

# Seated in the Cave of the Heart

by Nathaniel Needle

Lyrics inspired by the Dhammapada as translated by Thomas Byrne

The musical score is written in 4/4 time and consists of eight staves of music. The lyrics are written below the notes. The score includes various chords such as C, B7, D9, G7, Fm7, Ab, and Bbsus. The lyrics describe a fragile jar of dreams, a sea of words, a lotus in a pond, and a bright moon, leading to the central theme of being seated in the cave of the heart.

C B7 C Fm7  
The bo-dy is a frag-ile jar of brit-tle dreams that seem so eas-i - ly bro-ken

5 C D9 G7  
float-ing on a sea of words so eas-i-ly spo-ken you nev-er stop them be - fore they start Like a

9 C B7 C Fm7  
lo-tus\_\_ bloom-ing in a mud-dy pond or a bright moon shi - ing from be - hind the clouds

13 C D9 C  
find a qui-et place a - mong\_\_ the crowds Seat-ed in the cave of the heart\_\_

17 Ab Eb Ab Eb  
Seat-ed in the cave of the heart\_\_ (find free-dom.) Seat-ed in the cave of the heart

20 Ab Eb Bbsus  
\_\_ Seat-ed deep in the cave\_\_ in the cave of the chart\_\_ seat-ed deep in the cave,

23 Eb Abm Eb  
\_\_ in the cave of the heart\_\_ Seat-ed deep in the cave,\_\_ in the cave of the chart,

26 1, 2. Bbsus G7 3. Bbsus C  
\_\_ seat-ed in the cave\_\_ of\_\_ the heart!\_\_ cave\_\_ of\_\_ the heart!\_\_

## Seated in the Cave of the Heart

### SEATED IN THE CAVE OF THE HEART

The body is a fragile jar  
Of brittle dreams that seem so easily broken  
Floating on a sea of words so easily spoken  
You never stop them before they start  
Like a lotus blooming in a muddy pond  
Or a bright moon shining from behind the clouds  
Find a quiet place among the crowds  
Seated in the cave of the heart

### CHORUS

Seated in the cave of the heart, find freedom,  
Seated in the cave of the heart  
Seated deep in the cave, in the cave of the heart (x3)  
Seated in the cave of the heart

Desire is a rushing stream  
Of fantasies that seem so satisfying  
Leading to a waterfall of fear and crying  
What comes together must fall apart  
Like a white swan rising on the limitless air  
Or a warrior charging on a motionless horse  
Fly along an invisible course  
Seated in the cave of the heart (CHORUS)

Suffering is a spider's web  
Strands of death, old age and illness  
It's difficult sometimes to search for stillness  
To find the center without a chart  
Like a jasmine letting all its flowers fall  
Release your hold on pain and violence  
Like a weary traveler coming home to silence  
Seated in the cave of the heart (CHORUS)