

Breathe Out & Breathe In (Little Drummer Boy)

Come, said Buddha: breathe out & breathe in,
This new-found truth to see (breathe out & breathe in).
Your finest skills employ (breathe out & breathe in),
To know the truth yourself (breathe out & breathe in,
be here & now, happy & free).
Four-fold truth I teach (breathe out & breathe in):
Suffering's end.

Bhante Buddha, (breathe out & breathe in)
I am a worldling low (breathe out & breathe in);
I have no wisdom high (breathe out & breathe in)
That's fit to set me free (breathe out & breathe in,
be here & now, happy & free).
May I sit with you? (breathe out & breathe in)
Me and my mind.

Buddha nodded: breathe out & breathe in.
The living Sangha all breathe out & breathe in.
I watched my breath for him (breathe out & breathe in);
I did my best for him (breathe out & breathe in,
be here & now, happy & free).
Then I felt the peace (breathe out & breathe in)
In my mind.



Birken
Buddhamas
Carols

Silent Mind (Silent Night)

Silent mind, holy insight; all is calm, all is bright;
Practice metta like mother and child,
Keep your heart so tender and mild;
Radiate heavenly peace; radiate heavenly peace.

Silent mind, holy insight; Mara quakes at the sight:
Meditators, row upon row,
Mindfully breathing now fast and now slow,
Seeking the way to be free; seeking the way to be free.

Silent mind, holy insight; Mara quakes at the sight:
Anagarikas, clothed in white,
Brown-robed Bhikkhus and samaneras,
Walking the 8-fold path; walking the 8-fold path.

Silent mind, holy insight; self dissolves in the light.
Seeing our suffering opens the door;
Knowing impermanence widens it more;
Selflessness sets us free; selflessness sets us free.

Silent mind, holy insight; self dissolves in the light.
Feeling our dukkha opens the door;
Admitting anicca cuts to the core;
Anatta sets us free; anatta sets us free.

We Wish You (a Merry Christmas)

We wish you the Light of Buddha,
We wish you the Way of Dhamma,
We wish you the Bond of Sangha,
Now and all the year through.

Glad tidings we bring:
To you and all beings,
We wish you liberation,
And the way is made clear!

We all want loving kindness,
We all want peace of mind,
We all want liberation,
So we'll sit down right here.

Glad tidings we bring:
To you and all beings,
We wish you liberation,
And the way is made clear!

We wish you loving kindness,
We wish you peace of mind,
We wish you liberation,
In the coming new year.

Glad tidings we bring:
To you and all beings,
We wish you liberation,
And the way is made clear!

O Birken (O Little Town of Bethlehem)

O Birken Forest Monast'ry, how still we see thee lie!
Above thy deep and dreamless sleep
the silent stars go by.

Yet in thy dark woods shineth the everlasting Light:
the hopes and fears of all the years
are met in thee tonight.

How silently, how silently, the wondrous gift is given
when human hearts which dwell apart
consent to dwell in heav'n.

No ear may hear its coming, but in this world of pain
where open mind is clear and kind,
the path of peace is plain.

O Buddha Dhamma teach us how still our minds can be.
Help us awake; show us the way
to hearts and minds made free.
Out of delusion lead us, to end desire and hate.
Guide us today; show us the way
to the awakened state.

Now Rest Ye Merry (Gentlemen)

Now rest ye merry yogis, let nothing you dismay;
Remember that the 8-fold path will take you all the way.
Your problems all will be resolved and you will float away,
Bearing tidings of comfort and joy, comfort and joy,
Bearing tidings of comfort and joy.

Now rest ye mindful, yogis; the Truth investigate;
To see things as they really are, and suffering abate.
Come walk the Path the Buddha taught,
the Noble 8-fold Way,
Using faculties of energy and faith, effort and faith,
Using faculties of energy and faith.

Now rest ye mindful, yogis; the still mind cultivate;
Stability, serenity, Samadhi is the gate
To insight that will set you free.
So, sit and meditate!
Using faculties of energy and faith, effort and faith,
Using faculties of energy and faith.

Now rest ye mindful, yogis; the wisdom that you seek;
Is hidden in the here-and-now, but mindfulness is weak.
For Pañña strive with diligence; ascend the final peak
Using faculties of energy and faith, effort and faith,
Using faculties of energy and faith.

The 12 Days of (Christmas)

On the first day of teaching, the Buddha showed to me:
the Way to the end of suffering.

On the 2nd day of teaching, the Buddha showed to me:
2 kinds of happiness, and
the Way to the end of suffering.

On the 3rd day of teaching, the Buddha showed to me:
the Triple Gem
2 kinds of happiness, and
the Way to the end of suffering.
etc. ... until

On the 12th day of teaching, the Buddha showed to me:
12 devas dancing
11 anagarikas
10 paramitas
9 samaneras
8-fold Noble Path
7 Factors of Enlightenment
6 sense bases
5 fa – cul – ties
4 Noble Truths
the Triple Gem
2 kinds of happiness, and
the Way to the end of suffering.

Joy to The World

Joy to the world, the Path is clear!
Let us our minds employ:
Investigate **the Dhamma**, with energy and joy,
To know serenity, to know stability,
In mindful, in mindful equanimity.

Joy to the world, the Path is clear!
Let us our minds employ:
Investigate **our dukkha**, with energy and joy,
To end our clinging ways, to end our craving ways,
In mindful, in mindful equanimity.

Joy to the world, the Path is clear!
Let us our minds employ:
Investigate **anicca**, with energy and joy,
To put an end to lust, to put an end to hate,
In mindful, in mindful equanimity.

Joy to the world, the Path is clear!
Let us our minds employ:
Investigate **anatta**, with energy and joy,
To let go 'me' and 'mine', to put an end to self,
In mindful, in mindful equanimity.