

### **BREATHING IN – BREATHING OUT**

Breathing in, breathing out,  
Breathing in, breathing out,  
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.  
Breathing in, breathing out.  
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.

### **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.

### **TAKE YOUR TIME**

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.

### **I HAVE ARRIVED**

I have arrived, I am home  
In the here and in the now.  
I am solid, I am free.  
I am solid, I am free.  
In the ultimate I dwell.

### **IN OUT DEEP SLOW**

In – out – deep – slow  
Calm – ease, smile – release  
Present moment – wonderful moment

### **THE ISLAND WITHIN /TAKING REFUGE**

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.

### **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,  
Because I am in you and you are in me.

### **DEAR FRIENDS**

Dear friends, dear friends,  
Let me tell you how I feel –  
You have given me such treasure,  
I love you so!

### **MY MIND IS A CLEAR BLUE SKY**

My mind is a clear blue sky.  
My mind is a clear blue sky.  
Clouds\* come and clouds\* go  
My mind is a clear blue sky.

### **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,  
Still not in a hurry.

### **IN THE STILLNESS**

In the stillness I feel the rhythm  
Of breathing in and breathing out.  
In the stillness I feel the rhythm  
Of breathing in and breathing out.

Who am I? I am everyone.  
Where am I? I am everywhere.  
The reflection of all things.

### **DEEP PEACE**

Deep peace of the running waves to you.  
Deep peace of the silent starts.  
Deep peace of the flowing air to you.  
Deep peace of the quiet earth.  
May peace, may peace,  
May peace fill your soul.  
May peace, may peace,  
May peace make you whole.

### **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 hear 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.

### **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 fruits to a heart that is open  
To be . . . . [Standing like a tree]

### **BE LIKE A BIRD**

Be like a bird who, halting in her flight  
On a limb too slight, feels it give way beneath her.  
Yet sings, sings, knowing she has wings,  
Sings, sings, knowing she has wings.

### **LIGHT OF COMPASSION**

May the light of compassion surround you,  
May deep peace abide with you,  
May wisdom illuminate your heart,  
Now and forever more.

### **EVEN AS A MOTHER**

Even as a mother protects with her life  
Her child, her only child  
So with an open heart  
Shall I cherish all living beings.

### **HEALING CHANT**

May the day be well, and the night be well.  
May the mid-day hour bring happiness too.  
May all things be protected and safe.

May the day and night always be well.  
By the blessings of the triple gem  
May all things be protected and safe.

### **ANCIENT MOTHER**

Ancient Mother I hear you calling.  
Ancient Mother I hear your song.  
Ancient Mother I hear your laughter  
Ancient Mother I taste your tears.