



1. I Have Arrived

I have arrived, I am home
In the here and in the now. (2x)
I am solid, I am free (2x)
In the ultimate, I dwell (2x)

2. 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 free 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

3. Arrived

Arrived, arrived.
At home, I am at home.
Dwelling in the here,
And dwelling in the now.
Solid as a mountain.
Free as a white cloud.
The door to no-birth and no-death is open,
Free and unshakable.

4. The Island Within

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.

5. Peacefully Free

I am so free because I can be me
Look at the clouds at play
Passing over everyday.
Inside, the sky so blue,
Immense, spacious, and true.
I'll be tall like the sky,
Wide enough to embrace what's inside.

Just like the clouds passing by,
Flying high in the grand-open sky.
Everything around me will be
Loved, embraced, and peacefully free.
Everything inside me will be
Loved, embraced, and peacefully free.

6. Dear Friends

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

7. 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.

8. 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. (2x)

9. 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.

10. Feeling Alive

Breathing in, I arrive in this moment
Breathing out, I know it's wonderful.
Breathing in, I look deeply inside.
Breathing out, I embrace what I see.
Feeling alive right here, right now,
Touching the infinite space of Love.
Feeling alive right here, right now,
Touching the Source deep inside of you (and you). (6x)

11. The Refuge Song

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 of 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.

12. No Coming, No Going

No coming, no going
No after, no before
I hold you close to me;
I release you to be free
Because I am in you and you are in me. (2x)

13. In Out

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