

1. Breathing In, Breathing Out

吸進來 · 呼出去

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.

(粵語)

我呼吸 心觀照
我呼吸 心觀照
如綻放 的花
如露水 清澈
又似高山 聳不移
如大地 安穩
心安了

我呼吸 心觀照
我呼吸 心觀照
如淨水 映照
尋覓世界 的真理
在我心 深處
無限 空間
心安了 心安了 心安了

(華語)

吸進來 呼出去
吸進來 呼出去
好似盛開 一朵蓮花
我清涼如 一滴露
如高山 屹立不移
像大地 一般穩厚
我自在

吸進來 呼出去
吸進來 呼出去
我是淨水 反照著
什麼是真 什麼是實
在我覺得 心裡深處
空間滿溢 在其中
我自在 我放下 我自在

2. Happiness is Here and Now

快樂是此時此地

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.

(粵語)

快樂已在這一處
這一刻 不擔憂
人無事幹 不再匆忙
再也不需匆匆往

快樂已在這一處
這一刻 不擔憂
繁忙事幹 千里方向
但我不需匆匆往

(華語)

快樂是此時此地
我已放下煩惱
沒處要去 無事要做
再不須要匆忙

快樂是此時此地
我已放下煩惱
有地方去 有事要做
但不再急忙



3. I Have Arrived

我已到了

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.

(粵語)

悠然已到 達我家
在這刻 安於這裡
悠然已到 達我家
在這刻 安於這裡
覺察踏實 心意定
歸於這裡 身心輕
讓我可 居於這裡
在究竟 居於這裡

悠然已到 達我家
在這刻 安於這裡
悠然已到 達我家
在這刻 安於這裡
四季樹木 風雨靜
景色秀美 草青青
讓我可 居於這裡
在究竟 居於這裡

(華語)

我已到了 已到家了
在此時 在此地
我已到了 已到家了
在此時 在此地

我不動 我自在
我不動 我自在
如實中 我安住了
如實中 我安住了

4. Island of the Self 心中嶼

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.

(粵語)

平靜裡·隨著那
一呼一吸·使我漸返抵小島
這裡空氣清新 有鮮花開滿山
又見青空 照山谷與石澗
鳥兒及太陽
天與地 共我在
平靜安穩感覺是 我的島

(華語)

吸進來 我回到我心中那島嶼
在那島嶼上有美麗的樹
還有清澈的小溪
有小鳥 陽光和空氣
呼出去 我安住
我享受回到我的島嶼

5. Here is the Pure Land 這就是淨土

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.

(華語)

這就是淨土 淨土就是這
我覺醒地微笑
安住在當下此刻
佛陀見於秋葉上
佛法就在浮雲上
僧伽法侶在每一處
我家就在這裡
吸進來 百花正盛開
呼出去 我了知竹樹在搖曳
我心自在 我享受每個時刻

6. In Gratitude 滿心感恩

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.

In gratitude you have watered seeds
of love in me in gratitude,
In gratitude I will water seeds
of love in someone too.
And when you suffer some,
just call and I will come.

(粵語)
說一聲感恩 源自你灌溉
在我的心中 種子變花開
盼將這祝福 傳遞到遠處
讓世間多 一點溫暖
當你在陪伴我
心已在幸福裡

說一聲感恩 源自你灌溉
在我的心中 種子變花開
盼將這祝福 傳遞到遠處
讓世間多 一點溫暖
當你在迷霧裡
請速速告知我

(華語)
於感恩中 你灌溉我心中愛的種子 滿心感恩
於感恩中 我會灌溉別人心中愛的種子
知道你會在這兒
我是多麼歡喜

於感恩中 你灌溉我心中愛的種子 滿心感恩
於感恩中 我會灌溉別人心中愛的種子
當你感到痛苦
隨呼喚我就來

7. In, Out, Deep, Slow

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

(華語)
入 出 深 慢
靜 自在 笑 放下
當下一刻 美妙一刻

8. The Mind Can Go In A Thousand Directions

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.

(粵語):
自由歌唱 共在雨天朗日漫步
小鳥在枝頭 向您輕輕低訴
清風吹 伴您我的腳步
鮮花飄 與彩蝶飛舞
觀呼吸 我歸家了

(華語):
我的思想可以散亂於十方
但我平安地走在這路上
每一步 微風送涼
每一步 百花盛放

9. Take Your Time 從容自在

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.

(華語)
從容自在
吸進來 呼出去
深深看 如您說「這是我」
您與呼吸 您與空氣
像蜂鳥跟花兒
經常同在一起

輕盈漫步
提腳趾 觸大地
您跟道路 可曾有線分隔?
您與腳步 您與大地
如蝴蝶跟花蕾
從來沒有分開

10. Dear Friends 親愛的朋友

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

Love, joy, inner peace,
Like a Sunday morning breeze
All my friends are so lovely / joyful / peaceful.
I love you so.

(華語)

親愛的朋友
讓我告訴你我的感受
你送給我 珍貴寶藏
我深愛你

愛 喜悅 內心平靜
像那週日清晨微風
所有的朋友
是多麼 可愛/喜悅/自在
我深愛你

11. The Nature Song
大自然之歌

I am a cloud. I am the blue sky.
I am a bird, spreading out its swings.
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,
Let's walk together mindfully / joyfully.

(華語)

我是白雲 我是藍天
我是鳥兒 展翅飛翔
我是花兒 我是陽光
我是大地 接受種子
我自在 當我心扉敞開
我自在 當我思想清明
親愛的兄弟 親愛的姐妹
讓我們一起 正念/快樂漫步

(粵語)

浮雲是我 我是藍天空
空中飛鳥 拍翼游動
蓓蕾是我 我是陽光
種子給照料 與芳草擁擁
自在滿足 內心清澈
放開所有 我心寬廣
願結伴去 這廣闊道路
愉快共行 正念同在

12. Please Call Me by My True Names
請呼喚我所有真名

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 that I can wake up,
And the door of my heart
could be left open.

(粵語)

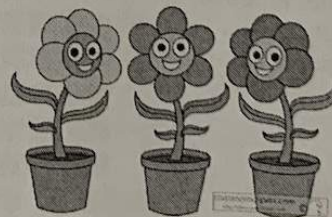
快樂如漸暖春天
鮮花遍地開 山野蔓延著愛
悲傷如淚灌進百川
通於四海 越過未來

對我稱呼真的稱號
就讓我 可聽到悲喜笑淚來自我
以此領悟 樂與苦在一心

對我稱呼真的稱號
讓我可再甦醒
重現我的美善 活出新生

(華語)

我的喜悅如春溫暖
它令遍地百花盛放
我的苦痛如江流淚
奔流注滿那四海
請呼喚我所有真名
讓我傾聽 我的哭泣與歡笑
讓我傾聽 苦與樂同是一體
請呼喚我所有真名
好讓我 能覺醒
好讓我的心扉 能夠長開



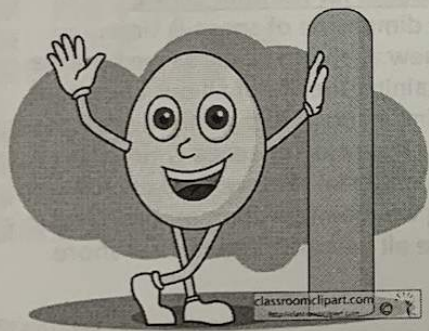
13. Two Promises

I vow to develop understanding
in order to live peacefully with people,
animals, plants and minerals.
Mmm – ahh, mmm – ahh, mmm – ahh.

I vow to develop my compassion
in order to protect the lives of people,
animals, plants and minerals.
Mmm – ahh, mmm – ahh, mmm – ahh.

(華語)
我發願去培養我的理解
為了與人和平共同生活
動物、植物、礦物 x 2
Mmm – ahh, mmm – ahh, mmm – ahh.

我發願去培養我的慈悲
為保護所有人的生命
動物、植物、礦物 x 2
Mmm – ahh, mmm – ahh, mmm – ahh.



14. Mealtime Meditation

This food is the gift of the whole universe,
the Earth, the sky, and loving hands. (x2)
Let's enjoy it thankfully, and vow to offer
understanding and love to all beings. (x2)

15. Nature Song

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. 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.

17. Island Unto Myself

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.

18. Breathe, You Are Alive

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's breathing
too.
Breathe for yourself, and you breathe for the world,
breathe in compassion and breathe out the joy.

Breathe, and be one with the air that you 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 depths of consciousness.
Breathe and you dwell in the here and now,
breathe and all you touch is new and real.

19. The Leaves of One Tree

一棵樹的葉

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

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

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

We are the leaves of one tree;
We are the waves of one sea;
We are the stars of one sky.

(華語)

我們都是一棵樹的葉 (x2)
在現在此刻讓我們在一起
我們都是一棵樹的葉

我們都是海洋的波浪 (x2)
在現在此刻讓我們在一起
我們都是海洋的波浪

我們都是天空的繁星 (x2)
在現在此刻讓我們在一起
我們都是天空的繁星

我們都是一棵樹的葉
我們都是海洋的波浪
我們都是天空的繁星

20. And When I Rise

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 stand, let me stand
like a tree, strong and tall.
And when I lie, let me lie
like a lake, peacefully, calm and still.

And when I work, let me work
like a bee, wholeheartedly.
And when I play, let me play
like a breeze, refreshingly, light and clear...

21. Fearful child in my heart

There's a fearful child hiding in my heart
There's a fearful child hiding in my heart
In my heart, in your heart
There's a fearful child hiding in our heart

- * There's a lonely child crying in my heart ...
- * There's a little fire burning in my heart ...
- * There's a joyful child dancing in my heart ...
- * There's a Dharma Wheel turning in my heart ...

22. Three Refuges

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.

23. Gatha for Mindful Eating

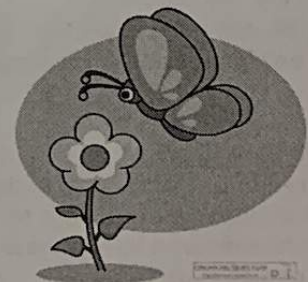
In the dimension of space & time,
We chew as rhythmically as we breathe.
Maintaining the life of all our ancestors,
Opening an upward path for descendants.
In the dimension of space & time,
how wonderful that we feed each other.
Eating we maintain compassion alive,
To take all beings to the farther shore.

24. 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.

(華語)

早上起來的時候
我看 見藍天
我合上手感恩所有
世間 美麗一切



Plum Village Songs

25. Come and Sit

Come and sit by my side if you're lonely
Close your eyes drink some tea together
Breathing in, breathing out, smile and calm
You will feel that the life is so true

Come and sit by my side when you're tired
Close your eyes, put your hands on your heart
Breathing in, breathing out, smile and calm
You will feel that the life is so true

Come and sit by my side if you cry
Close your eyes, put your hands on the earth
Breathing in, breathing out, smile and calm
You will feel that the life is happy

(華語)

當你感到孤單 就坐我身旁
閉上眼 和我一起喝茶
吸進來 呼出去 微笑安詳
你會發現生活是這麼真

當你感覺疲憊就坐我身旁
閉上眼 把你手放心上
吸進來 呼出去 微笑安詳
你會發現生活是這麼真

每當你想哭泣就坐我身旁
閉上眼讓我們接觸大地
吸進來 呼出去 微笑安詳
你會發現生活是多麼美

26. Standing Like a tree

Standing like a tree with my roots dug deep,
My branches wide and open
Come down the rain
Come down the sun
Come down the fruits to the hearts that is wide open
to be ...



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27. May the Day be Well

May the day be well and the night be well.
May the midday hour bring happiness, too
In every minute and every second,
may the day and night be well.

May the dogs be well and the cats be well.
May the human being bring happiness, too
In every minute and every second,
may the day and night be well.

May the sun be well and the moon be well.
May the planet Earth bring happiness, too
In every minute and every second,
may the day and night be well.

May the monks be well and the nuns be well.
May our Teacher Thay bring happiness, too
In every minute and every second,
may the day and night be well.

May the God be well and the Buddha be well.
May all bodhisattvas bring happiness, too
In every minute and every second,
may the day and night be well.

29. I Like the Roses

I like the roses, I like the daffodils
I like the mountains, like the rolling hill
I like the twinkling stars when the sun goes down
Du-bee-dee, du-bee-dee, du-bee-dee, du-bee-dee,
Du-bee-dee, du-bee-dee, du-bee-dee, du-bee-dee ...
dum

(華語)

我愛玫瑰 我愛水仙花
我愛高山 連綿起伏
我愛天空星星 當太陽落下

Du-bee-dee, du-bee-dee, du-bee-dee, du-bee-dee,
Du-bee-dee, du-bee-dee, du-bee-dee, du-bee-dee ...
dum

(粵語)

我愛鮮花 都鐘意小草
我喜愛高山 也愛小丘
我愛天上星星 當太陽降下

30. Song of the Wind

I listen to the song of the wind it has no name
I listen to the song of the wind it has no words
I listen to the song of the wind and I can see

The wind is free
The wind is free
We are the wind and we are free

31. Honey in Your Eyes

There is honey in your eyes
when you look without hunger
There is sunshine in your face
when your mind is pure

Feathers in your hands
when you touch without taking
And petals on your feet
when you walk with joy
Music in your voice
when you speak with laughter
And Moonlight in your sleep
when your heart is free

32. Cultivate Joy

Cultivate joy
Hour by hour, smile by smile, flower by flower
Sow seeds of joy among gloom and despair
Cultivate joy and joy will be there
Cultivate joy and joy will be there

Cultivate peace
Hour by hour, smile by smile, flower by flower
Sow seeds of peace among hate and fear
Cultivate peace and peace will be there
Cultivate peace and peace will be there

Cultivate love,
Hour by hour, smile by smile, flower by flower
Sow seeds of love among hard and cold
Cultivate love and love will take hold
Cultivate love and love will take hold

33. You Are The Buddha

You are the Buddha
And you are in my heart
You are a part of me
You are my Buddha

You are the Dharma
And you are in my heart
You are a part of me
You are my Dharma

You are the Sangha
And you are in my heart
You are a part of me
You are my Sangha

You are so beautiful
And you are in my heart
You are a part of me
You are so beautiful

34. Happiness

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

35. Who Am I

I am a bird, a beautiful bird
I am the sun, a golden sun
I am the wind, blowing in
The beautiful bird in the sun
We are one in a wonderful world

I am a seed, a tiny seed
I am the rain, gentle rain
I am a stream, carrying
The tiny seed in the rain
As we change a wonderful world.

I am a note, a simple note
I am a song, a peaceful song
I am a child, great by smile
I am a note in a song
Sing along in a wonderful world

*I am a monk, a happy monk
I am a nun, a joyful nun
We are lay friends, a family
With the monks and the nuns
Practicing in a wonderful world *x2

36 No Coming No Going

無來處 · 無去處

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. (x2)

(華語)

無來處 無去處
無過往 無未來
我抱你緊貼我
我放手讓你自由
因為我在你中 你也在我中
因為我在你中 你也在我中