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5. Peace is Every Step
6. I Learn Each Moment
7. Reverence is the Nature of My Love
8. Now I Walk in Beauty
9. The River and the Sky
10. Go as a River
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12. May the Day be Well

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14. I Like the Roses

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15. Walking Meditation Gatha

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16. I am Free

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1. Gatha for Planting a Tree

I entrust myself

I entrust myself

To the Earth

To the Earth

And she entrusts herself to me

I entrust myself

I entrust myself

To the Buddha

To the Buddha

And he entrusts himself to me

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Plum blossoms bloom in spring

Plum blossoms bloom in spring

Plum blossoms bloom in spring

Plum blossoms bloom in spring

Plum blossoms bloom in spring

2. Happiness Makes You Beautiful

Happiness makes you beautiful

Like a spring meadow in bloom

Where daffodils and lilies grow

And grasses sway with the breeze

Happiness is a flower that

grows in a pure heart

Enchanting all with its fragrance

and sowing seeds in the wind

Please walk with gentleness

in a spring meadow in bloom

Where daffodils and lilies grow

and grasses sway with the breeze

The tender flower of happiness

is more precious than gold

Enchanting all with its fragrance

and sowing seeds in the wind

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3. Let the Buddha Walk with You

Let the Buddha walk with you

Let the Buddha walk with you

Let the Buddha walk, just walk

Let the Buddha walk with you

Let the Buddha smile in you

Let the Buddha smile in you

Let the Buddha smile, in your eyes

Let the Buddha smile in you

Let the Buddha work with you

Let the Buddha work with you

Let the Buddha work, peacefully

Let the Buddha work with you

The Buddha's strolling in the Milky Way

Strolling by the moon and stars

At home in the garden

At home in the universe

Let the Buddha walk with you

The Buddha's smiling in each being

Smiling in the smallest heart

With a patch of blue sky

With the morning bird

Let the Buddha smile in you

The bees are working in the garden

Working wholeheartedly

Like the butterflies, gracefully

Let the Buddha work with you

Let the Buddha live with you

Let the Buddha live with you

Let the Buddha live, in your home

Let the Buddha live with you

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4. Mealtime Meditation

This food is the gift

Of the whole universe

The Earth, the sky

And loving hands

Let's enjoy it thankfully

And vow to offer understanding

And love to all beings

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5. Peace is Every Step

Peace is every step

The shining red sun is my heart

Each flower smiles with me

How fresh, how green all that grows

How cool the wind blows

Peace is every step

It turns the endless path to joy

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6. I Learn Each Moment

I learn each moment

To be a better lover

I learn each moment

To discover my true love

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7. Reverence is the Nature of My Love

Reverence is the nature of my love, my love

Reverence is the nature of my love

I bow to the bushes

I bow to the flowers

I bow to the singing birds in the trees

I bow to the mountains

I bow to the rivers

I bow to the dancing bees

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8. Now I Walk in Beauty

Now I walk in beauty

Beauty is before me

Beauty is behind me

Above and below me

I sit at beauty's table

Beauty's in the food before me

In its fragrance, in its flavour

Fresh from Earth's green garden

I lie in beauty's cradle

Beauty's in the moon above

Beauty's in the dome of stars

And in the Earth that holds me

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9. The River and the Sky

The river and the sky

Are singing a Dharma song

Singing and listening become one

As a sparrow joins their song

Sing like the sparrow

Listen like the sky

For all is listening

All is song

Sing like the sparrow

Listen like the sky

For singing and listening

Are already one

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10. Go as a River

I wanna go as a river

Not as a drop of water

Let us flow in harmony

Selfishness we surrender

I wanna go as a river

Not as a drop of water

We learn to live mindfully

Truly there for each other

How fresh the stream of spirituality

How wonderful to be able to see

That we are all water

That we are all water

So, I wanna go as a river

Not as a drop of water

For sure we will reach the sea

Of peace, love and clarity

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11. Great Big Smile

I am a bird, a beautiful bird

I am the sun, the 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 in a wonderful world

I am a note, a simple note

I am a song, a peaceful song

I am a child, great big smile

I'm a note in a song

Sing along in a wonderful world

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## 12. May the Day be Well

May the (day) be well, may the (night) be well

May the (midday hour) brings happiness, too

In every minute and every second

May the day and night be well

dogs, cats, human beings

sun, moon, planet Earth

monks, nuns, our teacher, Thay

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### 13. Come and Sit

Come and sit by my side.

If you're lonely

Close your eyes

Drink some tea together

Breathing in, breathing out

Smiling and calm

You will feel that our 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

Smiling and calm

You will feel that our 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

Smiling and calm

You will feel that the life is happy

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## 14. I Like the Roses

I like the roses

I like the daffodils

I like the mountains

I like the rolling hills

I like the twinkling stars

When the sun goes down

Doo bee doo.....

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## 15. Walking Meditation

The mind can go in a thousand direction

But on this lovely path, I walk in peace

With each step, the gentle breeze blows

With each step, a flower blooms

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Plum Blossoms Plum Blossoms

## 16. I am Free

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

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