

PLUM VILLAGE MINDFULNESS PRACTICE SONGS

1. I Have Arrived.

I have arrived, I am home

In the here and in the now.(2X)

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

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, I am free, I am free.

3. In, Out, Deep, Slow

In, out, deep, slow,

Calm, ease, smile, release,

Present moment, wonderful moment.

4. 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.

5. Island of the Self

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.

6. We are all the leaves of One Tree

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 (2x)

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 (2x)

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.



7. 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.

8. 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 clear

And I enjoy every 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 wind blows

With each step a flower blooms.

10. Breathe and You Know

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 your 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.

11. I Cry your Tears

I cry your tears do you hear my pain?(X2)

Understanding fills my heart (X2)

And peac and peace, whispers a new song. (X2)

I smile your smile do you feel my joy? (X2)

Understanding fills my heart. (X2)

And peace, and peace, (X2)

Whispers a new song. (X2)

12. We're All Moving

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. 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.

14. 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 I could hear all my cries and laughter at once

So, I could see that my joy and pain are one.

Please call me by my true names,

So that I could wake up,

And the door of my heart could be left open.

(The door of compassion)

15. Freedom of the Heart

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.

(Second time: Let's walk together joyfully.)

16. The Song of The Wind

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 words,

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.



17. The Two Promises

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.

18. The River is Flowing

The river is flowing, flowing and growing.

The river is flowing back to the sea.

Mother Earth carry me,

Her child I will always be

Mother Earth carry 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.

19. The Beauty Way

I walk with beauty before me,

I walk with beauty behind me,

I walk with beauty above me,

I walk with beauty below me,

I walk with beauty all around me,

As I walk my life the beauty way. (2x)

May all my thoughts be beautiful. Ho!

May all my words be beautiful. Ho!

May all my actions be beautiful. Ho!

As I walk my life the beauty way. (2x)

20. Mother Earth is a Great Big Ship

Mother Earth is a great big ship that we are sailing on (2x)

Sailing on through space and time (2x)

Touch the Earth, feel your worth

Awaken to this new rebirth

Open up your hear and touch the divine (2x)

21. 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)