

Songs in English



E1. I Have Arrived (F1- V1 - G1- W Thích Nhất Hạnh/M Traditional)

3/4: C/Dm/G/C(x2)// F/G/Am/G// C--G/C/C--G/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)

E2. Breathing In, Breathing Out (F2- V2- G2-II)

(W Thích Nhất Hạnh/M Betsy Rose)

4/4: C--G/C/---G/C/Dm/G/Dm--G7/C/Am/F/Dm/G7/C/-//

C--G/C// (x2) Dm/G/Dm--G7/C/Am/F/Dm/G7/F/G/C//

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.

E3. Happiness (F3 - V3 – G3 - Eveline Beumkes)

3/4: C/F/C/G// F/G C/Am G7/C// (x2)

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.



E4. Island of the Self (F7-V5-G6)

(W Thích Nhất Hạnh/M Joseph Emet)

4/4: Dm/C A/Dm// F/C/A7/Dm/-/A/Dm/Bb A/Dm//

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.

E5. In Gratitude (F27 - Irene D'Auria)

4/4: R: A/ D/ A/ E7/ A/ D/A E7/ A// A/ D/ E/ E7 A//

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 if you suffer some, please call and I will come.

Refrain

E6. Walking Meditation Gatha (F4 - Joseph Emet)

3/4: D/ -/ G/ A/ A7/ -/ D - A7/ D// (x2)

The mind can go in a thousand directions

But on this lovely path, I walk in peace.

With each step a gentle breeze blows

With each step a flower blooms.

E7. In, Out, Deep Slow (F5 - V4 – G4)

(W Thích Nhất Hạnh/M Chân Hoa Lâm)

4/4: C G/F C/F C/G C// (x2)

In, out, deep, slow,

Calm, ease, smile, release,

Present moment, wonderful moment.

E8. When I Walk (F23 - Unknown)

4/4: Am Dm/G7 C// Am G/E7 Am// (x2)

When I walk on this lovely path

My heart is at peace.

My feet embrace the earth

And my eyes embrace the sky.

E9. Please Call Me by My True Names (F8 - G7)

(W Thích Nhất Hạnh/M Joseph Emet)

4/4: Dm/-/Gm C/F-Bb A/Dm/-/Gm C/Bb A Dm/-//
F/C/A7/Dm/Bb/C/A7/Dm // (x2) (C A7/Dm//)

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)

E10. Here is the Pure Land (F10-V7-G 16)

(W Thích Nhất Hạnh/M Ellen Deimann)

4/4: Dm/Am/Bb/A// (2x) Dm C Dm/-/ C Dm-/F/A//
Gm/Dm/BbA/Dm// A/Dm/A/Dm// Gm/Dm/A/Dm//

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.

Songs in English

E11. Breathe and You Know (F24 - G 10 - Sr Chân Đục)

4/4: C Dm/ G7 C/ Am Dm/ G7 C// (x2)
Am/ Dm/ G7/ C G7 C-//

Breath 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.

E12. The Song of the Wind (F36 – Eveline Beumkes)

4/4: Am E/ Am G/ Am/ -/ - E/ Am / Dm/ -//
Am G/ Dm Am / Dm Em/ Am - - G/ Am// (2x)

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.

E13. Freedom of the Heart (F13 - Unknown)

4/4: Am/ Em/ F/ G/ Am/ Em/ F - - G/ Am//
R: C/ G/ Am/ E/ Am/ G/ F - - G/ Am// (x2)

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.

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

E14. The Realm of the Mind (F9 - Eveline Beumkes)

4/4: Am /E Am/Dm /E/ Am /E Am/ - E/Am //

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.

E15. Namô 'valokiteshvaraya (Traditional)

3/4: C/ -/ -/ -/ G/ -// (2x) Em/ Am/ F/ G/ C/ -//
Namô 'valokiteshvaraya, Namô 'valokiteshvaraya,
Namô 'valokiteshvaraya (x3)

E16. Cultivate Joy (Unknown)

6/8: Dm/ -C/ -Bb- A// Dm/C A7/G A7// Bm A/-Dm//
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 appear (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 take hold (x2).

E17. No Coming, No Going (F12 - V 6 – G11 - I3) (Sr Chân Đục)

3/4: C /- / G/ C/ F/ C/ Dm - G/ C//
Dm- G/ C/ G/ Em - A// Dm- G/ C/ G7/ C//
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)

E18. The Source (Bert Evans)

6/8: C/ Dm G7// (4x) C F/ Dm C/ Am/ Dm G//
C F/ Dm C/ Am/ G C/ G C/ G C//

Breathing in, I arrive in this moment
Breathing out I know it's wonderful.
Breathing in, I look deeply inside
Breathing out, I embrace what I see.
Feeling alive, right here right now
Touching a limitless space of love.
Feeling alive, right here right now
Touching the source deep inside of you,
And you, and you, and you...



E19. And When I Rise (Joseph Emet)

4/4: C/ Em F/ C// C/ Em/ F/ C - - G/ C//
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 walk, let me walk, like my teacher, mindfully.
And when I work, let me work, like a bee, whole-
heartedly.
And when I play, let me play, like the rain, and the sun,
rejoicingly.
And when I breathe, let me breathe, like the wind,
spaciously...

Songs in English

E20. Take Your Time (F18 – G9 – Joseph Emet)

4/4: Dm A/F C/ Dm A/ F C7//
F C/ Dm A/ Bb C/ Bb C7// (x2)

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
As butterfly and blossom, have never been apart.

E21. Alone Again/Recommendation

(W Thích Nhất Hạnh/M Gregory Norbet)

4/4: (CF/C)Em/F/C/-Em/ F/G/Am/Em/F/C/D/G7//...

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..

E22. The Three Refuges Song (W Thích Nhất Hạnh/M Betsy Rose)

4/4: C - -Am/ G/ F/ G/ C - -Am/ F/ C G/ C//

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.

E23. Buddha's Gifts (F22 – Joseph Emet)

4/4: C / Dm/ Am / G/ C / Dm/ Am G/ C//

Buddha, Buddha, thank you for the gift of freedom,
Buddha, Buddha, thank you for the gift of peace.
Smiling, breathing, we enjoy the gift of freedom,
Smiling, breathing, we enjoy the gift of peace.

E24. I Cry your Tears (F15 - Plum Village)

4/4: Am/ Dm Am// (2x) Dm Am/ G Am// (2x)
Dm/ Am/ G F/ Am// (2x)

I cry your tears do you feel my pain? (x2)
Understanding fills my heart. (x2)
And peace, and peace, whispers a new song. (x2)
I smile your smile do you feel my joy? (2x)
Understanding fills my heart. (x2)
And peace, and peace,
Whispers a new song. (x2)

E25. Listen to me my Friend (V10 - Vietnamese folk song)

Listen to me my friend

Can you hear the wind is singing a song

A wonderful song

A flock of flying geese

White clouds are all at peace

All our hearts beat, beat, beat as one

Oh my dear friends

The stars are bright

And your eyes are twinkling

And your smile is blooming

The moon brightens the night

Oh, o, o, o, my dear friends

Dear friends oh can't you see

The stars are bright

Oh wonderful life

(x2)



E26. Arrived, Arrived (W Thích Nhất Hạnh/M Unknown)

4/4: C G/Dm Am/C/Am G/Am G/- C/F Am/Dm G/F C//

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.

E27. Being an Island (G 12 – W Thích Nhất Hạnh/ M Betsy Rose)

4/4: C/ C// (x2) Dm/ G/ Dm - - G7/ C//

Am/ F/ Dm/ G7/ C// (x2) F/ C//

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.



Songs in English

E28. Song of Gratitude (Sr Gioi Nghiêm)

4/4: C/ G/ G7/ - C// (x2) F/ C/ - G/ C/ -//

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.



E29. You are a Buddha (F17 - G8 - I2 - I7 - Unknown)

4/4: G/ Em/ C - - D/ G - - D//...

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...*)

E30. Breathing and Walking (W Thích Nhất Hạnh/M ChiSing)

4/4: Em - /D G// (4x) C Em// (2x) C Em D -// (2x)
* C Em/D G// (8x)

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.

E31. Joy (Sr Thệ Nghiêm)

12/8: G C/ Em D// (3x) G D G -// C G/ C Em/ D G -//
R: G D/ C G/ Em D/ G//

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.

E32. No Discrimination (Unknown)

4/4: G- -D/ G/ - - - D/G- -D/C- -D/ G//...

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

E33. The Mind is a Clear Blue Sky (F6-G17- Betsy Rose)

4/4: Am G/C/Am G/C/Em Am/G C/Am G/C//

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...)

E34. Gatha on Impermanence (F26)

(W Thích Nhất Hạnh/M Sr Thệ Nghiêm)

The day is now ended. Our lives are shorter.
Let us look carefully. What have we done?
Noble Sangha, with all of our heart,
Let us be diligent, engaging in practice.
Let us live deeply, free from our afflictions,
Aware of impermanence... so that life... so that life does
not drift... does not drift away without meaning.

E35. Gatha for Planting a Tree (F19)

(W Thích Nhất Hạnh/M Traditional)

3/4: G/ Em/ Am/ G/ Em/ Bm - C/ G - D/ G//...

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...)

E36. Peacefully Free (Sr Triều Nghiêm)

4/4: F C(e) /G(d) C //..

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

E37. Gatha for lighting a Candle (W Thích Nhất Hạnh)

12/8: C/ F/ C/ G/ C/ F/ Am G/ C//

Lighting this candle,

Offering light to countless Buddhas,

The peace and joy I feel

Brightens the face of the earth.

Songs in English

E38. The Six Mantras (Thích Nhất Hạnh, Sr Châu Nghiêm)

4/4: G/ -/ -/ D/ Am/ Em/ G D/ C D G -//
 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!

E39. May the Day be Well (for children) (Unknown)

4/4: C/ G/ F/ C/ -/ G/ F G/ C//
 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

May the sun be well and the moon be well
 May the planet earth bring happiness too.

Refrain

May the monks be well and the nuns be well
 May our teacher Thầy know happiness too.

Refrain

E40. The Two Promises (F84 - V9 - G14)

(W Thích Nhất Hạnh/ M Betsy Rose)

4/4: C Am/ F G C -/ -/ Am - FG/ C - FG/ C/ Am Em/
 F C/ Am G F G/ C// (2x)

I vow to develop understanding,
 In order to live peacefully with people
 Animals, plants and minerals. (x2)

Mmmm ahhh, Mmm ahhh, Mmm ahhh
 I vow to develop my compassion,

In order to protect the lives of people
 Animals, plants and minerals. (x2)

Mmmm ahhh, Mmm ahhh, Mmm ahhh

E41. Wake Up (Joe Reilly & Sr Trăng Hải Ân)

4/4: C G/F G//...
 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!

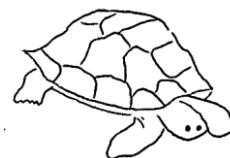
Wake up - Please realize!

Wake up - You are skillful and wise!
 (2x)

E42. I Love Nature (G25 - Joe Reilly)

4/4: D/ G/ D/ A// (3x) D/ G/ A/ D//

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.



E43. There's Old Buddha (Unknown)

4/4: Em/Am/G/-// (2x) Am/Em// (3x) Am/G//
 AmEm/AmEm/C/-// *F/-/C/-/G/-/CG/C//*

There's old Buddha, sitting under the Bodhi tree (2x)

There's old Buddha, his mind as quiet as it could be (2x)

Sittin' like a wise old frog (frog)

Sittin' like a bump on a log (log)

Sittin' with a smile on his face (face)

Kinda like empty space ()

Doesn't mind rain, doesn't mind thunder,

What could bother old Buddha I wonder? ()

* _____ He wasn't bothered by _____ (2x)

He let that _____ just roll on by, just roll on by.

E44. Great Big Smile (Gregg Hill)

4/4: D - -A/ D/ A - -G/ D/ A - -D/ Fm/ D G D A/ D//

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

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.

