

Greatwoods Zen Song Sheets

1. 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, I am free, I am free.

2. The Island Within

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.

3. Dear Friends

Dear friends, dear friends,
Let me tell you how I feel;
You have given me such treasures,
I love you so.

4. I Have Arrived, I Am Home

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)

5. In Out

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

6. Something in me

Hello, hello, something in me.
I am aware, that you are in there,
& you sure have got a good reason to be (1st).
...and I'm going to keep you company (2nd).

7. Arrived

Arrived, arrived,
at home, I am at home.
Dwelling in the here
and dwelling in the now.
Solid as a mountain,
free as a white cloud.
The door to no-birth and no-death
is open, free and unshakable.

8. Walking Meditation Poem

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.

9. Happiness

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.

10. 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)

11. 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 brothers, oh dear sisters,
Lets walk to together mindfully (1st).
Lets walk to together joyfully (2nd).

12. Journey To Nowhere

We're all 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...

13. 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

14. I like the Roses

I like the roses, I like the daffodils,
I like the mountains, I like the rolling hills,
I like the twinkling stars, when the sun goes down,
Shoo ba dee doo ba dee doo...

I like the rabbits, I like the squirrels too,
I like the blue birds, I like the roaming moose,
I like all animals, all animals like me,
Shoo ba dee doo bad dee doo...

15. I Love Nature

I love nature, nature is cool
The forest is my classroom
The Earth is my school
Trees are my teachers
Animals are my friends
And on this school all life depends

16. Courage

Courage, sister, you do not walk alone,
We will walk with you and send your spirit home.
[brother, mother, father, children, sangha, ...]

17. The River is Flowing

The river is flowing, flowing and growing,
The river is flowing, back to the sea.
Mother Earth carry me, your child I will always be,
Mother Earth carry me, back to the sea.
The Moon she is waiting, waxing and waning,
The Moon she is waiting for us to be free.
Sister Moon watch over me, your sibling I will
always be,
Sister Moon watch over me, until we are free.

18. Now I walk in beauty

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

19. Remembering

I am remembering, who I am (x2)
I am remembering (x2)

20. Mother Earth

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,
Awaken to this new rebirth
Know your heart and open up the divine, up the
divine.

21. In Gratitude

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

22. Metta Meditation Song

May I be filled with lovingkindness
May I be well
May I be peaceful and at ease
May I be happy
[You, we, all]

23. We are All the Leaves of one Tree

We are all the leaves of one tree (x2)
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 (x2)
The time has come for all to live as one,
We are all the waves of one sea.
We are all the stars of one sky (x2)
The time has come for all to live as one,
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.

24. 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 flow in 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)
(We are home, we are home)

25. 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 lay, let me lay, like a lake,
calm and still, reflecting all.
And when I work, let me work, like a bee, lazily.
And when I play, let me play,
like the rays, of the sun, rejoicingly.

26. Being an Island

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.

27. 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 is 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.

28. Breathe in peace, breathe out love

Breathe in, Breathe out
When I breathe in, I breathe in peace
When I breathe out, I breathe out love

29. If it's not love

If it's not love you can let it all go
Let it all go (2x)
Freedom, Love is freedom (2x)

30. Jewel of a lotus flower

There is a jewel in the lotus flower
unfolding deep within my soul
To be a jewel in a lotus flower
unfolding is the highest goal

Om mani hum mani padme hum
Om mani hum mani padme hum (2x)

31. Oh fill my heart

Oh fill my heart (men)
Oh fill my heart and let it overflow (women)

Oh fill my heart (men)
Oh fill my heart and let it overflow (women)

Oh fill my heart (men)
Oh fill my heart and let it overflow (women)
Let it overflow with love (together)

32. Peacefully Free

I am so free, because I can be me
Look at the clouds at play,
passing over every day.
Inside the sky so blue,
immense, spacious and true.

I'll be tall like the sky,
wide enough to embrace what's inside.
Just like the clouds passing by,
Flying high in the grand open sky.

Everything around me will be
loved, embraced and peacefully free (2x)

33. Standing like a tree

...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 fruit
to a heart that is open
to be standing like a tree...

34. Please Call Me By My True Names

My joy's like spring, so warm.
It makes flowers bloom all over the Earth.
My pain's 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 I can wake up
and the door of my heart
could be left open.

35. I Take Refuge (The Three Jewels)

I take refuge in the Buddha,
The one who shows me the way in this life.
I take refuge in the Dharma,
The way of understanding and love.
I take refuge in the Sangha,
The community that lives in harmony and
awareness.
I take refuge in these three jewels
In perfect oneness of body, speech and mind.

