

## BROWARD LOTUS SANGHA SONGS OF PRACTICE

This is a sampler of some of the Thich Nhat Hanh songs of practice we sing in our Community of Mindful Living. Please download a copy and bring it to our Sangha meetings so we can sing them together. For your convenience, CDs containing the music and lyrics for these songs of practice are available for a donation at our Sangha events. Enjoy!

### 1. 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)

### 2. Breathing In, Breathing Out

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)

### 3. 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

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

### 4. Taking Refuge in the Island of Self. (The Island Within Myself)

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.

### 5. The Greatest Wisdom of All

What is the greatest (2x)  
What is the greatest wisdom of all?  
Kindness, kindness  
That is the greatest wisdom of all.  
Kindness, kindness  
That is the greatest wisdom of all.

### 6. Whenever I Wake Up

Whenever I wake up, I feel happy.  
Aware of my eyes, I feel happy.  
Aware of my health, I feel happy,  
Because I have learned to look  
deeply.

Whenever I walk, I feel happy.  
Whenever I sit, I feel happy.  
Whenever I rest, I feel happy,  
Because I have learned to look  
deeply.

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Page 1 of 4

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7. Freedom of the Heart (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 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, joyfully

8. In, Out

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

9. Walking Meditation Gatha

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.

10. We Are All One

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

11. And When I Rise

And when I rise,  
Let me rise  
Like a bird, joyfully

And when I fall,  
Let me fall  
Like a leaf, gracefully, without regrets

And when I sit,  
Let me sit  
Like a mountain, solidly

And when I walk,  
Let me walk  
Like my teacher, mindfully

And when I play,  
Let me play  
Like the rain and the sun, rejoicingly

And when I work,  
Let me work  
Like a bee, energetically (lazily)

And when I (create your own verse)  
Like a (create your own verse)

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Page 2 of 4

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### 12. 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)

### 13. Waking Up This Morning

Waking up this morning,  
I see the blue sky,  
I join my hands in thankfulness  
For the many wonders of life.

### 14. Here Is The Pure Land

Here Is The Pure Land,  
The Pure Land is here,  
I smile in mindfulness,  
And dwell in the present moment.

The Buddha is seen in an autumn  
leaf,  
The Dharma in 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 bamboos are swaying.  
My mind is free,  
And I enjoy every moment.

### 15. Dear Friends (Sung as a round)

Dear Friends,  
Dear friends,  
Let me tell you how I feel:  
You have given me such treasures,  
I Love you so,

I Love you so.

### 16. Metta Prayer

May I be happy, peaceful, and light,  
May I be safe from injury,  
May I be free from anger and fear,  
Afflictions and anxiety,  
May I look upon myself  
With understanding and love,  
May I touch the seeds of joy in me,  
May I learn to recognize  
The source of delusion in me.

May You be happy, peaceful, and  
light...  
May They be happy, peaceful, and  
light...  
May We be happy, peaceful, and  
light...

### 17. This Body Is Not Me

This body is not me,  
Is not me, is not me.  
I am not limited by this body,  
I am not limited by this body,  
I am life without boundaries.

I have never been born,  
Never born, never born.  
I am not limited by this body,  
I am not limited by this body,  
I am life without boundaries.

I have never died,  
Never died, never died.  
I am not limited by this body,  
I am not limited by this body,  
I am life without boundaries.

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Page 3 of 4

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### 18. Please Call Me By My True Names

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 that 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,  
The door of compassion

### 19. No Discrimination

The Sun, it shines on everyone. (2x)  
No discrimination, No discrimination.  
The Rain, it falls on everyone. (2x)  
No discrimination, No discrimination.  
My Heart, belongs to everyone. (2x)  
No discrimination, No discrimination.

### 20. Incense Offering Song

In gratitude, we offer this incense to  
all beings,  
And all bodhisattvas throughout  
space and time.  
May it be as fragrant as the Earth  
herself is fragrant,  
May it be reflecting our careful  
efforts here.

May we and all beings be  
Companions of the Buddha,  
Awaken from forgetfulness  
Realizing our true home.

In gratitude, we offer this incense to  
all beings  
And all bodhisattvas throughout  
space and time.  
May it also tell of our wholehearted  
awareness,  
And the fruit of understanding, slowly  
ripening.

May we and all beings be  
Companions of the Buddha,  
Awaken from forgetfulness  
Realizing our true home.

In gratitude, we offer this incense to  
all beings  
And all bodhisattvas throughout  
space and time.

### 21. Take Your Time

Take your time  
Breathing in, breathing out  
Look deeply, as you say "this is me"  
You and your breath, you and this air  
As humming bird 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 this  
earth  
As butterfly and blossom  
Have never been apart

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Page 4 of 4