

## Lieder der Intersein Sangha Ruhrgebiet

### 1 And when I rise

(call and response)

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 sit, let me sit,  
Like a mountain, solidly.

And when I walk, let me walk,  
Like my teacher, mindfully.

And when I stand, let me  
stand,  
Like a tree, strong and tall.

And when I work, let me work,  
Like a bee, wholeheartedly.

And when I lie, let me lie,  
Like a lake, peacefully,  
calm and still.

And when I breathe, let me  
breathe,  
Like the wind, spaciouly.

And when I play, let me play,  
Like a breeze, fresh and cool,  
light and clear.

*Text und Melodie: Joseph Emet*

### 2 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 the mountain,  
I am firm as the Earth.

I am free.

*Stand: 20.03.2024*

*Mit Quellangabe dürfen die Liedtexte gerne kopiert und weitergegeben werden, jedoch nicht für kommerzielle Zwecke.*

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.

*Text: Thich Nhat Hanh*

*Melodie: Betsy Rose*

### 3 dt: Ich atme ein, ich atme aus

Ich atme ein, ich atme aus (2x),  
und ich blühe wie die Blume,  
ich bin frisch wie der Tau.  
Ruhig und stark wie die Berge,  
wie die Erde so fest.  
Ich bin frei.

Ich atme ein, ich atme aus (2x)  
Ich bin Wasser, das spiegelt,  
was wirklich ist und wahr.  
Und ganz tief in meinem Innern  
Da ist weiter, weiter Raum.  
Ich bin frei (3x)

### 4 Circle song

There's a place for you in the  
circle,

The circle can expand.

Come and join the circle,  
All people hand in hand.

There is love for you in the  
circle,

A love you can understand.

Come and join the circle,  
All people hand in hand.

There is peace in the circle,  
Non-violence is the plan.

Come and join the circle,  
All people hand in hand.

There is strength in the circle,  
As together we all stand.

Come and join the circle,  
All people hand in hand.

### 5 Come and sit

Come and sit by my side when  
you're lonely,  
Close your eyes, drink some  
tea together.

Breathing in, breathing out,  
smile can come,  
You will feel that our love is so  
true.

Come and sit by my side when  
you're tired.

Close your eyes, put your  
hands on your heart.

Breathing in, breathing out,  
smile can come.

You will feel that our life is so  
true.

Come and sit by my side when  
you cry,

Close your eyes, put your  
hands on the earth.

Breathing in, breathing out,  
smile can come.

You will feel that the life is  
happy.

*Text und Melodie: Plum Village*

### 6 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,

Love gives you ease.

*Text: Plum Village, Melodie: Ali  
Schmidt n. Mot. v. Joseph Emet]*

### 7 dt. Liebe Freunde

Liebe Freunde, liebe Freunde,  
lasst mich sagen  
wie ich mich fühl`.  
Ihr habt mir so viel gegeben,  
ich dank euch dafür.

### 8 Free of me

Ev'ry moment of this day  
is a treasure,  
Ev'ry moment of this day  
I am free. (2x)  
I am free (3x)  
When I'm free of me.

*Text und Melodie:*

*Jan-Michael Erhardt*

### 9 dt. Ich genieße jeden Tag...

Ich genieße jeden Tag in meinem  
Leben,  
jeden Tag in meinem Leben bin  
ich frei. (2x)  
Ich bin frei (3x)  
Ich bin frei von mir.

*Übersetzung Klaus Hecker*

### 10 Happiness

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.

*Text und Melodie:*

*Eveline Beumkes*

### 11 dt. Ich komm an

*(call and response)*

Ich komm´ an  
mit jedem Schritt,  
stabil und frei,  
und ohne Sorgen.

Muss **nirgendwo** hin,  
hab nichts zu tun,  
bin **nicht länger**  
mehr in Eile.

Ich komm´ an  
mit jedem Schritt,  
stabil und frei,  
und ohne Sorgen.  
Muss **irgendwo** hin,  
hab´ was zu tun,  
**aber nicht**  
in Eile.

*Übersetzung: Essener Version*

### 12 Here is the Pure Land

Here is the Pure Land,  
the Pure Land is here.  
I smile in mindfulness  
and dwell in the present  
moment.  
The Budhha is seen in an autumn  
leaf,  
the Dharma is the floating cloud.  
The Sangha body is ev'rywhere,  
my true home is right here.

Breathing in, flowers are  
blooming.  
Breathing out, I am aware that  
bamboos are swaying.  
My mind is free  
and I enjoy every moment.

### 13 I am a cloud

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 **sister**,  
oh dear brother  
Let's walk together **mindfully**.

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 **joyfully**.

*Text und Melodie: unbekannt*

### 14 dt. Ich bin die Wolke

Ich bin die Wolke,  
ich bin der Himmel.  
Ich bin der Vogel,  
die Flügel weit.

Ich bin die Blume,  
ich bin der Sonnenschein.  
Ich bin die Erde,  
mit Samen bestreut.

Und ich bin frei,  
mein Herz ganz offen.  
Ja ich bin frei,  
mein Geist so klar.

Oh liebe **Schwester**,  
oh lieber Bruder  
wir geh'n zusammen  
in Achtsamkeit.

Und ich bin frei,  
mein Herz ganz offen.  
Ja ich bin frei,  
mein Geist so klar.

Oh lieber **Bruder**,  
oh liebe Schwester,  
wir geh'n zusammen  
in Achtsamkeit.

*Stand: 20.03.2024*

*Mit Quellangabe dürfen die Liedtexte gerne kopiert und weitergegeben werden, jedoch nicht für kommerzielle Zwecke.*

### 15 I get my joy from the simple things

I get my joy from the simple things  
coming from the earth.

I get my joy from the sun that shines  
and the water speaks to me.

Listen to the wind  
and listen to the water  
Hear what they say.

Singing heya heya – heya heya –  
heya heya ho (2x)

*Christlicher Shaker Song*  
*Heya: Native American*

### 16 I am home

Awakened Spirit of the Earth,  
I feel you growing me (2x)  
I am home, I am home (2x)

Awakened Spirit of the Rain,  
I feel you flowing me (2x)  
I am home, I am home (2x)

Awakened Spirit of the Wind,  
I feel you blow through me (2x)  
I am home, I am home (2x)

Awakened Spirit of the Sun,  
I feel you burn in me (2x)  
I am home, I am home (2x)

*(alles wiederholen)*

We are home, we are home (4x)

*Text u. Melodie: unbekannt*

### 17 I have arrived, I am home

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)

*Stand: 20.03.2024*

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### 18 dt: Ich bin angekommen

Ich bin angekommen,  
ich bin zu Hause  
im Hier und im Jetzt  
(2x)

Ich bin fest, ich bin frei. (2x)  
Im reinen Land verweile ich.  
(2x)

*Text und Melodie: Plum Village*

### 19 Ich habe Sonne in meinem Herzen

Ich habe **Sonne** in meinem  
Herzen,  
Jede Stunde, jeden Tag. (2x)  
**Sonne**, die mir niemand  
nehmen kann,  
**Sonne** die mir niemand geben  
kann.  
Ich habe **Sonne** in meinem  
Herzen,  
Jede Stunde, jeden Tag.  
(**Liebe / Frieden / ...**)

*Text und Melodie: unbekannt*

### 20 Ich lad die Freude zu mir ein

Ich lad' die Freude zu mir ein,  
lass mein Leben Fülle sein.  
Ich nehm' die kleinen Dinge  
wahr  
und danke stets dafür,  
ich dank' dafür.

*Text und Melodie:*  
*Susanne Mössinger*

### 21 If it's not love you can let it all go

If it's not love you can let it all  
go, let it all go, let it all go-o!  
(2x)  
Freedom!  
Love is fre-e-e-dom.  
(2x)

*Text und Melodie: unbekannt*

### 22 In gratitude

In gratitude, you have watered  
seeds of love in me,  
In gratitude.

In gratitude, I will water seeds  
of love in someone too.

I know you're there for me  
and I am so happy.

In gratitude, you have watered  
seeds of love in me.  
In gratitude.

In gratitude, I will water seeds  
of love in someone too.

And when you suffer some  
just call and I will come.

*Text und Melodie: Irene D'Auria*

### 23 In out deep slow

In, out,  
Deep, slow,  
Calm, ease,  
Smile, release.

Present moment,  
Wonderful moment.

*Text : Thich Nhat Hanh /*  
*Melodie: Chan Hoa Lam*

### 24 dt: Ein aus tief langsam

Ein, aus, tief, langsam,  
ruhig, leicht, lächelnd, frei.

Dieser Augenblick,  
wunderbarer Augenblick.

### 25 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.

*Text: Thich Nhat Hanh*

*Melodie: Joseph Emet*

### 26 Journey to nowhere

We're 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.

### 27 Kehre zurück

Kehre zurück (2x)  
nach Hause in dein Herz.  
Spüre deinen Atem,  
spüre deinen Körper.  
Kehre dahin zurück,  
wo du jetzt gerade bist.

### 28 May I be filled with loving kindness

May I be filled with loving kindness, may I be well.

May I be filled with peace and joy. May I be happy.

**(you / we / all)**

### 29 Mögen alle meine Gedanken

Mögen alle meine Gedanken,  
möge jedes Wort, das ich sprech'  
und auch alle meine Taten  
zum Wohle des großen Ganzen sein.

*Text und Melodie:*

*Susanne Mössinger*

### 30 Mother Earthship

Mother Earth is a great big ship  
That we are sailing on  
(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.  
(2x)

*Text und Melodie:*

*Avril Yospa Harwood*

### 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. (2x)

*Text und Melodie: Sr Chan Duc*

### 32 dt: Kein Kommen, kein Gehen

Kein Kommen, kein Gehen,  
kein Vorher, kein Danach.  
Ich halte Dich nah bei mir,  
und gebe Dich auch wieder frei.

Denn ich bin ja in Dir  
und Du bist in mir. (2x)

### 33 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 see that my joy and pain are one.

Please call me by my true names  
So I can wake up.  
And the door of my heart  
could be left open.

The door of compassion.

*Text: Thich Nhat Hanh*

### 34 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.

*Text und Melodie:*

*Eveline Baumkes*

### 35 Schweige und höre

Schweige und höre  
neige Deines Herzens Ohr  
suche den Frieden.

*Text und Melodie: Taizé*

### 36 Trommle mein Herz für das Leben

Trommle mein Herz für das  
Leben,  
Singe mein Mund den Frieden.  
(2x)

Dass die Erde heller und  
schöner werde (2x)

### 37 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...  
(enden mit: Standing like a  
tree!)

*Text und Melodie: Betsy Rose*

### 38 The mind can go in a thousand directions

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.

*Text und Melodie: Joseph Emet*

### 39 The river is flowing

The river is flowing,  
Flowing and growing,  
The river is flowing,  
Back to the sea.

*Stand: 20.03.2024*

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Mother Earth carry me  
Your child I will always be.  
Mother Earth carry me  
Back to the sea.

The Moon she is waning,  
Waxing and waning.  
The Moon she is waiting  
For us to be free.

Sister Moon watch over me  
A child I will always be.  
Sister Moon watch over me  
Until we are free.

The sun he is shining,  
Rising and shining.  
The sun he is shining  
To brighten our way.

Father sun shine over me  
Your child I will always be.  
Father sun shine over me  
And brighten our way.

Der Fluss geht auf die Reise,  
stetig und leise.  
Der Fluss geht auf die Reise,  
zurück in das Meer.

Mutter Erde trage mich,  
Dein Kind bin und bleibe ich.  
Mutter Erde trage mich  
zurück zu mir.

Der Fluss geht auf die Reise,  
stetig und leise.  
Der Fluss geht auf die Reise,  
zurück in das Meer.

Vater Himmel führe mich,  
Dein Kind bin und bleibe ich.  
Vater Himmel führe mich  
zurück zu mir.

*Text und Melodie: Sun Bear Tribe*

### 40 We are all the leaves of one tree

We are all the leaves of one  
tree. (2x)  
The time has come for all  
to live as one.  
We are all the leaves of one  
tree.  
(waves of one sea, stars of one  
sky)

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

*Text und Melodie: unbekannt*

### 41 You are a Buddha

You are a Buddha  
And you are in my heart.  
You are a part of me  
You are a Buddha.  
Du bist ein Buddha  
In meinem Herzen.  
Du bist ein Teil von mir  
Du bist ein Buddha.  
Tu es un Bouddha  
Tu es dans mon coeur.  
Tu fais partie de moi  
Tu es un Bouddha.  
Eres un Buddha  
En mi corazon.  
Eres una parte de mi  
Eres un buddha.  
Jij bent een boeddha  
En je woont in mijn hart.  
Jij bent een deel van mij  
Jij bent een boeddha.  
Você é um Buda  
Em meu coração.  
Você é uma parte de mim  
você é um Buda.

#### 42 We are opening up

We are opening up  
our heart and mind  
to the tears and joy  
of everyone.

Gonna laugh all my laughter,  
gonna cry all my tears.  
Gonna love the rain  
just as deeply as  
the sun when it clears.

#### 43 Let Life move me

(Laugh all my laughter ...  
Cry all my tears ... )

(Gonna love the rain just as  
deeply as the sun when it  
clears)

(Gonna love the rain just as  
deeply as the  
Sun when it clears)

*Text und Melodie: Scott  
Kalechstein basierend auf "The  
Work That Reconnects"*

Gonna let life move me,  
gonna let life stir me deep.  
Gonna let life wake me  
from this ancient sleep.

Gonna laugh all my laughter,  
gonna cry all my tears.  
Gonna love the rain  
just as deeply as  
the sun when it clears.

(Sun when it clears ...  
Gonna love the rain,  
gonna love the rain ... )

Gonna let life move me,  
gonna let life shake me down.  
Gonna let life show me the joy  
that's all around

Gonna laugh all my laughter,  
gonna cry all my tears.  
Gonna love the rain  
just as deeply as  
the sun when it clears

Gonna let life move me,  
gonna let life pull me on.  
Gonna let life teach me  
the beauty of this song