

1. Please Call Me by My True Names

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 hear that my joy and pain are one
Please call me by my true names
So I can wake up
And the door of my heart could be left open

2. I'm gonna let life move me

I'm gonna let life stir me deep
I'm gonna let life wake me
From an ancient sleep
I'm gonna laugh all my laughter
I'm gonna cry all my tears
I'm gonna love the rain
as deeply as the sun when it clears

3. Oh fill my heart

1st part: Oh fill my heart and let it overflow
(3x)

Let it overflow with love

2nd part: Oh fill my heart (3x)

Let it overflow with love

4. In Gratitude

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'm so happy
And if you suffer some, please call
and I will come.

5. There Is True Love Right Here

There is true love, right here (x2)

And we are so glad
that we have found it,
there is true love right here
(peace, joy, care)

6. Breathing In, Breathing Out

Breathing in, breathing out (2x) 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 (2x)
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!

7. No coming, No going

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

8. Dear Friends

Dear Friends, dear friends
Let me tell you how I feel
You have given me such treasures I love you
so
(sing as round)

9. In Out, Deep Slow

In....Out, deep... slow

Calm... ease, smile... release
Present moment, wonderful moment

10. 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)

11. 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

12. We Are All the leaves of one tree

We are all the leaves of one tree (2x) The time
has come for all
To live as one,
We are all the leaves of one tree

We are all the waves of one sea (2x) The time
has come for all
To live as one,
We are all the waves of one sea

We are all the stars of one sky (2x) The time

has come for all
To live as one,
We are all the stars of one sky

We are all the leaves of one tree We are all the
waves of one sea The time has come for all
To live as one, We are all the stars of one sky

13. We're All Movin'

We are movin', on a journey to nowhere
Takin' it easy, takin' it slow.
No more worries, no need to hurry Nothing to
carry, let it all GO

14. Three Little Birds

Woke up this morning
Smiling at the risin sun
Three little birds
Upon my doorstep
Singing sweet songs
A melody pure and true
Singing, this is my message to you-u-u

Singin don't worry
About a thing
Cause every little thing's gonna be alright
now
Singin don't worry
About a thing, no,no,no,no
Cause every little thing's gonna be alright
Now (Bob Marley)

15. Take it easy

Take your time, take your time, take your
time
No need to hurry
Take it easy, take it easy, take it easy
No need to worry

No slippin', no slidin', no bumpin', no fallin, I
want a ride into town
If you fall from the race, it's no disgrace
Just pick yourself from off the ground

Take your time, take your time, take your
time
No need to hurry-no,no,no
Take it easy, take it easy, take it easy, take it
easy
No need to hurry

For the road is rough

And don't you, don't you, ever get stuck
Take your time, take it easy, take your time
No need to hurry, ahhhhhhhh

16. I bring light

(2x) I bring light into the darkness
I bring love instead of hate and fear
I bring light into the darkness
I am always here within you

(2x)I bring the light
and I bring the love
and I bring the light
remember I am always here within you
Hummming....

17. No Discrimination

The sun, it shines on everyone. (2x)
No discrimination, no discrimination
The rain, it falls on everyone, (2x)
No discrimination, no discrimination
My heart belongs to everyone, (2x)
No discrimination, no discrimination

18. Bele mama, bele mama ye (2x)

Bele mama, bele mama, bele mama, bele
mama
Bele mama, bele mama ye
(Ghanaian song. Translation: beautiful mother)

19. Gatha For Walking Meditation

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.

20. I am a cloud, I am the blue sky

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

Chorus (sing 2X)

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