

Peace is every step

Mindfulness Songs

1. Peace is every step

Peace is every step
The shining red sun is my heart
Each flower smiles with me
How fresh, how green all that grows
How cool the wind blows
Peace is every step
It turns the endless path to joy

2. 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 regrets

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, refreshingly
Light and clear

3. Peacefully free

I am so free
Because I can be me
Look at the clouds at play
Passing over every day
Inside the sky's 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

4. Realm of the mind

The realm of the mind
Is mine I can choose
I can choose where I want to be
Both heaven and hell
I know equally well
The choice is up to me

5. Honey in your eyes

There is honey in your eyes
When you look without hunger
There is sunshine in your face
When your mind is pure
Feathers in your hands
When you touch without taking
And petals on your feet
When you walk with joy
Music in your voice
When you speak with laughter
And moonlight in your sleep
When your heart is free

6. Mealtime meditation

This food is the gift
Of the whole universe
The earth, the sky
And loving hands
Let's enjoy it thankfully
And vow to offer
Understanding and love
To all beings

7. Breathe you are alive

Breathe and you know that you are alive
Breathe and you know that all is helping you
Breathe and you know that you are the world
Breathe and you know that the flower's
 breathing too
Breathe for yourself and breathe for the world
Breathe in compassion and breathe out the joy

Breathe and be one with the air that you breathe
Breathe and be one with the river that flows
Breathe and be one with the earth that you tread
Breathe and be one with the fire that glows
Breathe and you break the thoughts of birth and
 death
Breathe and you see impermanence is life

Breathe for your joy to be steady and calm
Breathe for your sorrow to flow away
Breathe to renew every cell in your blood
Breathe to renew the depths of consciousness
Breathe and you dwell in the here and now
Breathe and all you touch is new and real
Breathe.....

8. Here and now

All that I ever wanted is right here and now
Here and now
All that I ever needed is here inside me
Here inside me
And though it's not yet time
Please take your time
Let's not rush through this life unfolding

Yearning for something that's already here
Is like burning a bush to make its flowers appear
in wintertime
When it's not yet time
For the springtime to appear

9. Peace

Peace to the newborn babe
Peace to the sinner and the saved
Peace to the one not yet born
Peace to the weary and wartorn
All lay your head down to rest, Mmm
All lay your head down to rest

Peace to all suffering souls
Peace to the meek and the bold
Peace to this blessed day
And to those who have lost their way
All lay your head down to rest, Mmm
All lay your head down to rest

It's the deepest yearning from my heart
To lay down my arms and proffer a rose
for peace
Break down the wall
Raze to the ground my pride
And from our heart play my part for peace
Peace begin with me

10. Take your time

Take your time
Breathing in, breathing out
Look deeply
As you say, this is me
You and your breath
You and the air
As hummingbird and flower
Have always been together
Take gentle steps
Feel the ground
Curl your toes
Is there a line between you and this path?
You and your step
You and the earth
As butterfly and blossom
Have never been apart

11. Lullaby

I hear you, I hear you
Have no fear, don't cry anymore
And I'll hold you, I'll hold you
If you only let these arms enfold you (fold you)
And I love you, I love you
I'll do my best to take good care of you
Cause I know you, I know you
You're the apple of your grandmother's eyes
You're the warrior-child who's willing to cry
You're the lion's roar from deep down inside,
inside
I hear you, I hear you

12. I bring light

I bring light into the darkness
I bring love instead of hate and fear
I bring light into the darkness
I am always here within you

I bring the light
And I bring the love
And I bring the light
Remember I am always here within you