

Wake Up

A. Love

'If it's not love you can let it all go
Let it all go
Let it all go' 2x

'Freedom,
Love is freedom' 2x

B. Happiness is here and now

Happiness is here and now
I have dropped my worries
Nowhere to go, nothing to do
So I don't need to hurry

Happiness is here and now
I have dropped my worries
Somewhere to go, something to do
But not in a hurry

C. We are moving

We are moving
On a journey to nowhere
Taking it easy
Taking it slow

No more worries
No need to hurry
Nothing to carry
Let it all go

D. Walking meditation

The mind can go in a thousand direction
but on this lovely path I walk in peace

with each step a gentle wind blows
with each step a flower blooms

E. I like the roses

I like the roses, I like the daffodils
I like the mountains, I like the rollings hills
I like the twinkling stars when the sun goes down
Doo bee dee doo bee dee....

F. 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 (2nd joyfully)

G. Joy

Whatever illumines your path, I will consider as my friend.

There are no enemies, no barriers in the heart.
There is only wishing you well.

Your joy is my joy, my joy is your joy.
Your joy is my joy, for sure.

This is the song in my heart, sing along, sing along.
This is the song in my heart, sing along.

H. 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 clear, what is true
And I feel there is space
Deep inside of me
I am free, I am free, I am free

I. 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)

J. 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

Because I am in you
And you are in me

K. Home is where the heart is

Been travelling a day
Been travelling a year
Been travelling a lifetime, to find my way home
(2x)

Home is where the heart is
Home is where the heart is
Home is where the heart is
My heart is with you
(2x)

L.

Mother Earth is a great big ship that we are sailing on
Sailing on, through space and time

Touch the Earth, feel your worth
Wake up to this new rebirth

Open up your heart, and touch the divine

M. Ooh fill my heart

Ooh fill my heart
Ooh fill my heart and let it overflow

Ooh fill my heart
Ooh fill my heart and let it overflow

Ooh fill my heart..
Let it overflow with love
Ooh fill my heart and let it overflow
Let it overflow with love

N. Dear Friends

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

O. Love will Return

Listen to the wind, it whistles a song
Follow the sunrays,
they invite you to come along, come along
Let's hear the thunder coming our way
Don't be afraid, there's nothing to worry about,
we're the same, all the same
Just open your eyes and see what's here
This is a world you hold dear
Do not forget, do not neglect
Be sweet to her, love will return

(2x)

They say love, love, love, love will return
They say love, love, love, love will return
They say love, love, love, love will return
and it's true, if you just let her

P. 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

Q. Breathe

In, out
Deep, slow

Calm, at ease
Smile, release

Present moment,
wonderful moment

R. Peacefully Free

I am so free, because I can be me
Look at the clouds at play,
passing over every day

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

S. You are a Buddha

You are a Buddha; and you are in my heart
You are a part of me; you are a Buddha

Du bist ein Buddha; in meinem Herzen
Du bist ein Teil von mir; du bist ein Buddha

Tu es un Bouddha; tu es dans mon coeur
Tu fais partie de moi; tu es un Bouddha

Jij bent een boeddha; en je bent in mijn hart
Je bent een deel van mij; jij bent een boeddha

T. Every little cell

Every little cell in my body is happy
Every little cell in my body is well
(2x)

I'm so glad, every little cell
In my body is happy and well
(2x)

U. And when I rise

And when I rise, let me rise
Like a bird, joyfully.
And when I fall, let me fall,
Like a leaf, gracefully, without regret.
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, fresh and cool, light and clear.

V. The time has come to live as one

We are all the leaves of one tree.
We are all the leaves of one tree.
The times has come for all to live as one.
We are all the leaves of one tree.

We are all the waves of one sea...
We are all the stars of one sky...

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

X. Gayatri Mantra

Om bhur bhuvaha svaha
Tat savitur varenyam
Bhargo devasya dhimahi
Dhiyo yonah prachodayat

Door alle lagen van ervaring heen
is 'Dat' de ware aard die het bestaan verlicht,
het allerhoogste Ene.
Moge alle wezens door subtiele en meditatieve
intelligentie de verheven schittering van
verlicht bewustzijn gewaarworden.

Y. Arrive

Arrive, arrive
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 of no birth and no death is open
Free and unshakeable

Z. I love You and Buddha too

Oh Jesus, I love You
And I love Buddha too
Ramakrishna, Guru Dev
Tao Te Ching and Mohammed

Why do some people say
That there is just one way
To love You, God, and come to You?
We are all a part of You

You are un-nameable
You are unknowable
All we have is metaphor
That's what time and space are for

Is the universe Your thought?
You are and You are not
You are many, You are one
Ever ending, just begun

Alright, alright, alright
I love You and Buddha too, alright.

The Wake Up Song

Chorus

We're planting seeds for new communities
It's time to wake up.
To be the change in the world we want to see
It's time to open up
Redefine society
No don't give up
We're planting seeds for new communities
(2x)
Wake up – open your eyes!
Wake up – please realize!
Wake up – you are skillful and wise!
Wake up

She dreamed bigger, she dreamed brighter, she had the
energy of wholeness to guide her
and when she stopped to look inside her, she listened
to her inner voice and said
"I can clearly see my choice to live in this new way
to take time each day to meditate and to pray
It's a new day and there is so much more that I need to
say
So I'll keep walking on the Earth in this sacred way"

Chorus

Walking on the path, he could hear his heart whisper
"Keep your spirit growing bigger
Keep flowing in this river
Believe in yourself, let your heart be your guide
You could use your suffering to grow your heart wider
There is more wonder in the world than you can see
now
Stay true to your path, you don't have to see how
Be compassionate and kind to your body and your mind
Practice patience
It takes effort and time, one day at a time

Chorus

We are coming together from all ten directions
We have a deep affection for the truth
We are the youth of all ages
More than just Facebook pages
We are living breathing realities
We are new
LOVING! COMPASSIONATE!
INCLUSIVE! SUSTAINABLE!
COMMUNITIES!

Chorus



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