

Track 1 Buddha, I Worship: QZYHJ2658074, Camelot 11B,
100 BPM

Track 2 Holy Prince Siddhartha: QZYHJ2658075, Camelot
7B, 78 BPM

Track 3 I'm Walking On The Path: QZYHJ2658076,
Camelot 8B, 189 BPM

Track 4 Island of the Heart: QZYHJ2658077, Camelot 8B,
98 BPM

Track 5 The Middle Way: QZYHJ2658078, Camelot 10B,
92 BPM

Track 6 Like A Lotus: QZYHJ2658079, Camelot 12B, 135
BPM

Track 7 Right here, Right now: QZYHJ2658080, Camelot
5B, 142 BPM

Track 8 Lepas Saja (in Malay): QZYHJ2658081, Camelot
7B, 133 BPM

Track 9 放下吧 (in Mandarin): QZYHJ2658082, Camelot
11B, 114 BPM

放下吧

借三千红尘沧桑

换一朝水月无常
看凡间真假虚妄
转身投莲台一方
借三千红尘沧桑
换一念心自清凉
看凡间来去无常
一念回头即是光

红尘颂

红尘颂

一念起
一念空
红尘颂
红尘颂
看得破
放得松

若佛说
万法皆空
人有情
执念无用
若佛说
万法皆空
人有情
执念无用
放下吧
放下吧
执念无用
执念无用
看见了
看见了
本来无有
本来无有

苦海无边难渡
回头即是归路
可叹众生流转
无生无灭无住

苦海无边难渡
一念照见来处
可叹执着太苦
来去本无所住

红尘颂
红尘颂
一念起
一念空
红尘颂
红尘颂
随缘去
不执着

若佛说
万法皆空
人有情
执念无用
若佛说
万法皆空
人有情
执念无用
放下吧
放下吧
执念无用
执念无用
看见了
看见了

本来无有
本来无有

无常啊 无常啊
念起又念落
无我啊 无我啊
何处有执着
无常啊 无常啊
念起又念落
无我啊 无我啊
何处有执着

若佛说
万法皆空
人有情
执念无用
若佛说
万法皆空
人有情
执念无用
放下吧
放下吧
执念无用
执念无用
看见了
看见了
本来无有
本来无有

若佛说
万法皆空
人有情
执念无用
若佛说
万法皆空
照见五蕴
皆是空
放下吧
放下吧
一切如梦
一切如梦
看见了
看见了
心本清静
心本清静

Lepas Saja

Dunia ini pinjam saja sayang
Datang pergi macam angin petang
Apa kita pegang kuat-kuat
Esok lusa semua pun hilang
Hati mau tenang jangan susah
Ini hidup bukan kita punya
Senyum sikit tengok saja
Naik turun semua biasa
Ayah, jangan pegang kuat
Ayah, nanti sakit hati
Ayah, lepas sajalah

Pelan-pelan kasih jadi
Kalau dikata semua kosong
Bukan tak ada cuma tak lama
Hati ada rasa sayang
Jangan genggam sampai luka
Lepas saja, lepas saja
Apa datang biar pergi
Lepas saja, lepas saja
Hati pun jadi sunyi
Lepas saja, lepas saja
Tak payah tangkap semua
Lepas saja, lepas saja
Ini semua bukan kita punya
Orang datang orang pun pergi
Cerita hidup pusing lagi
Hari manis hari pahit
Semua lalu tak stay sini
Kita ingat ini selamanya
Rupa-rupa cuma sekejap saja
Apa itu aku dan punya
Cerita lama dalam kepala
Aduh, kenapa mau risau
Aduh, semua pun lalu
Aduh, tengok saja
Datang pergi macam dulu
Kalau dikata semua kosong
Bukan tak ada cuma tak lama
Hati ada rasa sayang
Jangan genggam sampai luka
Lepas saja, lepas saja
Apa datang biar pergi
Lepas saja, lepas saja
Hati pun jadi sunyi

Lepas saja, lepas saja
Tak payah tangkap semua
Lepas saja, lepas saja
Ini semua bukan kita punya
Tak kekal, ini semua
Bukan aku bukan punya
Datang saja pergi saja
Jangan takut jangan risau
Lepas saja lepas saja
Hati manis jadi damai
Kalau dikata semua kosong
Bukan tak ada cuma tak lama
Hati ada rasa sayang
Jangan genggam sampai luka
Lepas saja, lepas saja
Apa datang biar pergi
Lepas saja, lepas saja
Hati pun jadi sunyi
Lepas saja, lepas saja
Tak payah tangkap semua
Lepas saja, lepas saja
Ini semua bukan kita punya
Kalau dikata semua kosong
Sekali sunyi tak nampak jelas
Tak payah pegang kuat-kuat
Biar semua kan lepas
Lepas saja, lepas saja
Apa datang biar pergi
Lepas saja, lepas saja
Hati pun jadi sunyi
Lepas saja, senyum sikit cukup lah
Lepas saja, lepas saja
Hidup ini ringan sudah

Right here, right now
I've been running through my thoughts again
Drown quiet every doubt
Every question pulls me further into left
Forget when I was around
Breathing in, breathing out
Just like you showed me how
No need to chase, no need to hide
This moment is enough tonight
When the moments get loud and I lose my way
I remember what you always say
Right here, right now
Come back to the ground
No past to carry, no future to chase
Just this breath, just this space
Right here, right now
I lay my burdens down
Real wisdom, kindness, truth I stay
Walking the middle way
How long will things cause me pain?
All we can be safe and sane
But every grip just feeds the flame
And blinds me from the light
Letting go
I stop and slow
I know what I don't control
No past just thoughts we're seeing clear
Nothing's permanent
Need and fear when I'm up
Each time my heart feels tight
I return to what is right
Right here, right now

Come back to the ground
No past to carry, no future to chase
Just this breath, just this space
Right here, right now
I lay my burdens down
Real wisdom, kindness, truth I stay
Walking the middle way
May I be gentle with the loved one
May I be patient with the loved pain
May I see things as they are
Not pushing joy from the running from the rain
May all beings feel this peace
May all hearts be free somehow
Step by step, awake, alive
Right here, right now
Come back to the ground
No need to chase, no need to hide
This moment is enough tonight
Right here, right now
I trust your passion and love
Real wisdom, kindness, truth I stay
Walking the middle way

Like a lotus
In the muddy pond you found me
Hands pulling down, heart heavy
You said my name so gently
Then the dark let go, oh
I was buried but breathing
You kept calling me higher
Little by little I'm reaching
To the morning light
Like a lotus, I rise

Like a lotus, I rise
Out of the deep
Into your eyes
Like a lotus, I rise
Like a lotus, I rise
You made the broken bright
I was small
Now I shine
Like a lotus, I rise
Rain on my skin, I kept moving
No shame in the tears I was losing
Love was patient, steady
Certain right where to go
I was buried but breathing
You kept calling me higher
Little by little I'm reaching
To the morning light
Like a lotus, I rise
Like a lotus, I rise
Out of the deep
Into your eyes
Like a lotus, I rise
Like a lotus, I rise
You made the broken bright
I was small
Now I shine
Like a lotus, I rise
From the deep to the open
You are the one who made me new
From the ash to the blooming
I'm alive because of you
From the deep, from the ash
Like a lotus, I rise

Like a lotus, I rise
Out of the deep
Into your eyes
Like a lotus, I rise
Like a lotus, I rise
You made the broken bright
I was small
Now I shine
Like a lotus, I rise
Like a lotus, I rise
Ooh, I said, oh, I
Ooh
Like a lotus, I rise
Like a lotus, I rise

The Middle Way

Oh, ooh

Oh, yeah

Oh, oh

Oh...

Wake up to the sunlight

Steam from my kopi in the air

Mama's little altar, just exploring

Simple prayer, I bow with my two hands

Feel my rushing mind slow down in this moment

Greeting, feet on the floor, heart on the ground

I'm just walking the middle way

Step by step, day by day

Holding kindness like a flame

When the wind blows, I stay

Got the Buddha in my heart today

Every smile, every word I say

Let the Dhamma light the way

I'm just walking the middle way (Oh yeah)
Ooh yeah
Traffic in the fast lane, someone cuts in
Heat in my chest, heat in my chest
Take a breath and let go
Wish them safety, wish them rest
Always chasing the next thing
Likes and numbers on a screen
I'm learning to want less
Still be happy, still at peace
I'm just walking the middle way
Step by step, day by day
Holding kindness like a flame
When the wind blows, I stay
Got the Buddha in my heart today
Every smile, every word I say
Let the Dhamma light the way
I'm just walking the middle way (Hey, hey, hey)
When I fall, I bow, I rise
Turn my worries into wise
Every sorry heals my pride
Letting go but feeling alive
Found it fast, practice
Time all just passing like flies
These shifting sands I can see
That's where love learns to be free
I'm just walking the middle way
Step by step, day by day (Oh)
Holding kindness like a flame (Oh)
When the wind blows, I stay
Got the Buddha in my heart today
Every smile, every word I say
Let the Dhamma light the way

I'm just walking the middle way (Middle way, middle way)

I'm just walking the middle way

Ooh, ooh

I'm just walking the middle way

Island of the Heart

The sun on the window

Incense smoke draws a line in the air

The mindful app rings

"Sit for a while"

Feel your breath

Feel you're already back there

Phone lights up with a thousand worlds

But I close my eyes instead

Every storm

Every wave that's crashing

Just a story in the head

Buddha said, Come and see

This island of the heart in me

Where the waves still

The mind sets free

Right here, Right now, Just be

Take refuge in the truth again

In Buddha, Dhamma, Sangha

Friend, Let go, Let go, Begin

Right here, Right now, Within

Traffic hums like a mantra

Kopitiam cups clink

Life goes on

Craving calls like an old friend's number

I smile soft

Let the ringing be gone

Every joy
Every tear that's falling
Rises
Fades
Like evening rain
In each breath there's a tiny freedom
See it clear
And you don't have to chain
Buddha said, Come and see
This island of the heart in me
Where the waves still
The mind sets free
Right here, Right now, Just be
Take refuge in the truth again
In Buddha, Dhamma, Sangha
Friend, Let go, Let go, Begin
Right here, Right now, Within
When it hurts
Know it hurts, that's the way
When it goes
Let it go, don't make it stay
Every breath
Every step you take
Can wake, Can wake, Can wake
Four truths like lights in the night sky
Life can ache, But it's not "mine"
There's a path in this everyday life
Walk kind, Walk clear, You shine
Buddha said, Come and see
This island of the heart in me
Where the waves still
The mind sets free
Right here, Right now, Just be

Take refuge in the truth again
In Buddha, Dhamma, Sangha
Friend, Let go, Let go, Begin
Right here, Right now, Within

I'm Walking on the Path
Morning sun on my window
Palms together
I breathe in slow
Got the Triple Gem in my heart
Every step is a brand new start
When the mind runs wild and I feel that pull
I remember what the Buddha taught
Keep it cool, See it rise, See it fade
Let it fall, I can let it all go, Let it all go
I'm walking on the path of the Buddha
One kind step at a time
Taking refuge in the Dhamma
Letting wisdom light my mind
From Kek Lok Si to the whole wide world
We can share this peace we've found
On the path of the Buddha
Where compassion comes around
Comes around
Traffic noise and the phone won't rest
Cravings calling from east to west
But I watch each thought come and go
Like the waves on a Cenang shore
Every joy, Every pain, It will pass
Every moment like clouds in the glass
When I see with a gentle smile
I am free for a little while, Yeah
I'm walking on the path of the Buddha

I'm walking on the path of the Buddha
Taking refuge in the Dharma
Taking refuge in the Dhamma
Letting loving friendship shine
From Penang lights to the whole wide world
We can share this peace we've found
Where compassion comes around
Comes around
Oh oh oh oh
Right view, Right thought
Right speech, Right walk
Right work, Right care
Right effort, Mindful air
Right focus bright and true
Right stillness shining through
Eight small steps, but I feel so tall
There's enough peace here for us all
My truth, my thought, My peace, my home
I'm walking on the path of the Buddha (oh yeah)
Taking refuge in the Dharma
Taking refuge in the Dhamma
Letting wisdom lead my mind
From Kek Lok Si to the whole wide world
We can share this peace we've found
Where compassion comes around
I'm walking on the path of the Buddha
So many hearts, just one light
We're walking on the path of the Buddha
Many hearts
Just one light
Holding up each other's lives
Holding up each other's lives
From this small hall to the whole wide world

We can share this peace we've found
Where compassion comes around
Comes around
Comes around (hey!)

Holy Prince Siddhartha
Morning on the porch step
Rain beads on the frangipani
I set my hands together
And the whole room turns still
You taught my heart to bow low
Like roots holding the hill
When my thoughts run wild
You bring me back to peace
When the day leans hard
You make my burden ease
One quiet name
And I can finally breathe
Namo Buddhaya
Holy Prince Siddhartha
Gautama Buddha
Sage of the Sakyas
Namo Buddhaya
Guide my wandering heart
Namo Buddhaya
Light in every part
Sage of the Sakyas
Keep me close to calm
Namo Buddhaya
Holy Prince Siddhartha
In the market by the river
In the heat and passing crowds

I hear your gentle teaching
Under every noisy sound
A bowl of simple kindness
Turns my restless mind around
When my hands are empty
You show me how to give
When my fears get heavy
You teach me how to live
One quiet name
And I can finally breathe
Namo Buddhaya
Holy Prince Siddhartha
Gautama Buddha
Sage of the Sakyas
Namo Buddhaya
Guide my wandering heart
Namo Buddhaya
Light in every part
Sage of the Sakyas
Keep me close to calm
Namo Buddhaya
Holy Prince Siddhartha
Under the Bodhi shade
I lay my pride down
Oh, oh, oh
Every sharp edge softens
Every clenched fist lets go
From this little island
Let compassion grow
Namo Buddhaya
Holy Prince Siddhartha
Gautama Buddha
Sage of the Sakyas

Namo Buddhaya
Guide my wandering heart
Namo Buddhaya
Light in every part
Sage of the Sakyas
Keep me close to calm
Namo Buddhaya
Holy Prince Siddhartha
Namo Buddhaya
Holy Prince Siddhartha

Buddha, I Worship

Morning sun on the tiled floor
Incense smoke draws soft lines
Mama's voice by the front door
Bow three times
Clear your busy mind
Hands together, I feel small
But my worries start to fall
In this breath, I start again
Right now is where I stand
I take refuge in my heart
In the Buddha, in the way
In the Sangha, every friend
Walking side by side each day
When the world pulls me apart
I remember what is true
I take refuge in my heart
And my heart returns to you
Traffic jams office white light
Phone lights up with the same fight
Angry words on a blue screen
Can I wake up from this loud dream?

Pause and feel the air come in
See the heat behind my skin
Every feeling comes and goes
I don't have to be those
I take refuge in my heart
In the Buddha, in the way
In the Sangha, every friend
Walking side by side each day
When the world pulls me apart
I remember what is true
I take refuge in my heart
And my heart returns to you
All things rise and all things fade
Clouds across an empty sky
Hold them gently
No more chasing
Let them pass and don't ask why
Give with choice, be with kindness
Walk the middle every day
Little steps through all this madness
Turn the fear into the way
I take refuge in my heart
In the Buddha, in the way
In the Sangha, every friend
Walking side by side each day
When the world pulls me apart
I remember what is true
I take refuge in my heart
And my heart returns to you
I take refuge in my heart
In the Buddha, in the way
In the Sangha, me and you
Helping each other see

When I stumble in the dark
I remember what is true
I take refuge in my heart
And my heart wakes up with you
I take refuge in my heart
And my heart wakes up with you