

Listen Listen 傾聽 傾聽

Mindfulness Songs 正念歌曲

1. Breathing in, Breathing out

吸進來, 呼出去

Breathing in, breathing out;
Breathing in, breathing out;
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;
Breathing in, breathing out;
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.

吸進來, 呼出去;
吸進來, 呼出去;
好似盛開 一朵蓮花,
我清涼如 一滴露,
一如高山 屹立不移,
像大地 一般穩厚,
我自在。

吸進來, 呼出去;
吸進來, 呼出去;
我是淨水 反照著,
什麼是真, 什麼是實,
在我覺得, 心裡深處,
空間滿溢在其中。
我自在, 我放下, 我自在。

2. Happiness is here and now

快樂是此時此地

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 I don't need to hurry.

快樂是此時此地,
我已放下煩惱,
沒處要去, 無事要做,
再不須要匆忙。

快樂是此時此地,
我已放下煩惱,
有地方去, 有事要做,
但不再急忙。

3. I have arrived

我已到了

I have arrived, I am home,
in the here and in the now.
I have arrived, I am home,
in the here and in the now.
I am solid, I am free,
I am solid, I am free,
in the ultimate I dwell,
in the ultimate I dwell.

我已到了, 已到家了,
在此時, 在此地;
我已到了, 已到家了,
在此時, 在此地;
我不動, 我自在,
我不動, 我自在;
如實中, 我安住了,
如實中, 我安住了。

4. In, Out; Deep, Slow

入, 出, 深, 慢

In, Out; Deep, Slow;
Calm, Ease; Smile, Release;
Present moment, Wonderful moment.

入, 出, 深, 慢
靜, 自在; 笑, 放下;
當下一刻, 美妙一刻。

5. Island of self

心中島嶼

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.

吸進來, 我回到我心中那島嶼。
在那島嶼上有美麗的樹,
還有清澈的小溪, 有小鳥,
陽光和空氣,
呼出去, 我安住。
我享受回到我的島嶼。

6. The mind can go in a thousand directions 心能到千萬處

The mind can go in a thousand directions.
but on this lovely path, I walk in peace.
With each step, a gentle wind blows.
With each step, a flower blooms.

(國): 我的思想可以散亂於十方,
但我平安地走在這路上。
每一步, 微風送涼。
每一步, 百花盛放。

(粵): 自由歌唱,
共在雨天朗日漫步。
小鳥在枝頭向您輕輕低訴。
清風吹, 伴您我的腳步。
鮮花飄, 與彩蝶飛舞。
觀呼吸, 我歸家了。

7. I like the roses 我愛玫瑰

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 doo bi doo bi

我愛玫瑰。
我愛水仙花。
我愛高山,
綿綿起伏。
我愛天空星星,
當太陽回家。
Doo bi doo bi doo bi

8. The nature song 大自然之歌

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 brothers, Oh dear sisters,
Let's walk together mindfully / joyfully.

我是白雲, 我是藍天。
我是鳥兒, 展翅飛翔。
我是花兒, 我是陽光。
我是大地, 接受種子。
我自在, 當我心扉敞開。
我自在, 當我思想清明。
親愛的兄弟, 親愛的姐妹,
讓我們一起, 正念/快樂漫步。

9. Please Call Me by My True Names

請呼喚我所有真名

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.

我的喜悅如春天溫暖
他令遍地百花盛放
我的苦痛如江流淚
奔流注滿那四海
請呼喚我所有真名
讓我傾聽 我的哭泣與歡笑
讓我傾聽 苦與樂同是一體
請呼喚我所有真名
好讓我 能覺醒
好讓我的心扉 能夠長開

10. The Leaves of One Tree

我們都是一棵樹的葉

We are the leaves of one tree.
We are the leaves of one tree.
The time has come for all to live as one.
We are the leaves of one tree.

We are the waves of one sea.
We are the waves of one sea.
The time has come for all to live as one.
We are the waves of one sea.

We are the stars of one sky.
We are the stars of one sky.
The time has come for all to live as one.
We are the stars of one sky.
We are the leaves of one tree;
We are the waves of one sea;
We are the stars of one sky.

我們都是一棵樹的葉。
我們都是一棵樹的葉。
在現在此刻讓我們在一起，
我們都是一棵樹的葉。

我們都是海洋的波浪。
我們都是海洋的波浪。
在現在此刻讓我們在一起，
我們都是海洋的波浪。

我們都是天空的繁星。
我們都是天空的繁星。
在現在此刻讓我們在一起，
我們都是天空的繁星。

我們都是一棵樹的葉；
我們都是海洋的波浪；
我們都是天空的繁星。

11. No coming, no going

無來處, 無去處

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.

無來處, 無去處,
無過往, 無後來;
我抱你緊貼我,
我放手讓你自由。
因為我在你中,
你也在我中。
因為我在你中,
你也在我中。

12. Listen, listen

傾聽, 傾聽

Listen, listen
this wonderful sound
brings me back
to my true self.

傾聽, 傾聽
這美妙聲音
帶我回到真正的家。