a wonderful moment
This is it! I have arrived in this moment
And the only moment is now.

The Three Refuges Song

(Thích Nhất Hạnh / Betsy Rose)

Form: A A A Coda

I take refuge in the Buddha,

The one who shows me the way in this life.

Namo Buddhaya (x3)

I take refuge in the Dharma,

The way of understanding and of love.

Namo Dharmaya (x3)

I take refuge in the Sangha,

The community of mindful harmony.

Namo Sanghaya (x3)

Namo Buddhaya,

Namo Dharmaya,

Namo Sanghaya.

TOGETHER WE HAVE A FUTURE

When we wake up in the morning
When we haven't started to think
There is a whole brand new day
Open wide and waiting for us
A newborn sun is shining
Chasing shadows from our mind
Everything will be alive,
When we breathe mindfully

When we wake up in the morning
When we haven't started to think
The world is out there calling
Open eyes to new beginning
The tears we shed yesterday
Have now become the rain
Don't let the fear, worries and sadness
Take us away from our freedom

Chorus :
Come out from our corner
No doubt in joining
We can decide the future
Devote our youthful power to this world
Come together,
Hand in hand together
As we've always done
Because we know that
Together we have a future.

(Start from beginning)
(*)Come but from our corner
hand in hand together
We can light a bright future
Offer our highest mind to this world

Now we are together
How we have each other
We know you're there
And we know that
Together we have a future

Trommle mein Herz für das Leben

Trommle mein Herz für das Leben

Singe mein Mund den Frieden (x2)

dass die Erde heller und schöner werden. (x2)

The Two Promises / Die Zwei Versprechen / Hai Lời Hứa

(Thích Nhất Hạnh / M Betsy Rose) Form: A B

I vow to develop understanding,

In order to live peacefully with people,

Animals, plants and minerals. (2x)

Mmmm ahhh, mmm ahhh, mmm ahhh

I vow to develop my compassion,

In order to protect the lives of people,

Animals, plants and minerals. (2x)

Mmmm ahhh, mmm ahhh, mmm ahhh

Ich gelobe Verstehen zu entwickeln,

Um liebevoll mit anderen zu leben:

Menschen, Tiere, Pflanzen, Mineralien. (2x)

Mmmhhh ahhh, mmmhhh ahhh

Ich gelobe Mitgefühl zu erlernen,

Um alle Wesen liebevoll zu schützen:

Menschen, Tiere, Pflanzen, Mineralien. (2x)

Mmmhhh ahhh, mmmhhh ahh

Con xin hứa mở rộng tầm hiểu biết

Để có thể thương yêu và chung sống với mọi

người, mọi loài,

Cỏ cây, cầm thú và đất đá.

uum... aah... uum... aah... uum... aah

Con xin hứa mở rộng lòng thương

Và tìm cách bảo vệ sự sống của mọi người,

mọi loài,

Cỏ cây, cầm thú và đất đá.

uum... aah... uum... aah... uum... aah

Unborn and indestructible

Br Pháp Linh

Unborn and indestructible

Unborn and indestructible

Beyond time and space

Beyond time and space.

This body and these feelings

Were transmitted to me

By my mother and my father

By my teachers, my friends and all living beings.

Unborn and indestructible

Unborn and indestructible

Beyond time and space

Beyond time and space.

I am my mother, I am my father

I am my teachers, my friends

I am one and yet I am many

I am none, I am all, no beginning, no end.

Unborn and indestructible

Unborn and indestructible

Beyond time and space

Beyond time and space.

Unborn and indestructible

Unborn and indestructible

Beyond time and space

Beyond time and space.

And that which is transmitted

Is no less than the transmitter

And I who receive the transmission,

What am I but that which is transmitted to me.

This body is not me, these perceptions are not me

And I am not limited by this body

I am one with all life

I have always been free

Unborn and indestructible

Unborn and indestructible

Beyond time and space

Beyond time and space.

Wake Up

(Joe Reilly & Sr Trăng Hái Ấn)

We're planting seeds for new communities

It's time to wake up.

To be the change in the world we want to see

It's time to open up

And redefine society - no, don't give up.

We're planting seeds for new communities.

Please wake up.

Refrain Wake up - Open your eyes!

Wake up - Please realize!

Wake up - You are skillful and wise!

(2x)

Walking Meditation – poem - Our walk is a peace walk

Take my hand.

We will walk.

We will only walk.

We will enjoy our walk
without thinking of arriving anywhere.

Walk peacefully.

Walk happily.

Our walk is a peace walk.

Our walk is a happiness walk.

Then we learn

that there is no peace walk;

that peace is the walk;

that there is no happiness walk;

that happiness is the walk.

We walk for ourselves.

We walk for everyone

always hand in hand.

Walk and touch peace every moment.

Walk and touch happiness every
moment.

Each step brings a fresh breeze.

Each step makes a flower bloom
under our feet.

Kiss the Earth with your feet.

Print on Earth your love and
happiness.

Walking Meditation Gatha

(Joseph Emet)

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.

We Are All the Leaves of One Tree

Chiếc Lá Trên Đầu Cành

Time: 4/4

Key: Am

Form: A A B

We are all the leaves of one tree (2x)

Mình là chiếc lá trên đầu cành (2x)

The time has come for all to live as one,

Ngày tháng đến với chúng ta để sống cùng

We are all the leaves of one tree.

nhau,

We are all the waves of one sea (2x)

Mình là chiếc lá trên đầu cành.

The time has come for all to live as one,

Mình là con sóng trên đại dương (2x)

We are all the waves of one sea.

Ngày tháng đến với chúng ta để sống cùng

We are all the stars of one sky (2x)

nhau,

The time has come for all to live as one,

Mình là con sóng trên đại dương.

We are all the stars of one sky.

Mình là sao sáng trên bầu trời (2x)

We are all the leaves of one tree,

Ngày tháng đến với chúng ta để sống cùng

We are all the waves of one sea,

nhau,

The time has come for all to live as one,

Mình là sao sáng trên bầu trời.

We are all the stars of one sky.

We are moving

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

We are opening up

We are opening up
our heart and mind
to the tears and joy
of everyone.

We Shall Overcome

We Shall Overcome, we shall overcome

We shall overcome someday.

Oh, deep in my heart, I do believe,

We shall overcome someday.

We are not afraid, we are not afraid,

We are not afraid today.

Oh, deep in my heart, I do believe,

We shall overcome someday.

We are not alone, we are not alone

We are not alone today

Oh, deep in my heart, I do believe,

We are not alone today.

The truth will make us free, the truth will
make us free,

The truth will make us free someday.

Oh, deep in my heart, I do believe,

We shall overcome someday.

We'll walk hand in hand, we'll walk hand in
hand,

We'll walk hand in hand someday.

Oh, deep in my heart, I do believe,

We shall overcome someday.

We shall all be free, we shall all be free,

We shall all be free someday.

Oh, deep in my heart, I do believe,

We shall overcome someday.

When I Walk

When I walk on this lovely path

My heart is at peace.

My feet embrace the earth

And my eyes embrace the sky.

Willkommen was in mir singt.

Willkommen was in mir singt.

Willkommen was in mir klingt.

Willkommen, Willkommen,

Willkommen was kommen mag.

You Are a Buddha

Form: A (loop)

You are a Buddha, and you are in my heart,

You are a part of me, you are a Buddha.

You are the Dharma, and you are in my heart,

You are a part of me, you are the Dharma.

You are the Sangha, and you are in my heart,

You are a part of me, you are the Sangha.

You are so beautiful, and you are in my heart,

You are a part of me, you are so beautiful...

(the sunshine, a flower...)

Du bist ein Buddha,

und du bist in meinem Herzen.

Du bist ein Teil von mir,

du bist ein Buddha.

You Are a Buddha to me

[: You are a Buddha to me

and I am a Buddha to you

The Dharma is what we share

The Sangha is how we care :]

[: This is our Way

This is our Truth

This is our Life :]