Dharma Songs

I Have Arrived

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

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.

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

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 siblings, Oh dear siblings, Let's walk together mindfully.

In out, Deep Slow

In, Out, Deep, Slow, Calm, Ease, Smile, Release, Present moment, Wonderful moment.

Compassion Chant

Na-mo-va-lo-kee-tesh-va-rye-a
(Homage to Avalokitesvara, the Bodhisattva of deep listening and great compassion)