



# 2023 千人禪修嘉年華

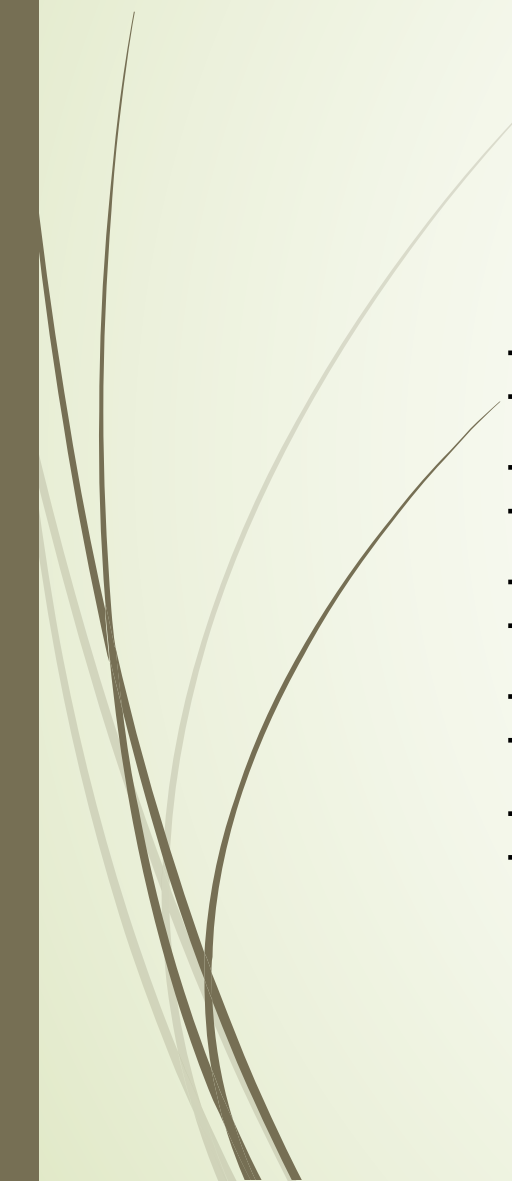
正念歌曲: 帶來滋養和療癒

Singing Meditation: Nourishing and Healing

2023.06.03




# 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.



# 我呼吸 心觀照

我呼吸 心觀照

我呼吸 心觀照

如綻放 的花

如露水 清澈

又似山 高聳不移

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



# 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.



# 快樂是此時此地

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



# 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.





# 心中島嶼

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小島



# 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 free and I enjoy every moment.





# 這就是淨土

( 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



# Nature Song

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,

Let's walk together mindfully / joyfully



# 大自然之歌

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 與芳草抱擁

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



# Please call me by my true name

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.

# 請呼喚我所有真名

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



# Leaves of One Tree

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 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 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 leaves of one tree;

We are the waves of one sea;

We are the stars of one sky.

# 一棵樹的葉

( 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



# Dear Friends

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 / peaceful.

I love you so.



# 親愛的朋友

( 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 / 自在

我深愛你

# Enjoying the Ultimate 法句經

Chinese Dharmapada – Nirvana Chapter – Verse 6 法句經泥洹品第六章

The deer takes refuge in the countryside

The birds take refuge in the sky

The manifestation of phenomena,

Depends on a discrimination.

The true person depends on Nirvana,

To live in freedom.

The true person depends on Nirvana,

To live in freedom.

麋鹿依野 鳥依虛空  
法歸分別 真人歸滅