

When Life Is Real

When life is real some things will make us happy
When life is real some things will turn us off
In fact everything we do is based up this
That life is real and we are real too

All we know, our habits, personality
Are based upon things around us being true
Our mom and dad, our homes, our friends, our lovers
They say we're real, we say they're real too

When life's not real, there's only just the moment
And what comes to us is what is there alone
What got us off we see is just illusion
What made us sad we know is a dream too

When life is real we get up in the morning
Move through our day like we're in a play we know
But the story is so real and so engrossing
That soon we're crying when we know it's just a show

When life's not real, things still make us happy
But we know that those things aren't really there
Self-awareness, this is perfect freedom
Joy and sorrow are released within knowing that we dream
Joy and sorrow are released within knowing that we dream

What made us suffer is floating a rainbow
It can be touched by the hand that isn't there
And in the end, it is fading like a sunset
Leaving stars of awareness in the cool evening air
Leaving stars of awareness in the cool evening air

May all beings find freedom from their suffering
And habit that thinks of things as real
May they know the bliss of perfect freedom
May they know what's real is not really there
May they know what's real is not really there

If This Life Were A Dream

If this life were a dream
Or something truly like one
I would no longer worry
I could cast my fears away
Ever in the moment
Always so delightful
Things are oh so spacious
Carefree and relaxed

Oh, We see
We hear
We smell
We taste
We touch
We know
But within this awareness
No one can be found

What we
See
Hear
Smell
Taste
Touch and
Know
Can never have a self
This self cannot be found

If this life were a dream
Or something truly like one
Whatever came to me

Would be my closest friend
The meeting would be joyous
The meeting would be playful
And even in distress
I could not have a care

[Chorus]

If this life were a dream
Or something truly like one
I would have compassion
For those who did not know
And wake them into dreamtime
Ever so delightful
Things are oh so spacious
Carefree and relaxed

[Chorus]

This life is a dream
This life is an illusion

This life is a dream
This life is an illusion

This life is a dream
This life is an illusion

This life is a dream
This life is an illusion

This World We Know Can Be Awake

This world we know can be awake
The Sun is always rising
Free from doubt and free from fear
Its light is always there

Step forward, East, and meet the sun
Peaceful rays of confidence
Knowing that there is no self
With trust and faith in that

The Sun the way of discipline
Knows what to do and what to leave
Daring with a gentle heart
Illuminates the way

Fearless without arrogance
Awareness leads to victory
Cheerful with good humor, Oh
The Sun is always great

This greatness is primordial
The East is virtue's golden lake
The Sun is always luminous
Eternally at dawn

The way of radiant warriors
Who always stand with Victory
Is known by gazing at the sun
That rises in the East

Song of the Eight Places

There are twenty-four places in the outer world
The vajra body, it has twenty-four
And in each of these places is a hero
In union with a heroine

And they are nothing more than the dance of wisdom
Nothing more than what is free of a self
Outer, inner and what's beyond them
These are one in the radiant mind

The journey started meeting Karmapa
The Noble Lord who sees the three times
He saw my robes and smiled, spoke these words to me,
"Sarva Mangalam," then I was off

Forward to the town of Kangra
Jalandhara's temple to a devi
I practiced there beside a sacred lingam
Heruka's marker in the shade of a tree

Next we climbed the mountain in Kuluta
The place known as the yidam's knees
Snow had fallen, Shiva's vajra was broken
And dakinis came spontaneously

After that we flew down to Malaya
Sri Pada on the Glorious Isle
Eight thousand steps to where the sun was rising
Cutting the night like a rainbow knife

South India's Rameshvara temple
A granite castle in seaside heat
The priests there all dressed like Brahmin yogis
And the pilgrims left wet with blessings

Northeast Kamarupa, Kamakhya temple
A lady there who from words was free
She was overjoyed, we could not understand her
And all the while we sang happily

The Buddha's place known as Sravasti
Was the spot to practice peacefully

Shravakas there had me change their money
Two Indian boys sang HUM HUM HUM

dAnd after that, oh there was Abu
A mountain like an island in the sky
You could not doubt that this place was sacred
A sadhu's cave even had a TV

Finally, we drank Godavari
The waters of Vajrayogini
The priestess there was infectiously cheerful
She gave a rock, leaves and the water to me

These are eight places of Chakrasamvara
And sixteen more remain to find and see
May all beings know the bliss of Heruka
In union with the dakini
In union with the dakini

Up Towards The Sun

May every single one we meet
Old and young, strong and weak
May every one of us be growing
Up toward the sun

And may everyone be free of fear
And hold the truth that is in them dear
Each of us alone are one
One with all the world

The world we know it needs just our loving
All we say and do make what's here
Caring aspiration and
Good deeds to make it grow

Like a flower growing in the forest
Touched by summer wind and rain
This world accepts all that she's given
Looking for the sun

May every single one we meet
Old and young, strong and weak
May every one of us be growing
Up toward the sun

And may everyone be free of fear
And hold the truth that is in them dear
Each of us alone are one
One with all the world

Power, fame, wealth, love and money
Some have lots and some have none
But each of us alone does struggle
To find the way to joy

If we all knew this was our story
The common thread held round this earth
This would make the world start turning
Up toward the sun

May every single one we meet
Old and young, strong and weak

May every one of us be growing
Up toward the sun

And may everyone be free of fear
And hold the truth that is in them dear
Each of us alone are one
One with all the world

And in the sky there is the sun
And in our hearts there is the sun
And everyone we will ever meet
They are the sun

It's light does shine in every home
And everywhere that people roam
And even in the sky at night
Ten million suns arise

May every single one we meet
Old and young, strong and weak
May every one of us be growing
Up toward the sun

And may everyone be free of fear
And hold the truth that is in them dear
That each of us alone are one
One with all the world

Tso Pema

Tso Pema is the place for the love of perfect wisdom
The Guru and Mandarava, they achieved longevity

Rock Mountain up on high gazing at the Lotus Lake below
Three traditions and three monasteries, the lotus with her leaves

She's singing, Om Mani Padme Hum
And the townspeople are circling
Om Mani Padme Hum
Flags flutter in the pine trees

The crows do dive and circle while the eagles ride the sky
In the caves yogis and yoginis relax into the mind that's free

Singing, Om Mani Padme Hum
And the townspeople are circling
Om Mani Padme Hum
Flags flutter in the pine trees

In Tso Pema there is peace, there is joy and there is wisdom
Children laugh and play while elders watch them lovingly

Singing, Om Mani Padme Hum
And the townspeople are circling
Om Mani Padme Hum
Flags flutter in the pine trees

May all the world know the joy that's found in the cave of long life wisdom
See the golden guru with his consort and practice peacefully

Singing, Om Mani Padme Hum
And the townspeople are circling
Om Mani Padme Hum
Flags flutter in the pine trees

In Tso Pema there is peace, there is joy and there is wisdom
The Guru and Mandarava, they achieved longevity

This Song Of Joy

Tak Seng Khyung Druk

In a peaceful land of saintly rivers and pastures
Gentle hills roll into mother valleys

There great sister trees watch a rain of blessings
Falling down onto a golden palace

In this dharma place of the greatest bliss
Abides a host of dakas and dakinis

They hoist the banner of Great East Shambhala
With clouds of dralas swirling in the air

They sing the songs of the Kagyu gurus
They dance the dances of the Nyingma lords

They feast all day, they are drunk with maitri
They feast all night, they are drunk with love

So may the light of wisdom shine out from this place
In all directions, in a hundred thousand ways

May all who come here, and all who know
Find their wish in Dechen Choling's glow

May all who look then find they know their mind
Is space and wisdom, full and unconfined

May pain and illness be relieved in this
Place which is known as the greatest bliss

And may all beings, all and everywhere
Know the dance of love that comes from there

This song that came from the place of dreams
Is offered out into the world of compassion

May all teachers' lives be long and firm
May this world find peace with joy of dharma

Amaterasu Omi Kami

Amaterasu Omi Kami
Will your beauty shine for all
Amaterasu Omi Kami
Please come brighten this good world

Over the ocean as in the morning
Watching the world from up on high
You are the mother of the harvest
You are the maiden of the sky

Amaterasu Omi Kami
Will your beauty shine for all
Amaterasu Omi Kami
Please come brighten this good world

Undying Wondrous Princess Heaven
Playfully hiding in the wild
Can't you see that you hold our passion
If you would only show your smile

Amaterasu Omi Kami
Will your beauty shine for all
Amaterasu Omi Kami
Please come brighten this good world

Body of Light

I woke to a lover with a body of light
I kissed her to make her shine brightly
I touched her to make every moment more brilliant
I loved her with all of my might

Please don't depart oh body of delight
The world is ever more wondrous
The earth and the seas, the stars and the breeze
All seem to move as your passion's unfolding

This world is the shimmer of a body of light
Each object her face and her beauty
Every thing we see, every thing we touch and know
Is the pulse of her body of wisdom

And in each single moment is the passage of time
Stillness does dance with her wonder
Always she is open and always she is free
She is nothing but the body of a dream

I woke to a lover with a body of light
I kissed her to make her shine brightly
I touched her to make every moment more brilliant
I loved her with all of my might

Please don't depart oh body of delight
The world is ever more wondrous
The earth and the seas, the stars and the breeze
All seem to move as your passion's unfolding

Sometimes we're apart but it seems we are together
And knowing we're together it seems we're in a dream
It never can be solid, this dance of space and wisdom,
It is empty, it is open, it is free

Oh, everyone I know and meet is the face of wisdom
And everywhere we wander is the place which is the dream
May every single dreamer know this dance of wisdom
May every single dream be the dance that sets us free

I woke to a lover with a body of light
I kissed her to make her shine brightly

I touched her to make every moment more brilliant
I loved her with all of my might

Please don't depart oh body of delight
The world is ever more wondrous
The earth and the seas the stars and the breeze
All seem to move as your passion's unfolding

The earth and the seas the stars and the breeze
All seem to move as your passion's unfolding

The earth and the seas the stars and the breeze
All seem to move as your passion's unfolding

Five Wisdoms

I am the elements
We are the elements
These are the elements
Of this world

Purified
In all directions
Equality
Enriching jewel

Fire space
Water space
Moving space
Solid space

The five elements
Lamps of wisdom
Klesas skandhas
Colors five

Fire space
Water space
Moving space
Solid space

White space
Comes from the mind
Space of space
Space of form

Fire space
Water space
Moving space
Solid space

Red space
Comes from the mind
Space fire
Perception space

The quality
Space holding space
Unaware
Stupidly

Blue black space
Comes from the mind
Space of water
Consciousness space

The quality
Hot and burning
Unaware
Klesas grasping

Purified
All directions
Accommodation
The dharma's wheel

The quality
Moist cohesion
Unaware
Aggression anger

Purified
In all directions
Discrimination
Lotus flower

Fire space
Water space
Moving space
Solid space

Purified
In all directions
Clarity
Peaceful vajra

Fire space
Water space
Moving space
Solid space

These are the elements
Five empty elements
The five elements
Make this world

Fire space
Water space
Moving space
Solid space

Green space
Comes from the mind
Space of wind
Formation space

The five elements
Lamps of wisdom
Klesas skandhas
Colors five

Yellow space
Comes from the mind
Space of earth
Feeling space

The quality
Light and moving
Unaware
Jealousy

Fire space
Water space
Moving space
Solid space

The quality
Hard, obstructing
Unaware
Pride poverty

Purified
In all directions
Accomplishment
Crossing vajras

Fire space
Water space
Moving space
Solid space

Supreme Delight

This world known as samsara is a baseless extreme
And nirvana free of causes with it makes unity
There is no real division at the start or the end between
What we call an enemy and what we call friend

This is the dream with all the players wearing costumes and masks
Underneath them is the dreamer who is just the expanse
No one's really there but space wisdom and light
And for the one who knows this, supreme delight

We wake up in the morning made of flesh, blood and bone
Never thinking that the body's not a permanent home
But we lose it when we're dreaming and the moment we die
So to say this body's real is nothing more than a lie

This is the dream with all the players wearing costumes and masks
Underneath them is the dreamer who is just the expanse
No one's really there but space wisdom and light
And for the one who knows this, supreme delight

The senses and their objects are not one and not two
But believing they are real we say there's me and there's you
In a moment of awareness the senses are freed
We say the senses and their objects exist dependently

This is the dream with all the players wearing costumes and masks
Underneath them is the dreamer who is just the expanse
No one's really there but space wisdom and light
And for the one who knows this, supreme delight

May all beings that we know, and the ones we've yet to meet
Feel rainbow rays of light from their head down to their feet
Start singing with freedom and dancing with love
May feel they hear the call of wisdom coming down from above

This is the dream with all the players wearing costumes and masks
Underneath them is the dreamer who is just the expanse
No one's really there but space wisdom and light
And for the one who knows this, supreme delight
And for the one who knows this, supreme delight

Here And Now

Every life will have a rhythm
Coming from the ones that have come before
And many times we've been a different person
With thoughts and views not the ones we have now, but

Somehow we were born to the present
By many forces, far too many to count — oh
And all those habits, all those wishes, with mistakes
Are the very things that make who we are now

Oh, all those habits from all those lifetimes
Are each connected to here and now
Any action from any lifetime
Can bear fruition here and now

So what's the use of fighting when we will meet again?
What's the use of harming here and now?
Sisters, brothers, enemies and friends again
What's the use of harming here and now?

Take this seed of contemplation
Put in the mirror of open mind
It can bear the fruit of greater wisdom
If nurtured with awareness, love and with time

In a sense it's just like physics
We throw the ball then it flies through the air
Good actions lead to joy, perhaps to wisdom
And the bad ones bring us further into pain

Oh, all those habits from all those lifetimes
Are each connected to here and now
Any action from any lifetime
Can bear fruition here and now

So what's the use of fighting when we will meet again?
What's the use of harming here and now?
Lovers, mothers, enemies and friends again
What's the use of harming here and now?

Some say that death is an illusion
While others say this life will pass like a dream

Well, both are true, but there will be confusion
If we don't look straight at we're doing now

It's very simple from this viewpoint
All we say and do affect what's to come
It's not magic, it's just causes and conditions, so
Why not use them in the wisest way?

Oh, all those habits from all those lifetimes
Are each connected to here and now
Any action in any lifetime
Can bear fruition here and now

So what's the use of fighting when we will meet again?
What's the use of harming here and now?
Self and other, enemies and friends again
What's the use of harming here and now?

Perfect Clarity

All teachers in the world who show the path of compassion
With my body, speech, and mind to each of you I bow
For without your instructions and your life examples
The path to greater wisdom we would never know

I know within myself that we all suffer from such sorrow
I know within myself we all long meet what's free
So I make this aspiration with all the world beside me
That each of us may grow to meet perfect clarity

This mind so often torn by thoughts of stress and trouble
Of danger and of loss and loved ones passing on
This mind that finds things broken, this mind that holds our sorrow
Is the greatest friend we path for traveling the path

Think it through quite clearly, if we never touch our sorrow
How could we know joy or raise a family?
The tender heart of sadness is the mother of compassion
And within her – awareness -- this is what is free

The gate to meditation is releasing our confusion
And gently settling down within our own nobility
The lamp of meditation is genuine devotion
To a path of basic goodness, to wisdom's clarity

And meditation's home is just own awareness
Left open and unaltered, simply let to be
And within this the essence of everything arises
The essence of the mind is perfect clarity

And this is what reveals a world of joy mixed with our sorrow
And an ordinary magic is discovered ceaselessly
The path to greater wisdom is one of relaxation
Wisdom and compassion rest in perfect clarity

I know within myself that we all suffer from such sorrow
I know within myself we all long meet what's free
So I make this aspiration with all the world beside me
That each of us may grow to meet perfect clarity
May each of us grow to meet perfect clarity

Wisdom's Dance

I see you living
I see you loving
I see you smiling
I see you dancing
I see you inside
I see you outside
I see you everywhere that beings can be found

You are my mother
You are my father
You are my sister
You are my brother
You are my baby
And baby's baby
Grandmother, grandfather
You're everyone around

Always offering praises going upward
Always there are blessings coming downward
Loving kindness always flowing outward
Virtue's music ever-rolling inward
This is wisdom's dance of inward outward
Compassion always knows just where to go

We see you inside
We see you outside
We see you smiling
We see you dancing
We see you living
We see you loving
We see you everywhere that wisdom can be found

We are our mother
We are our father
We are our sister
We are our brother
We are our baby
And baby's baby
Grandmother, grandfather
We're everyone around

Always offering praises going upward
Always there are blessings coming downward
Loving kindness always flowing outward
Virtue's music ever-rolling inward
This is wisdom's dance of inward outward
Compassion always knows just where to go

The joyous living
The joyous loving
The joyous smiling
The joyous dancing
The joyous inside
The joyous outside
The joyous everywhere awareness can be found

The joyful Mother
The joyful Father
The joyful sister
The joyful brother
The joyful baby
And baby's baby
Grandmother, grandfather, the joyful all around

Always offering praises going upward
Always there are blessings coming downward
Loving kindness always flowing outward
Virtue's music ever-rolling inward
This is wisdom's dance of inward outward
Compassion always knows just where to go

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