

# **BUDDHA IS MY REFUGE**

***New DHARMA Songs for the Contemporary SANGHA  
Brother ChiSing (12-21-12)***

## **I TAKE REFUGE IN THE BUDDHA**

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 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

Just go back to the island within yourself  
Just go back to the Island Within  
All it takes is one breath in mindfulness  
All it takes is one step in mindfulness

## **YOU ARE A BUDDHA TO ME**

You are a Buddha to me  
    and I am a Buddha to you  
The Dharma is what we share  
The Sangha is how we care  
(Oh)

This is our Way  
This is our Truth  
This is our Life

## **FOUR BODHISATTVA VOWS**

Countless beings, we vow to save  
Ceaseless afflictions, we vow to end  
Limitless Dharma doors, we vow to open  
The Highest Path of Awakening, we vow to realize

## **EVER SO MINDFULLY**

Oh the breeze, and the trees,  
and your smile sing the Dharma to me  
Ever so mindfully, ever so joyfully  
ever so mindfully, ever so joyfully

Oh, the mountains and the rivers  
Yes, the sunshine and the flowers  
and your smile sing the Dharma to me  
Ever so mindfully, ever so joyfully  
ever so mindfully, ever so joyfully

. . . Ever so mindfully, ever so joyfully  
ever so mindfully, ever so peacefully  
ever so mindfully, ever so lovingly

Ever so mindfully, ever so . . .

## **I BREATHE FOR YOU**

I breathe for you, you breathe for me  
We breathe for all the world in peace

There is no Way to Peace  
Peace is the Way

I breathe for you, you breathe for me  
We breathe for all the world in love

There is no Way to Love  
Love is the Way

I breathe for you, you breathe for me  
We breathe for all the world in peace

I breathe for you, you breathe for me  
We breathe for all the world in love

**A SONG FOR AMITABHA  
(A Pure Land Song)**

I take refuge in You  
You are my Strength, You are my Fortress  
Through Your love, I now move  
Into the Light, out of the darkness

All these years, I've been searching for You  
You've been here all along  
Deep within my Heart  
I sing a New Song

You take refuge in me, yes  
This very step, this very breath, and  
Through our mindfulness  
Earth is transformed, here is the Pure Land

All this time, You've been waiting for me  
To wake up here and now  
To make a home for all beings  
This is our Vow

I take refuge in You  
You are my Strength, You are my Fortress  
Through Your love, I now move  
Into the light, out of the darkness  
You take refuge in me, yes  
This very step, this very breath, and  
Through our mindfulness  
Earth is transformed, here is the Pure Land

I take refuge in You  
You take refuge in me  
We take refuge in This  
This is our Refuge

**DO YOU KNOW?  
(A Zen Song)**

Turn around and look within  
Can you see the sound of silence?  
Can you hear the flowers smiling?  
Can you taste the setting sun?

Do you know that I'm the One?  
Do you know the One is you?

No separation  
No birth, no death  
Only this moment  
Only this breath

No "self" to suffer  
No gain, no loss  
All is perfection  
Even the dross

### **BUDDHA'S PRAYER (A Theravada Song)**

*"May everyone be happy and safe, and may all hearts be filled with joy.  
May all beings live in security and in peace —  
beings who are frail or strong, tall or short, big or small,  
invisible or visible, near or faraway, already born, or yet to be born.  
May all of them dwell in perfect tranquility."*

May all beings be happy and free  
May all beings transform their suffering  
May all beings rejoice in all joys  
May all beings be at peace

*"Let no one do harm to anyone.  
Let no one put the life of anyone in danger.  
Let no one, out of anger or ill will, wish anyone any harm."*

*"Just as a mother loves and protects her only child at the risk of her own life,  
cultivate boundless love to offer to all living beings in the entire cosmos.  
Let our boundless love pervade the whole universe, above, below, and across.  
Our love will know no obstacles. Our heart will be absolutely free from hatred and enmity."*

*"Whether standing or walking, sitting or lying, as long as we are awake,  
we should maintain this mindfulness of love in our own heart.  
This is the noblest way of living.  
Free from wrong views, greed, and sensual desires,  
living in beauty and realizing Perfect Understanding,  
those who practice boundless love will certainly transcend birth and death."*

## **BREATHING AND WALKING (A Thich Nhat Hanh Song)**

Let the Buddha breathe  
Let the Buddha walk  
I don't have to breathe  
I don't have to walk

The Buddha is breathing  
The Buddha is walking  
I enjoy the breathing  
I enjoy the walking

Buddha is the breathing  
Buddha is the walking  
I am the breathing  
I am the walking

There is just the breathing  
There is just the walking  
There is no breather  
There is no walker

Peace and joy while breathing  
Peace and joy while walking  
Peace and joy . . . the breathing  
Peace and joy . . . the walking

Breathing, walking  
    Sitting, smiling  
    Laughing, crying  
    Working, playing  
    Sleeping, waking  
Breathing, walking

## **WALK ON THE PATH OF LOVE**

Walking with friends in mindfulness  
As the Dharma rain falls upon our heads  
Brings a smile to my face and joy to my heart  
    As we walk on the Path of Love

And though the world assail my body  
And though its fears assail my mind  
In the Sangha, I take refuge  
Won't you hold my hand and walk with me?

Walk with me, oh my brother  
Come and walk with me, oh my sister  
Take my hand, hold my heart  
Breathe with me, listen deeply

As we walk on the Path of Love

### **WE ARE THE LIGHT OF BUDDHA**

We are the Light of Buddha shining  
We are the Love of Buddha's heart  
And we are the Life of Buddha manifesting  
We are a blessing, yes, we are!

When the journey's long and the road gets rough  
and we cannot find our way  
We can turn within to the Source of Truth  
and remember once again who we are

### **ONE HEART (Interfaith)**

One Heart, One Life  
We are One Family, One Earth

And together we can make a difference in our world  
Every creed and color, every boy and girl  
All of Creation, no separation  
We are One . . . One Heart

Even though it seems we are so far apart  
And many times we're feeling all alone  
The Truth of who we are has been here from the start  
We are One Heart