

Dharma Songbook

version 5

February 2017

Chants

Buddham dhammam sangham vande

Translation: I go to the Buddha, the Dhamma, and the Sangha for refuge.

This is written without a constant meter; it could be performed in $\frac{3}{4}$ time by changing the half-notes in bars 2, 5, and 6 to quarter-notes.

The musical score is written for two voices, Soprano and Alto, in a single system. It consists of six measures. The key signature has one flat (B-flat), and the time signature is common time (C). The lyrics are written below the notes, with hyphens indicating syllables that span across notes. The melody is simple and repetitive, with a focus on the words 'bud - dham, san - gham, van - de, van - de, dham - mam, san - gham, van - de, van - de.' The score is written in a single system with two staves, one for Soprano and one for Alto. The lyrics are written below the notes, with hyphens indicating syllables that span across notes. The melody is simple and repetitive, with a focus on the words 'bud - dham, san - gham, van - de, van - de, dham - mam, san - gham, van - de, van - de.'

Bud - dham, bud - dham, bud - dham van - de,
San - gham, san - gham, san - gham van - de,

Bud - dham, bud - dham, bud - dham van - de,
San - gham, san - gham, san - gham van - de,

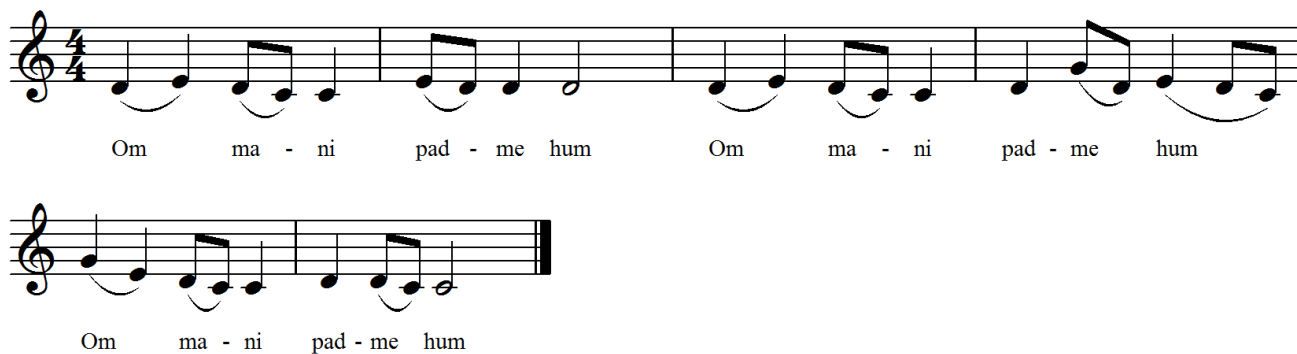
Dham - mam, dham - mam, dham - mam van - de.
Bud - dham, dham - mam, san - gham van - de.

Dham - mam, dham - mam, dham - mam van - de.
Bud - dham, dham - mam, san - gham van - de.

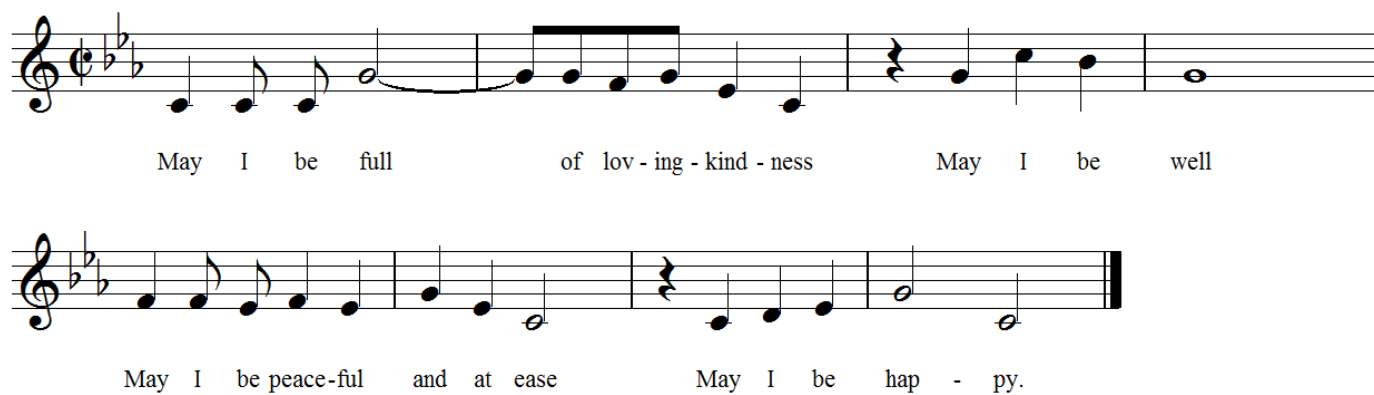
Om mani padme hum

Translation: The jewel is in the lotus

This is the mantra associated with the Bodhisattva of compassion, Avalokiteshvara (Chenrezig in Tibet, Kwan Yin in China)



Lovingkindness



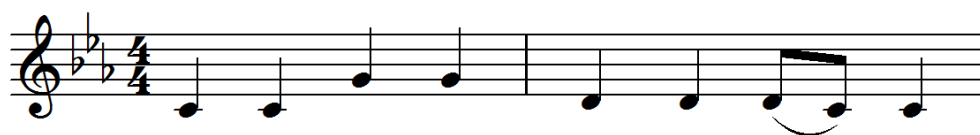
Second verse: May you...

Third verse: May we...

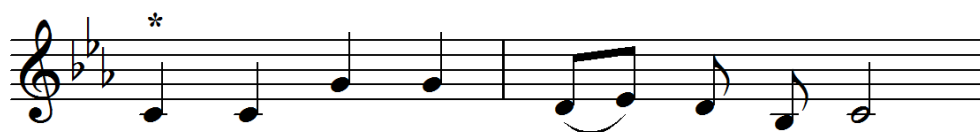
Rounds

In breath, out breath

Words by Thich Nhat Hanh. Sung as a round: entries indicated with *



In breath, out breath, deep breath, slow breath,



calm breath, ease breath, smile breath, re - lease.



Pre - sent mo - ment, won - der - ful



mo - ment.

Bright is the mind

Traditional; entries indicated with *

Bright is the mind with its light shin - ing

In clear tran - qui - li - ty, in - sight, and joy.

The Dharma in a word

Traditional; entries indicated with *

Love, love, love, love, Dha - rma in a word is love:
Peace, peace, peace, peace, Dha - rma in a word is peace:
Joy, joy, joy, joy, Dha - rma in a word is joy:

flo-wing out-ward and un - boun-ded, love, love, love.
peace a - bi - ding in each mo-ment, peace, peace, peace.
I re-joice in your good for-tune, joy, joy, joy.

Dona nobis pacem

Translation: Grant us peace. Entries indicated with *

Do - na no - bis pa - cem, pa - cem. Do - na no - bis

pa - cem. Do - na no - bis pa - cem. Do - na

no - bis pa - cem. Do - na no - bis pa - cem.

Do - na no - bis pa - cem.

The musical score is written in 3/4 time on a single treble clef staff. It consists of four lines of music. The first line contains the lyrics 'Do - na no - bis pa - cem, pa - cem. Do - na no - bis'. The second line contains 'pa - cem. Do - na no - bis pa - cem. Do - na'. The third line contains 'no - bis pa - cem. Do - na no - bis pa - cem.'. The fourth line contains 'Do - na no - bis pa - cem.'. Asterisks (*) are placed above the first measure of the second line and the first measure of the third line, indicating entries. The score ends with a double bar line.

Songs with parts

Impermanence chant

Pali + English: can be performed call and response



A - ni - cca va - ta san - kha - ra



up - pa - da va - ya dham - mi - no up - pa-



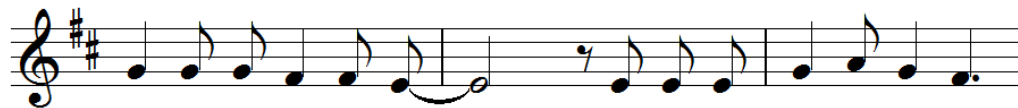
- jji - tv - a ni - ru - jhan - ti



te - sam up - pa - ssa - mo su - kho.



All things are im - per - ma - nent They a-



- rise and they pass a - way To live in har - mo - ny with



this truth Brings great hap - pi - ness.

English verse, arranged for gospel choir by Tuere Sala

The musical score is arranged for a three-part gospel choir in 4/4 time, with a key signature of one flat (B-flat). The lyrics are in English. The first system contains the first line of the verse, and the second system contains the second line. Each system has three staves: Soprano (top), Alto (middle), and Bass (bottom). The lyrics are written below each staff, with hyphens indicating syllables that span across notes. The first system ends with a repeat sign, and the second system ends with a double bar line.

All things are im - per - ma - nent; they a - rise and they pass a - way.

All things are im - per - ma - nent; they a - rise and they pass a - way.

All things are im - per - ma - nent; they a - rise and they pass a - way.

To be one with this truth brings hap - pi - ness.

To be one with this truth brings hap - pi - ness.

To be one with this truth brings hap - pi - ness.

$\text{♩} = 110$

Im - per - ma - nent, im - per - ma - nent, im -

Im - per - ma - nent, im - per - ma - nent,

Ri - sing and fal - ling,

Hap - pi - ness is pos - si - ble, hap - pi - ness is true if you

- per - ma - nent, im - per - ma - nent. thing.

im - per - ma - nent, im - per - ma - nent. thing.

life is im - per - ma - nent. thing.

o - pen up your heart and you let go of that - thing

Performance instructions:

Pali call-and-response: 1st time with only drone; 2nd time add solo instrument and drums (have drums establish a slightly faster tempo), 3rd + 4th times drums continue to increase tempo; lead into E minor chords on keyboard to introduce gospel section; drums continue. At the end of the last repeat of the gospel section, keyboard and drums finish on the downbeat of the last bar. Choir continues unaccompanied. Return to Pali section: soloist sings against drone.

Homage to Kwan Yin

Chant taught by Thanissara.

Translation: I offer homage to the bodhisattva [Kwan Yin] who hears the cries of all beings.

$\text{♩} = 40$

Part 1

Na - mo Quan Shr Yin Pu Sa, Na - mo Quan Shr Yin Pu Sa

Part 2

Na - mo, Na - mo, Na - mo, Na - mo

Part 3

Na - mo Quan Shr Yin Pu Sa, Na - mo Quan Shr Yin Pu Sa

Part 4

Na- - - - -mo, Na- - - - -mo

Part 5

Na - - - - -mo Na - mo Na - mo

Performance instructions: Establish part 1 with all voices, then bring in the other parts in order. If desired, a soloist can add the descant. Bring the parts out in order (2-5), and singers do not rejoin part 1 when their part ends.

Descant (based on an improvisation by Eve Decker):



Na - mo tas - sa bha - ga - va - to a - ra - ha - to sam - ma sam - bud-



- dhas - sa. Na - mo tas - sa bha - ga - va - to a - ra - ha - to



bha - ga - va - to sam - ma sam - ma - bud - dhas - sa. Na - mo tas - sa



bha - ga - va - to a - ra - ha - to sam - ma sam - bud - dha - bud - dhas - sa sam - bud - dha - bud - dhas -



- sa. Na - mo tas - sa bha - ga - va - to a - ra - ha - to sam - ma sam - ma



sam - bud - dhas - sa.

When I lay my burden down

$\text{♩} = 75$

Glo - ry glo - ry, ha - le - lu - jah, when I lay my bur - den down.

Glo - ry, glo - ry, bur - den down.

Glo - ry, glo - ry, bur - den down.

Verses: (and chords)

D Bm D G Bm G A
 I am resting from my labour when I lay my burden down,
 D Bm D G Bm A D
 I am resting from my labour when I lay my burden down.

I am crossing that great River...
 I am walking with the Buddha
 I am living that sweet Dharma
 I am in that noble Sangha
 I am resting in the moment
 I am free from greed and anger
 I am full of lovingkindness
 I'm abiding in compassion

Metta, Karuna, Mudita, Upekha

Met - ta, ka - ru - na, mu - di - ta, u - pek - kha,

Met - ta, ka - ru - na, mu - di - ta, u - pek - kha,

Met - ta, ka - ru - na, mu - di - ta, u - pek - kha,

Met - ta, ka - ru - na, mu - di - ta, u - pek - kha,

met - ta, ka - ru - na, mu - di - ta, u - pek - kha.

met - ta, ka - ru - na, mu - di - ta, u - pek - kha.

met - ta, ka - ru - na, mu - di - ta, u - pek - kha.

met - ta, ka - ru - na, mu - di - ta, u - pek - kha.

Performance instructions: start with the top line, add the other parts (or a different harmonization!).

Three spirituals

I want to die easy when I die:

Four staves of music in 4/4 time, key of B-flat major. The melody is written on a treble clef. The lyrics are: I wan - na die eas - y when I die. I wan - na die eas - y when I die. I wan - na die eas - y when I die Shout sal - va - tion as I fly I wan - na die eas - y when I die. A slur connects the final 'die' of the third line to the 'die' of the fourth line.

I wan - na die eas - y when I die

I wan - na die eas - y when I die

I wan - na die eas - y when I die Shout sal - va - tion as I

fly I wan - na die eas - y when I die

Sometimes I feel like a motherless child:

Three staves of music in 4/4 time, key of B-flat major. The melody is written on a treble clef. The lyrics are: Some - times I feel like a mo - ther - less child. Some - times I feel like a mo - ther - less child. Some - times I feel like a mo - ther - less child. A long ways from home. A double bar line with repeat dots is at the end of the third staff.

Some - times I feel like a mo - ther - less child

Some - times I feel like a mo - ther - less child

Some - times I feel like a mo - ther - less child A long ways from home

Wade in the water:

Wade in the wa - ter Wade in the

wa - ter chil - dren Wade in the wa - ter

God's gon - na troub - le the wa - ter

The musical score is written in 4/4 time with a key signature of two flats (B-flat and E-flat). The first staff begins with a whole rest, followed by a half note G3, a quarter note A3, a quarter note B3, a half note C4, a quarter note D4, a quarter note E4, a half note F4, and a quarter note G4. The second staff continues with a half note A4, a quarter note B4, a quarter note C5, a half note D5, a quarter note E5, a quarter note F5, a half note G5, and a quarter note A5. The third staff begins with a half note B5, a quarter note C6, a quarter note D6, a half note E6, a quarter note F6, a quarter note G6, a half note A6, and a quarter note B6. The lyrics are placed below the notes, with hyphens indicating syllables that span across notes.

Performance instructions: groups of singers can switch among parts at will! Note that “I want to die easy” repeats once for every two repeats of the other two songs.

Hellele Mama

$\text{♩} = 70$

He - le - le ma - ma ma - ma

He - le - le ma - ma ma - ma

He - le - le he - le - le he - le - le ma - ma

he - le - le ma - ma he - le - le ma - ma

he - le - le ma - ma he - le - le ma - ma

he - le - le ma - ma he - le - le ma - ma

Zulu: Helele Mama means “hail to the mother”

All voices can switch between all parts. End with “helele” or “ooo” on the starting note.

Songs with (and without) guitar chords

We are in Love

(written for CDL4 by Maureen Hall)

G
When we first gathered--it seems like so long ago--
Em
Looking around at each other, how could we know
C D G
all of the pain, fear, and struggle that we would perceive?
G
We were in good hands, just starting with four,
Em
The hand of eternity bringing in more
C G
Their love and their wisdom would give us all that we would need.
C D
Suffering at first, as is always the case
Bm Em
Then finding the courage to trust
C D
Opening up to the part that would open up us

Chorus:

C G
It's in the stars at night, it's in the morning light
C D G
It's in the sea, in the air in the sun above
C Em
It's in the melting heat, in the ground at your feet
C D G
We're not alone, we're not alone, we are in love.

Fearing our separateness, tears of intensity
Sharing our stories of pain and of ecstasy
Finally cracking the shell of our old hardened way
Seeing the fallacy of our conceptions
Holding the wisdom of our reflections
Learning to step lightly, laughing and learning to play
We became leaves on the very same tree
Hailing the sunshine above
Dancing on breezes and knowing it's all about love
(Chorus)

Now in my everyday life when I'm home, when things get tough and I'm feeling alone,
Seeing your faces with me, I can find strength and might.
Tenacity, courage, the efforts you've made,

Dancing and singing to music we swayed
We're in this together I find I'm in beauty and light.
(Chorus)

Power of the dharma

Ben Harper's "Power of the Gospel", words Buddhified by RL.

Am F G Am
It will make a weak man mighty, it will make a mighty man fall
It will fill your heart and hands though knowing you're nothing at all.
It's the eyes for the blind, the legs for the lame
It will give you love for hate and pride for shame.

Chorus:

Am F G E7
That's the power of the Dharma, that's the power of the Dharma
Am F G Am
That's the power, the mighty power, that's the power of the Dharma
E7 Am
That's the power of the Dharma

Dharma on the water, Dharma on the land
Dharma in every woman and the Dharma in every man
Dharma in the garden, Dharma in the trees
The Dharma that's inside of you, the Dharma inside of me
(chorus)

In the hour of richness, in the hour of need
All of creation comes from the Dharma seed
And you may leave tomorrow, and you may leave today
But you've got to have the Dharma when you start out on your way
(chorus)

Say Hallelujah

Tracy Chapman

Cm
Say Hallelujah: throw up your hands
G
The bucket is kicked, the body is gone
Cm
Close your eyes and bow your head
G Cm
To rest your soul and to praise the dead

Say Hallelujah: throw up your hands

The bucket is kicked, the body is gone
Dry your eyes and stand upright
Put a smile on your face, he wouldn't want us to cry

G

The sun will rise, the stars will shine
Fm Cm
Turning day to dusk and night to dawn.

G

We'll pass on but until that time
Cm

Say Hallelujah Hallelujah
Say Hallelujah Hallelujah

Say Hallelujah: throw up your hands
The bucket is kicked, the body is gone.
Have mercy—it's a wonderful life.
Eternal rest for the weary, mourners party tonight.

Say Hallelujah: throw up your hands
The bucket is kicked, the body is gone.
Wave your hands but don't say goodbye:
We're all gonna meet you on the other side.

One Voice

The Wailin' Jennys

This is the sound of one voice
One spirit, one voice.
The sound of one who makes a choice
This is the sound of one voice

This is the sound of voices two
The sound of me singing with you
Helping each other to make it through
This is the sound of voices two.

This is the sound of voices three
Singing together in harmony
Surrendering to the mystery
This is the sound of voices three.

This is the sound of all of us
Singing with love and the will to trust.
Leave the rest behind, it'll turn to dust.
This is the sound of all of us.

Just for fun...some co-opted Christmas/Yuletide songs...

The twelve days of practice

On the first day of practice, my teacher gave to me
A Buddha under a tree
On the (2nd... 4th) day of practice, my teacher gave to me
Four noble truths
Three roots of suffering
Non-dual wisdom and a Buddha under a tree
On the (5th12th) day of practice, my teacher gave to me
Twelve links of co-arising
Ten paramis
The Eightfold Path
Seven factors of awakening
Six realms of rebirth
Five spiritual powers!
Four noble truths
Three roots of suffering
Nonduality and a Buddha under a tree

We wish you the light of Buddha

Words by Ajahn Sona of Birken Forest Monastery, Kamloops BC

We wish you the Light of Buddha, we wish you the Way of Dhamma,
We wish you the Bond of Sangha, now and all the year through.

Silent mind

Words by Ajahn Sona

Silent mind, holy insight. All is calm, all is bright.
Practice metta like mother and child. Keep your heart so tender and mild.
Radiate heavenly peace; radiate heavenly peace.

Now Rest ye Merry, Yogis

Words by Ajahn Sona

Now rest ye merry, yogis, let nothing you dismay
Remember that the eightfold path will take you all the way.
Your problems will be all resolved and you will float away
Bearing tidings of comfort and joy, comfort and joy, bearing tidings of comfort and joy.

Joy to the world

Words by Ajahn Sona

Joy to the world, the Path is clear! Let us our minds employ
Investigate the Dhamma with energy and joy
To know serenity, to know stability, in mindful, in mindful equanimity.

Rachel Lewis did the arranging, transcribing, and re-writing of words, unless otherwise stated. Please use & re-arrange freely and let me know how it works out for you: rachel.lewis@gmail.com
Noteworthy files available upon request.

May our practice be for the benefit of all beings