

# Wake up Songs

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\*Met bewegingen

Wake Up



# 1 Plum Village songs

## 1.1 And when I rise

different version

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.

## 1.2 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

## 1.3 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

## 1.4 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..

## 1.5

## Dear Friends

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

## 1.6 **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)

## 1.7 **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.

## 1.8 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

## 1.9 **Home is where the heart is**

Been trav'ling a day  
Been trav'ling a year  
Been trav'ling 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)

### 1.10 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 (2<sup>nd</sup> joyfully)

### 1.11 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)

### 1.12 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 bi di doo bi di doo bi di...

I like the rabbit, I like squirrel too  
I like bluebird, I like the roaming moose  
I like all animals, all animals like me  
Doo bi di doo bi di doo bi di...

### 1.13 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.

### 1.14

### 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

### 1.15 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.

### 1.16 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

### 1.17 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

### 1.18 Mother Earth

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

### 1.19 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

### 1.20 **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*

### 1.21 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

### 1.22

### The time has come to live as one \*

We are all the leaves of one tree (x2)  
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 (x2)

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 (x2)

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.

### 1.23 **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

### 1.24 **Walking mediation**

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

### 1.25 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

## 1.26 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, ff 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**

## 2 New songs

### 2.1 Do you need a power

Do you need a power  
Do you need a power  
Do you need a power,  
it's in the heart of men

### 2.2 Belle mama

Belle mama , Belle mama eh  
Belle mama , Belle mama eh

Belle mama  
Belle mama  
Belle mama  
Belle mama  
Belle mama  
Belle mama eh

### 2.3 Come whoever you are

Come, Come, Whoever You Are  
Wanderer, worshipper, lover of leaving.

And Come, Come, Whoever You Are  
This isn't a Caravan of Despair...

And It doesn't matter if you've broken your  
vows  
a thousand times before

And Yet Again, Come Again Come,  
And Yet Again, Come.

### 2.4 Standing like a tree \*

Standing like a tree with my roots dug down  
My branches wide and open  
Come down the rain, come down the sun,  
Come down the fruit to a heart that is open to  
be standing like a tree.

### 2.5 Sweet release

I wanna sing a song of sweet release  
I wanna sing a song, a song of peace  
I wanna sing it from the mountain top,  
I wanna sing and never stop  
I wanna sing a song of sweet release

I gonna sing a song of sweet release  
I gonna sing a song, a song of peace  
I gonna sing it from the mountain top,  
I gonna sing and never stop  
I gonna sing a song of sweet release

Ahoe, come om sing it now  
Ahoe, come om sing it now  
Bring it now

Let's all sing a song of sweet release  
Let's all sing a song, a song of peace  
Let's sing it from the mountain top,  
Let's sing and never stop  
Let's all sing a song of sweet release

Ahoe, come om sing it now  
Ahoe, come om sing it now  
Bring it now

Let's all live a life of sweet release  
Let's all live a life, a life of peace  
Let's live it from the mountain top,  
Let's live it and never stop  
Let's all live a life of sweet release

### 2.6 We are opening up

We are opening up our hearts and minds  
To the tears and joy in everyone (2x)

We are opening, we are opening (2x)