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### Intention behind the songs:

The songs in this songbook are like dharma talks in miniature.

For Thich Nhat Hanh, a Dharma talk is not a lecture, but a kind of rain. "Our consciousness is like the soil, the earth. We have to allow the Dharma talk to penetrate it. We have seeds of understanding, of awakening, and of compassion within ourselves. We don't need these seeds to be transmitted from a teacher. We already have all of them in the depths of our consciousness. Because these seeds may be buried deep in the mind, in the soil of our consciousness, it is hard for them to grow and manifest. Above them there are layers of suffering, confusion, and prejudice, and our intellect alone can never go deep enough."

All the songs in this songbook aspire to offer the Dharma rain in such a way that the seeds in us can be reached and can sprout and become flowers, the flower of understanding, the flower of compassion and so on.

You can click on the blue text to go to the website where you can find the songs.

[youtube playlist with the songs](#)

[youtube playlist with the mantras](#)

[youtube channel Wake Up songs](#)

url Wake Up channel: [www.youtube.com/c/wakeupsongs](http://www.youtube.com/c/wakeupsongs)

url pdf version of this songbook: <https://goo.gl/f57kyi>

### **1 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.

### **2 Arrived**

Arrived, arrived  
At home, I am at home

Dwelling in the here and dwelling in the now  
Solid as a mountain, free as the white cloud

The door to no birth and no death is open  
Free and unshakeable

### **3 Be thankful for all these blessings**

For the great great sea  
and the bright shining sun  
For the wind and the rain  
and enough air for everyone

We got to give thanks for all these blessings (2x)

For the green grass in spring  
and the brown leaves in fall  
For the winter branches bear  
and the summers we've grown up tall

We got to give thanks for all these blessings (2x)

For eyes that can see  
and lungs that can breathe  
For bones that holds us tall  
and a heart that can beat

We got to give thanks for all these blessings (2x)

For patience and kindness  
and the courage to take wise action  
and even the pain that leads to letting go  
and understanding and compassion

We got to give thanks for all these blessings (2x)

### **4 Belle mama**

Belle mama, Belle mama eh (2x)

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

### **5 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

### **6 Breathe in peace, breathe out love**

Breathe in  
Breathe out

When I breathe in, I breathe in peace  
When I breathe out, I breathe out love

### **7 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 (2x)

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.

### **8 Coming Home**

See my eyes  
Please be welcome  
See my heart  
Please be my guest

See my hands  
I fold them towards you  
A lotus to be

Following the rising and falling of the great  
breathing deep inside of us  
So that together we can come home in the heartbeat  
of our embrace

### **9 Dear Friends**

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

Love joy, inner peace  
Like a summer morning breeze  
Oh my dear you are so welcome  
I love you so. I love you so.

### **10 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)

### **11 Hello little pain**

Hello little pain I can see you  
Please be my guest I will feel you  
I'll open my heart, make it soft and tender  
The goodness of suffering is what I remember

I'm letting go of what causes the pain  
I'll just do that again and again  
I don't need to understand right away  
Insight will come if mindfulness stays  
Insight will come if mindfulness stays

### **12 Healing Happens All Around**

#### **Chorus**

Healing happens all around, breathe and smile  
Be still and know  
Healing happens all around, and deep inside, nothing  
to do  
When we entrust to Mother Earth, and let go  
Healing takes place  
When we relax in what we are, and surrender  
ourselves  
Nothing else to do

Be aware of your fear, just breathe with it  
Your presence is enough  
Invite your love to be, there with you  
Let yourself be embraced

#### **Chorus**

Be aware of your doubts, just breathe with it  
Your presence is enough  
Invite your love to be, there with you  
Let yourself be embraced

#### **Chorus**

Be aware of your pain, just breathe with it  
Your presence is enough  
Invite your love to be, there with you  
Let yourself be embraced

Healing happens all around, breathe and smile  
Be still and know  
Healing happens all around, and deep inside, nothing  
to do  
Be still and heal

### **13 Happiness is here and now**

Happiness is here and now  
I have dropped my worries  
Nowhere to go, nothing to do  
No longer in a hurry

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

### **14 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)

### **15 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)

### **16 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)

### **17 If it's not 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)

### **18 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 rabbits, I like the squirrels too  
I like the bluebird, I like the roaming moose  
I like all animals, all animals like me  
Doo bi di doo bi di doo bi di...

### **19 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

### **20 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.

### **21 In, out, Deep, slow**

In, out  
Deep, slow

Calm, ease  
Smile, release

Present moment,  
Wonderful moment

### **22 I see you**

Seems I have a guest, eager to stay.  
Seems I have a guest, eager to stay.  
Hello... Take a seat... sit down and take your time...

Hello, take a seat.  
Please, sit down and take your time.

Hello. This is me.  
Who are you?  
Share your story, if you like.

Or would you rather just linger around?

Hello, here I am. I see you.  
Share your story, if you like. Or we could just hang around.

### **23 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.

### **24 Jewel of a lotus flower**

There is a jewel in the lotus flower  
unfolding deep within my soul

To be a jewel in a lotus flower  
unfolding is the highest goal

Om mani hum mani padme hum  
Om mani hum mani padme hum (2x)

### **25 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.

### **26 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

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 (2x)

**27 Let life move me**

I'm gonna let life move me  
I'm gonna let life stir me deep  
I'm gonna let life wake me from this 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

**28 Loving Kindness**

May I be filled with love and kindness  
May I be well  
May I be peaceful and at ease  
And may I be happy (2x)

May you be filled with love and kindness  
May you be well  
May you be peaceful and at ease  
And may you be happy (2x)

May we be filled with love and kindness  
May we be well  
May we be peaceful and at ease  
And may we be happy (2x)

**29 Mother Earth**

Mother Earth is a great big ship that we are sailing  
on

Sailing on, through space and time  
space and time

Touch the Earth, feel your worth  
Awake into this new rebirth

Open up your heart and touch the divine

**30 Mother I feel you**

Mother I feel you under my feet  
Mother I hear your heart beat  
Mother I feel you under my feet  
Mother I hear your heart beat

Hey ya Hey ya Hey ya Hey ya  
Hay ya Hey ya ho (repeat)

**31 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

**32 Oh fill my heart**

Oh fill my heart (men)  
*Oh fill my heart and let it overflow (women)*

Oh fill my heart  
*Oh fill my heart and let it overflow*

Oh fill my heart  
*Oh fill my heart and let it overflow*  
*Let it overflow with love (together)*

**33 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

**34 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 that I can wake up  
And the door of my heart could be left open  
(The door of compassion)

**35 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.

**36 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

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

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

### **37 That's how the lights gets in**

Forget your perfect offering  
- Forget your perfect offering

There's still a bell that we can ring  
- There's still a bell that we can ring

There is a crack in everything  
- There is a crack in everything  
youThat's how  
- That's how  
The light  
- The light  
Gets in

*That's how the light gets in*  
That's how  
- That's how  
The light  
- The light  
Gets in  
*That's how the light gets in*

### **38 The happy practice song**

Thay our teacher whom we love.  
Plum a place of peace and hope.  
Sangha joyful source to see.  
Monk a simple life so free.  
Bells invite to stop and breathe.  
Now is where we want to be.  
Mind-ful-ness is the key.  
That will lead us back to Thay.

Thay our teacher whom we love.  
Plum a place of peace and hope.  
Joy is when we meet and bow.  
Happiness is here and now.  
Smile and then you'll feel at ease.  
Goal is love and inner peace.  
Path to live life mindfully

We love to be here and now.  
Thay will always be in us.

Now you know the mindful tools.  
You can practice all year through

### **39 The River is flowing**

The river is flowing. Flowing and growing.  
The river is flowing back to the sea.  
Mother earth carry me  
Your child I will always be.

Mother earth carry me  
Back to the sea. (2x)

### **40 The way of the heart**

Let the way of the heart,  
Let the way of the heart,  
Let the way of the heart shine through

Love upon love upon love,  
All hearts are beating as one.

Light upon light upon light,  
Shining as bright as the sun.

### **41 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

### **42 We are all the leaves of one tree**

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.

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

### **43 We are all moving**

We are all 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



#### 44 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  
Please Wake up

Wake up – open your eyes!  
Wake up – please realize!  
Wake up – you are skilful and wise!  
Wake up (2x)

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**

Wake up – open your eyes!  
Wake up – please realize!  
Wake up - you are skilful and wise!  
Wake up  
Wake up - open your eyes!  
Wake up - watch the new sunrise  
Wake up - you are beautiful and wise!  
Wake up - Wake up

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 wide. 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, one day at a time

##### **Chorus**

Wake up – open your eyes!  
Wake up – please realize!  
Wake up – you are skilful and wise!  
Wake up  
Wake up – open your eyes!  
Wake up – There is a new sunrise!  
Wake up – you are beautiful and wise!  
Wake up, please wake up  
Please wake up  
let the music take you let the music wake you

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**

Wake up – open your eyes!  
Wake up  
– please realize!  
Wake up – you are skilful and wise!  
Wake up  
Wake up - let's open our eyes!  
Wake up - To a new sunrise  
Wake up - you are skilful and wise  
Wake up

#### 45 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)

#### 46 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

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

## Mantra's:

### 47 Aad guray nameh

Aad Guray Nameh  
Jugaad Guray Nameh  
Sat Guray Nameh  
Siri Guru Devay Nameh

(I bow to the Primal Wisdom.  
I bow to the Wisdom through the Ages.  
I bow to the True Wisdom.  
I bow to the great, unseen Wisdom)

### 48 Gayatri Mantra

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

### 49 Mukti Mantra

Om namo  
Bhagavate  
Vasudevaya

### 50 Om mani padme hum

Om mani padme hum  
Om mani padme hum

(There is a jewel in the lotus flower  
unfolding deep within my soul  
To be a jewel in a lotus flower  
unfolding is the highest goal)

### 51 Om Mata Om Kali

Om Mata, Om Kali  
Durga Devi, Namoh Namaha

Shakti kundalini Jagadambe Mata

### 52 Shiva Shambo

Shiva shiva shiva shambo  
Shiva shiva shiva shambo  
(2x)

Mahadeva shambo  
Mahadeva shambo  
(2x)

Jaya jaya shiva shambo  
Jaya jaya shiva shambo  
(2x)

Mahadeva shambo  
Mahadeva shambo  
(2x)

### 53 Sita Ram

Sita Ram, Jay Jay Ram  
Sita Ram, Jay Jay Ram  
(2x)

Sita Ram, Jay Jay Ram  
Sita Ram, Jay Jay Ram  
(2x)

### 54 Tara mantra

Om tare tutare  
ture svaha

Om tare tutare  
ture soha

### 55 Jay Sri Ma

Jay Sri Ma  
Kali Kali Ma  
Jay Sri Ma  
(2x)

Ananda Maha Durga Devi  
Jagadambe Sri Ma  
(2x)

### 56 Jaya Shiva Shankara

Jaya Shiva Shankara  
Bom Bom Hare Hare  
(2x)

Hare Hare, Hare Hare  
Bom Bom, Hare Hare  
(2x)

### 57 Aum/ ohm/ om

Aum

## Intention behind the mantra's:

Mantras can be used as a tool to transport the mind from a state of activity to one of stillness and silence.

Their biggest value lies in their vibrational quality, not in any meaning that humans, society, culture, or civilization has placed on them over the last few thousand years.

It is not the words, but the sound and its constant repetition where lies the biggest power of the mantra.

Wake Up Nederland: [www.wkup.nl](http://www.wkup.nl)

Wake Up International: [www.wkup.org](http://www.wkup.org)