

American Buddhist Songbook

Nathaniel Needle

Table of Contents

All Beings, One Body.....	1
Bailin' Out Water.....	2
Bottom of the Ocean.....	4
Charioteer Song.....	6
Dharma Moon.....	8
Every Day is a Fine Day.....	12
Four Noble Truths.....	10
Give.....	13
Happy Birthday, Buddha!.....	16
Junk Mail.....	18
Kwanseum.....	20
Let Go.....	23
Mahayana Mind.....	24
Oneness of Life.....	26
Paramita Song.....	32
Pull the Arrow Right Out.....	29
Respect Polka.....	34
Sangha Round the Campfire.....	35
Seated in the Cave of the Heart.....	36
Small Doin's.....	39
Sunday Afternoon.....	40
Tango de Mara.....	42
Three Jewels.....	44
Three Poisons.....	46
Truckin' on the Eightfold Path.....	48
Under That Bodhi Tree.....	52

All Beings, One Body

Nathaniel Needle

The musical score is written in 4/4 time with a key signature of one flat (Bb). It consists of four staves of music. The first staff (measures 1-4) has chords Dm, Gm, Dm, Dm. The second staff (measures 5-8) has chords Dm, Gm, Dm, Dm. The third staff (measures 9-12) has chords Dm, Gm, Dm, Dm and includes an asterisk above measure 9. The fourth staff (measures 13-16) has chords Dm, Gm, Dm, Dm. The lyrics are: 'If all be - ings have one bod - y Then we can't leave an - y - one ___ out Can't do with - out an - y - bod - y No, we can't leave an - y - one ___ out * Ne - ver me ___ Ne - ver you ___ No, we can't leave an - y - one ___ out Ne - ver me ___ Ne - ver you ___ No, we can't leave an - y - one ___ out'. The asterisk indicates the start of the second part of a round.

* When sung as a round, second part begin here.

ALL BEINGS, ONE BODY

If all beings have one body, then we can't leave anyone out
Can't do without anybody, no we can't leave anyone out
Never you, never me, no we can't leave anyone out
Never you, never me, no we can't leave anyone out

Bailin' Out Water

Nathaniel Needle

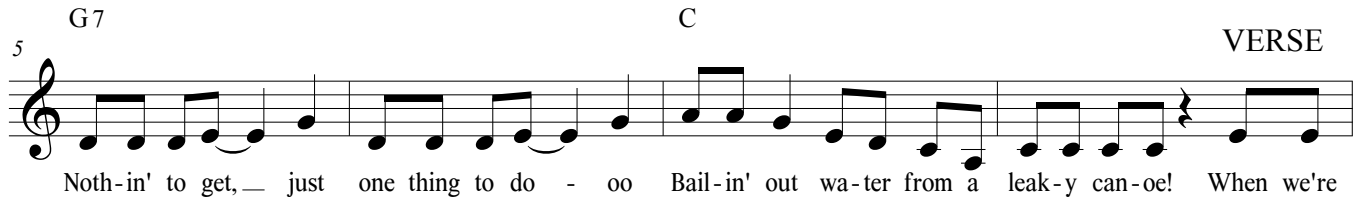
Rock + Roll 

CHORUS C



Bail-in' out wa-ter from a lea-ky can-oe - oo Bail-in' out wa-ter from a leak-y ca-noe - oo

5



Noth-in' to get, — just one thing to do - oo Bail-in' out wa-ter from a leak-y can-oe! When we're

9



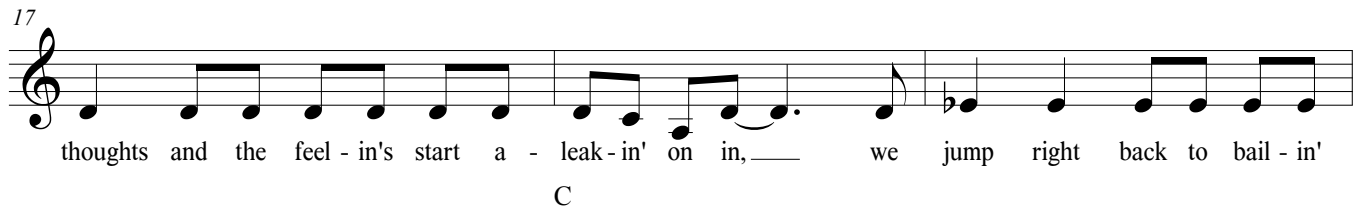
sit - tin' on the cush-ion we don't won-der when the bell will — chime — when we're

13



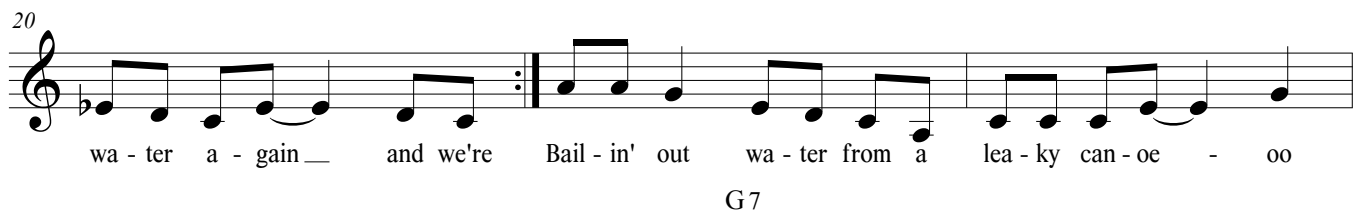
sit-tin' on the cush-ion we a - ban-don ev'-ry no-tion of time — (rea-son or rhyme) — if the

17



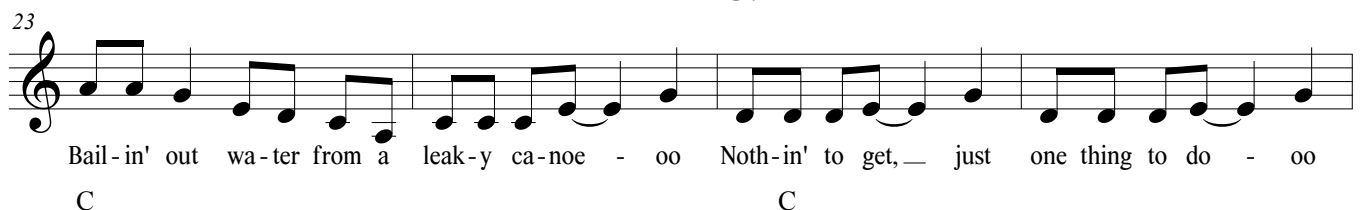
thoughts and the feel - in's start a - leak-in' on in, — we jump right back to bail - in'

20



wa - ter a - gain — and we're Bail - in' out wa - ter from a lea - ky can - oe - oo

23



Bail-in' out wa-ter from a leak-y ca-noe - oo Noth-in' to get, — just one thing to do - oo

27



Bail-in' out wa-ter from a leak-y can-oe! Bai - lin' out wa - ter

Bailin' Out Water

G7

31

Bail - in' out wa - ter Bail - in' out wa - ter

C

35

Bail - in' out wa - ter from a leak - y can - oe!

BAILIN' OUT WATER

Chorus:

Bailin' out water from a leaky canoe
Bailin' out water from a leaky canoe
Nothin' to get, just one thing to do
Bailin' out water from a leaky canoe

When we're sittin' on the cushion
We don't wonder when the bell will chime
When we're sittin' on the cushion
We abandon every notion of time, reason or rhyme
If the thoughts and the feelings start a-leakin' on in,
We jump right back to bailin' water again, and we're (CHORUS)

Now now matter what we do,
We keep the faith that our canoe can't sink
And every drop of water that comes by
We don't have to drink, don't you think
If the thoughts... (etc.)

When we're cruisin' down the river,
We don't worry 'bout how dry we can get
'Cause as long as we keep bailin',
Seems the water never gets us wet, wanna bet
If the thoguhts... (etc.)

Bottom of the Ocean

Nathaniel Needle

Slow rock ♩ = 120

D F#m

At the bot-tom, the bot-tom of the oc - ean At the bot-tom, the bot-tom of the oc - ean

5 G A7

At the bot-tom, the bot-tom of the oc - ean At the bot-tom, the bot-tom of the oc - ean

9 D F#m

At the bot-tom of the o - o - cean on - ly moon - light ev' - ry - where

13 G A7

how the moon - light got ___ down there is some-thing of a mys - ter - y

17 D F#m

At the bot-tom of the o - o - cean pen - e - tra - ting moon - beams go

21 G A7

is - n't an - y ___ room ___ to ___ know a fu-ture or a his - to - ry

25 Bm9 F#m

You might think it's ___ cold ___ down there, you might think the ___ pres-sure's stro - ong

29 G A7

But ti's free as ___ sum - mer air if you on - ly take the moo - oon a-long

Bottom of the Ocean

33 D F#m

At the bot-tom of the o - o - cean you can't see or ___ feel ___ a ___ thing

37 G A7

on - ly pen - e - tra - ting ques - tion - ing ___ keep - ing you a - live ___ down there

41 Bm9 F#m

pen - e - tra - ting moon - beams go deep ___ as ___ de - vo - o - tion

45 G (clap or beat drum) A7

to the bo-tom of the o - o - cean, mak - in' moo - oon - light!

51 N.C. D

Ev' - ry - (where!) At the bot - tom, the bot - tom of the oc - cean

54 F#m G

At the bot - tom, the bot - tom of the oc - cean At the bot - tom, the

57 A7 (repeat and fade)

bot - tom of the oc - cean At the bot - tom, the bot - tom of the oc - cean

BOTTOM OF THE OCEAN

At the bottom of the ocean
 Only moonlight everywhere
 How the moonlight got down there
 Is something of a mystery
 At the bottom of the ocean
 Penetrating moonbeams go
 Isn't any room to know
 A future or a history

You might think it's cold down there
 You might think the pressure's strong
 But it's free as summer air
 If you only take the moon along
 At the bottom of the ocean
 You can't see or feel a thing
 Only penetrating questioning
 Keeping you alive down there
 Penetrating moonbeams go
 Deep as devotion
 To the bottom of the ocean
 Making moonlight everywhere

Charioteer Song

Nathaniel Needle

Upbeat Swing $\text{♩} = \text{♩}^{\text{3}}$

The musical score is written for a single melodic line in 4/4 time, featuring a key signature of two flats (B-flat and E-flat). The tempo and feel are indicated as 'Upbeat Swing' with a 3-beat rhythmic pattern. The score is divided into eight systems, each with a measure number (4, 7, 11, 14, 17, 21, 24) at the beginning. Chord symbols are placed above the staff to indicate harmonic accompaniment. The lyrics are written below the staff, with some words underlined to indicate phrasing. The lyrics tell a story of a man named Bud-dha who is taken away from his palace by his father, the king, and later returns as a charioteer, questioning the king about the suffering of women.

Cm Fm Cm Fm Cm Fm

Oh Bud-dha rode out___ from his pa-lace one day___ where his fa-ther the king kept him

4 G7 Cm Cm Fm Cm Cdim

out of the way.___ Did - n't want him to see___ an - y suff-'rin' or pain, but

7 G7 Cm

Bud - dha made his Char - i - o - teer ex - lain. (He said, "Channa!") "Why

11 Cm G7

is that wom - an's___ face all wrink - led?___ Why is that wo - man's

14 Cm

face all wrink - led? Why is that wom - an's___ face all wrink - led?" His

17 G7 Cm G7 Cm

char-i - o - teer re - plied, "That's an OLD wom-an with her face all wrink-led,___ an

21 G7 Cm

OLD wo-man with her face all wrink-led, that's an OLD___ wo-man with her

24 G7 C Bb7

face all wrink - led,"___ and Bud-dha's eyes o - pened wide. (He said) "Im -

Charioteer Song

27 Eb Ab Eb Eb

per-ma-nence sur-rounds us, ex-is-tence does-n't stay. The old ones of to-

32 F7 Bb7 Eb

mor-row are young e-nough to-day!" So he sat in med-i-ta-tion, he

37 Ab G7 Cm G7 Cm

did-n't dream or doze, and he found li-ber-a-tion, which nei-ther comes nor goes!

THE CHARIOTEER SONG

Oh, Buddha rode out from his palace one day
 Where his father, the king, kept him out of the way
 Didn't want him to see any suffering or pain,
 But Buddha made his charioteer explain
 He said, "Channa!"

"Why is that woman's face all wrinkled?" (3x)
 His charioteer replied,
 "That's an OLD woman with her face all wrinkled." (3x)
 And Buddha's eyese opened wide!
 He said,

"Impermanence surrounds us, existence doesn't stay.
 The old ones of tomorrow are young enough today!"
 So he sat in meditation, he didn't dream or doze
 And he found liberation, which neither comes nor goes.

2nd Verse: Why is that man all pale and sweaty? (1st line)
 That's a SICK man all pale and sweaty (3rd line)

2nd Chorus: The sick ones of tomorrow are well enough today! (2nd line)

3rd Verse: Why has that man got sheets around him? (1st line)
 That's a DEAD man with sheets around him (3rd line)

3rd Chorus: The dead ones of tomorrow are live enough today! (3rd line)

4th Verse: Who is that man so calm and peaceful? (1st line)
 That's a HOLY man so calm and peaceful (3rd line)

4th Chorus: The Buddhas of tomorrow are just like us today! (2nd line)

Dharma Moon

Nathaniel Needle

F B \flat 7 C7 C dim

Shi-nin' in the eve - nin', shin-in' in the morn - in', There you are my pre - cious Dhar - ma

4 C7 $\text{\textcircled{F}}$ B \flat 7

moon! Dhar - ma moon, you il - lu - mine ev - 'ry - one in sight, when my con - cen - tra - tion's not so good,

8 G7 $\overset{1}{C7}$ F C dim

Plants and an - i - mals re - flect your light, e - ven at night, that's right, You're
You keep shin - ing like you un - der - stood

12 C7 $\overset{2}{C7}$ F7

ne - ver far my pre - cious Dhar - ma that if I could, I would. (Let's for - get the should.)

16 B \flat F dim F A7 Dm G7

It's so plain that I can't gain or lose. Ev - en my de - file - ments I can

21 C C dim C7 F

use, Thy're just my kar - ma, pre - cious Dhar - ma moon, Sing a med - i - ta - tion

25 B \flat G7 C7 **To Coda** $\text{\textcircled{\text{F}}}$ F C7 **D.S. al Coda**

song, It's a song with - out a tune, Dhar - ma moon Dhar - ma

Dharma Moon

Coda

31

ev - 'ry lit - tle star knows I love my pre - cious Dhar - ma moon! _____

DHARMA MOON

Shining in the evening, shining in the morning,
There you are, my precious Dharma moon!

Dharma moon, you illumine everyone in sight
Plants and animals reflect your light
Even at night, that's right
You're never far, my precious Dharma moon
When my concentration's not so good
You keep shining like you understood
That if I could, I would (Let's forget the should.)

It's so plain that I can't gain or lose
Even my defilements I can use,
They're just my karma, precious Dharma moon
Sing a meditation song,
It's a song without a tune,
Dharma moon

Dharma moon, you illumine everyone in sight
Plants and animals reflect your light
Even at night, that's right
You're never far, my precious Dharma moon
When my concentration's not so good
You keep shining like you understood
That if I could, I would (Let's forget the should.)

It's so plain that I can't gain or lose
Even my defilements I can use,
They're just my karma, precious Dharma moon
Sing a meditation song,
It's a song without a tune,
Dharma- ev'ry little star knows I love my precious Dharma moon!

Four Noble Truths

Nathaniel Needle

Gentle Rock Lullaby (Moderato)

The musical score is written in 4/4 time with a key signature of two flats (Bb and F). It consists of ten staves of music. The lyrics are written below the notes, with some words connected by lines to indicate they span across multiple notes. Chords are indicated above the staff lines. A 'To Coda' symbol is placed above the 13th staff.

1 I will sing you the Four No - ble Truths. I will

5 sing you the Four No - ble Truths. You're

9 fright-ened, child, you say, well you're Bud-dha a - ny - way. That's the

13 core of the Four No - ble Truths. **To Coda**

17 Ev - 'ry bo - dy suf - fers just like you.

21 Ev - 'ry - bo - dy suf - fers just like you. They

25 suf - fer just like you. That's what sen - tient be - ings do.

29 Ev - 'ry - bo - dy suf - fers just like you. You

10

Four Noble Truths

33 B \flat F7 B \flat

suf - fer ___ 'cause you grasp and you ___ crave. _____ You

37 B \flat F7

suf - fer ___ 'cause you grasp and you ___ crave. _____ You

41 B \flat E \flat B \flat

grasp ___ and you crave. To de - sire ___ you're a slave. You

45 F7 1. 2. B \flat 3. B \flat **D.C. al Coda**

suf - fer ___ 'cause you grasp and you ___ crave. _____ There's a shelf. _____

Coda

51 B \flat F7 B \flat

Truths. _____ That's the core of the ___ Four No - ble ___ Truths. _____

FOUR NOBLE TRUTHS

I will sing you the four noble truths (repeat)
 You're frightened, child, you say,
 Well you're Buddha anyway
 That's the core of the four noble truths.

Everybody suffers just like you (repeat)
 They suffer just like you
 That's what sentient beings do
 Everybody suffers just like you

You suffer 'cause you grasp and you crave (repeat)
 You grasp and you crave
 To desire you're a slave
 You suffer 'cause you grasp and you crave

There's a way out of suffering for good (repeat)
 Out of suffering for good
 Realize your Buddhahood
 There's a way out of suffering for good

The way is the eightfold path of peace (repeat)
 With the eightfold path of peace,
 May all beings be at ease
 The way is the eightfold path of peace

Don't believe it 'cause you read it off a shelf (repeat)
 You can't get it off a shelf,
 You must test it for yourself,
 Don't believe it 'cause you read it off a shelf

(repeat first verse)

Every Day is a Fine Day

Nathaniel Needle

Slowly

Chords: Cmaj7, Am7, Dm7, Dbmaj7, Cmaj7

3 Cmaj7 Am7 Dm7 Gsus G7

5 Cmaj7 Em7 Am6 Fm6 C E7 Am Gsus G7 C

It's your face before your parents were born, Your
 It's mountains and rivers and the whole wide earth, It's
 It is constantly expressing itself,
 It can't be pictured and it can't be described, It
 It can't be admired and it can't be sensed, It
 It is your true self, it has nowhere to hide, It is
 When the world is destroyed, it will not be destroyed, When the
 In the summer it's hot, in the winter it's cold, In the
 In the spring leaves grow, in the autumn they fall, In the

You are Buddha here and now,
 and Ev' - ry Day is a Fine Day!

EVERY DAY IS A FINE DAY

You are Buddha here and now
 You are Buddha here and now
 You are Buddha here and now
 And every day is a fine day

It's your face before your parents were born [etc.]
 It's mountains and rivers and the whole wide earth [etc.]
 It is constantly expressing itself [etc.]
 It can't be pictured and it can't be described [etc.]
 It can't be admired and it can't be sensed [etc.]
 It is your true self, it has nowhere to hide [etc.]
 When the world is destroyed, it will not be destroyed [etc.]
 In the summer it's hot, in the winter it's cold [etc.]
 In the spring leaves grow, in the autumn they fall [etc.]

Give

Nathaniel Needle

Swing $\text{♪} = \text{♪}^3 \text{♪}$

E_b $D7$

Give when you are lone - ly

** Come on and give ___ now When you are lone-ly ___

E_b6 E_b $C7$

5 Give when you're feel-ing low

5 Come on and give ___ When you're feel-ing so low ___ just

Fm A_bm E_b

9 Give with a heart full of gra - ti - tude

9 Why don't you give? That ain't no plat - i - tude, give

$F7$

12 Your at - ti - tude means more than you

12 ___ it some lat - i - tude

**Counter-melody is only included on 2nd & 3rd repeat

Give

15 Fm7 B♭aug

know, so,

Means more than you know so why don't you

17 E♭ D7

Give like the sky gives the rain - bow

17

Come on and give ___ now

20 E♭

Give like the rain gives the

20

Sky gives the rain - bow ___ Come on and give ___

23 C7(♭9) C7 Fm

dew ___ Why waste the years

23

like the rain gives the dew Why?

26 A♭m E♭ C7

wrapped up in fears? You've on - ly this mo - ment to live

26

Why? On - ly this mo - ment so

The image shows a musical score for the song "Give". It consists of two systems of staves, each with a vocal line and a piano accompaniment line. The key signature is B-flat major (two flats). The score includes various musical notations such as chords (Fm7, B♭aug, E♭, D7, C7(♭9), C7, Fm, A♭m), rests, and triplets. The lyrics are written below the vocal line, with some words underlined or followed by a blank line to indicate a breath or a specific phrasing. The page number "14" is located at the bottom left corner.

Give

1, 2.
Fm

Bb7(b9) Eb

29 Op - en your heart and give! _____

29 Stop hes - i - tat - in'

3.
Fm

Bb7(b9) Eb

33 Op - en your heart and give! _____

The musical score is written in G minor (three flats) and 4/4 time. It consists of three systems of music. The first system (measures 29-32) features a vocal line with a triplet of eighth notes (G4, A4, Bb4) on the first measure, followed by a half note (C5) on the second, and a half note (Eb5) on the third. The second system (measures 33-36) repeats the triplet and half notes, but the second measure contains a half note (G4) instead of C5. Chord symbols Fm, Bb7(b9), and Eb are placed above the measures. Measure numbers 29 and 33 are indicated at the start of their respective systems.

GIVE

Give (come on and give now)
When you are lonely (when you are lonely)
Give (come on and give)
When you're feeling low (when you're feeling so low just)
Give (why don't you give)
With a heart full of gratitude (that ain't no platitude, give it some latitude)
Your attitude means more than you know (means more than you know so why don't you)
Give (come on and give now)
Like the sky gives the rainbow (sky gives the rainbow)
Give (come on and give)
Like the rain gives the dew (like the rain gives the dew)
Why waste the years (why?)
Wrapped up in fears? (why?)
You've only this moment to live (only this moment so)
Open your heart (stop hesitatin')
And give!

Happy Birthday, Buddha!

Nathaniel Needle

Does a dog* have Bud-dha Na - ture, Bud-dha Na - ture, Bud-dha Na - ture? Does a

5 dog have, Bud-dha Na - ture, Bud-ha Na - ture, Bud-dha Na - ture? (sound or silence)

11 Hap - py Birth-day, Bud - dha! Hap - py Birth-day Bud - dha!

17 Hap - py Birth-day, Bud - dha, _____ 'cause Bud-dha's birth-day's al - ways ev' - ry day, _____ 'cause

21 Bud-dha's birth-day's al - ways ev' - ry day, e - ven now, e - ven now... Silence ad lib, then shout, "NOW!"

*any animate or inanimate thing can be substituted with each chorus: a rock, a microwave oven, an astronaut

HAPPY BIRTHDAY, BUDDHA

Does a dog have buddha-nature, buddha-nature, buddha-nature?
 [BE A DOG]
 Happy Birthday Buddha! (3 times)
 Buddha's birthday's always every day
 Buddha's birthday's always every day
 Even now, even now (be silent, then suddenly shout NOW!)
 [then pick new question: Does a tree have buddha-nature, etc...]

Happy Birthday, Buddha!

Nathaniel Needle

G maj7 Am7 G maj7 Am7 Em Am7 Em Am7
 Does a dog* have Bud-dha Na - ture, Bud-dha Na - ture, Bud-dha Na - ture? Does a

5 G maj7 Am7 G maj7 Am7 Em Am7 Em (sound or silence)
 dog have, Bud-dha Na - ture, Bud-dha Na - ture, Bud-dha Na - ture?

11 D7 Bm D7 Bm
 Hap - py Birth-day, Bud - dha! Hap - py Birth-day Bud - dha!

17 D7 Bm Am7 D9 Gmaj7 Em
 Hap - py Birth-day, Bud - dha, _____ 'cause Bud-dha's birth-day's al - ways ev' - ry day, _____ 'cause

21 Am7 D9 G6 Am G6 Am G6 Silence ad lib, then shout, "NOW!"
 Bud-dha's birth-day's al - ways ev' - ry day, e - ven now, e - ven now...

*any animate or inanimate thing can be substituted with each chorus: a rock, a microwave oven, an astronaut

HAPPY BIRTHDAY, BUDDHA

Does a dog have buddha-nature, buddha-nature, buddha-nature?
 [BE A DOG]
 Happy Birthday Buddha! (3 times)
 Buddha's birthday's always every day
 Buddha's birthday's always every day
 Even now, even now (be silent, then suddenly shout NOW!)
 [then pick new question: Does a tree have buddha-nature, etc...]

Junk Mail

Nathaniel Needle

Swing or Rock n' Roll Rhythm

Verse*

G C7

I'm too skin-ny, I'm too fat. Nose too big, chest too flat. Too much this,

6 G7 D7

not e-nough that. Buy a - no - ther brand new hat. No one loves me but my cat

11 G

Say! How did all this ma - ter - i - al mos - ey in - to my men - tal mail - box? It's

Chorus

15 C7 G D7

junk mail _____ stick it in the gar - bage pail. _____ You don't have to hold it or un -

20 G D7

fold it don't have to read it or re - peat it don't have to swal - low it or fol - low it,

25 G

Play the host, not the guest. Come on _____ ba - by just give it a rest, You know

29 D7

just be - cause they found a cle - ver way to put your name on it _____ (Doo - wa Doo - wa)

Junk Mail

33 G^{1, 2.} | G^{3.}

— Does-n't mean that it's for you Oo you

40 (shout)

— Oo Oo Oo! JUNK MAIL!

(*Second and third verse rhythms vary slightly to fit the lyrics.)

JUNK MAIL

I'm too skinny, I'm too fat
 Nose too big, chest too flat
 Too much this, not enough that
 Buy another brand new hat
 Bo one loves me but my cat

Say! How did all this material mosey into my mental mailbox?
 It's JUNK MAIL, stick it in the garbage pail
 You don't have to hold it or unfold it,
 Don't have to read it or repeat it,
 Don't have to swallow it or follow it,
 Play the host, not the guest,
 Come on baby, just give it a rest,
 You know, just because they found a clever way
 To put your name on it
 Doesn't mean that it's for you!

Work too hard, don't work enough
 Belly too soft, beard too tough
 Guys like me we have it rough
 How come Joe has so much stuff?
 I don't have to take your guff
 (Say! etc.)

Boys like Sheila better than me
 Mom's too strict, Dad's too free
 Guess I'll fail geometry
 Gotta go watch MTV
 What will I grow up to be?
 (Say! etc.)

Kwanseum

Nathaniel Needle

C

All day, All night,

Kwan - se - um Kwan - se - um Kwan - se - um

5 G7 C

all day, all night

Kwan - se - um Kwan - se - um Kwan se - um Kwan - se - um

9

While walk-ing, while stand-ing,

Kwan - se - um Kwan - se - um Kwan - se - um Kwan - se - um

13 G7 C

while sit-ting, while ly-ing down

Kwan - se - um Kwan - se - um Kwan se - um Kwan - se - um

Kwanseum

17 F F m

Be - yond wrong, be - yond right,

Kwan - se - um Kwan - se - um Kwan - se - um Kwan - se - um

21 C Dm

be - yond dark - ness, be - yond light

Kwan - se - um Kwan - se - um Kwan - se - um Kwan - se - um

25 (G7) C

No sound, no sight,

Kwan se - um Kwan - se - um Kwan - se - um Kwan - se - um

29 G7 C

All day, all night

Kwan - se - um Kwan - se - um Kwan se - um Kwan - se - um

33 1. Final Chorus G7

All day, all

Kwan - se - um Kwan - se - um Kwan - se - um Kwan se - um

37 C G7

night _____ All _____ day, _____ all _____

Kwan - se - um _____ Kwan - se - um _____ Kwan - se - um _____ Kwan se - um _____

41 C G7

night _____ All _____ day, _____ all _____

Kwan - se - um _____ Kwan - se - um _____ Kwan - se - um _____ Kwan se - um _____

45 C

night _____

Kwan - se - um _____ Kwan - se - um _____

KWANSEUM

All day, all night, all day, all night
 While walking, while standing, while sitting, while lying down
 Beyond wrong, beyond right, beyond darkness, beyond light
 No sound, no sight, all day, all night

Let Go

Words by Dogen (1200-1253)

Reggae beat - slow

To stu - dy Bud-dhi-sm is to stu - dy the self, to stu - dy the self, to stu - dy the self, to
stu - dy Bud-dhi-sm is to stu - dy the self. Let go, ___ let go, let go, let go, ___ let go, let go, let
go, ___ let go, let go, let go, ___ let go! ___ go, ___ let go... ___

LET GO (words by Zen Master Dogen)

1. To study Buddhism is to study the self, to study the self, to study the self
To study Buddhism is to study the self
Let go... (repeats 11 times)
2. To study the self is to forget the self (etc.)
3. To forget the self is to abandon body and mind (etc.)
4. To abandon body and mind is to be enlightened by all things (etc.)
5. To be enlightened by all things is [CLAP-CLAP-CLAP-CLAP-CLAP] (etc.)

Mahayana Mind

Nathaniel Needle

a la "Blueberry Hill"



N.C. C G7 C

Ma - ha ya - na mind like like

6 G7

waves u - pon the o - cean blue mem - 'ries and e - mo - tions
rain - drops in a sum - mer sky fan - ta - sies and lul - la -
danc - ing all the moun - tains down chant - ing in a count - less

12 G+ C

too just float on through just float on through
bies dry up and die dry up and die
round of sound - less sound, of sound - less sound

17 C7 F

Ma - ha - ya - na mind Wait - ing pa - tient - ly
Stay - ing con - stant - ly
May the world be free

25 B7 C G7

Let your cares un - wind
Leave your - self be - hind Sud - den - ly you'll find
Love all hu - man - kind

30 C F To Coda 1. C 2. C C7

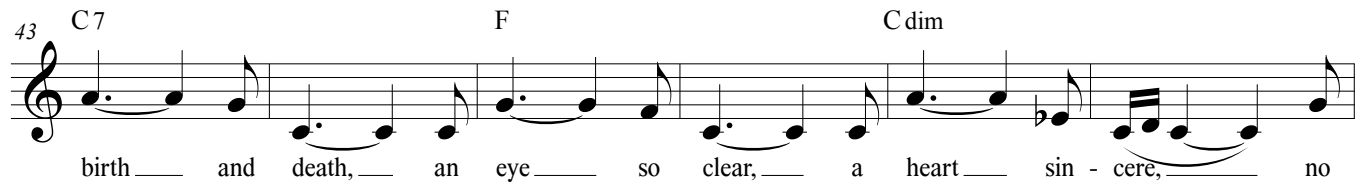
Ma - ha - ya - na mind ma - ha - ya - na

37 F Fm C

Deep in each and ev - 'ry breath, be - yond the reach, of

Mahayana Mind

43 C7 F C dim



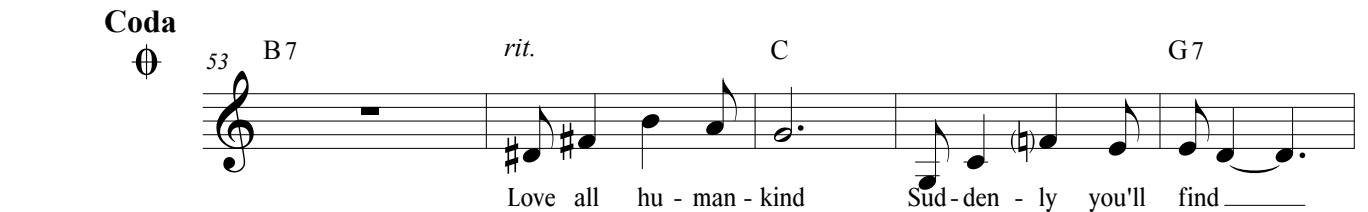
birth and death, an eye so clear, a heart sincere, no

49 G N.C. D.S. al Coda



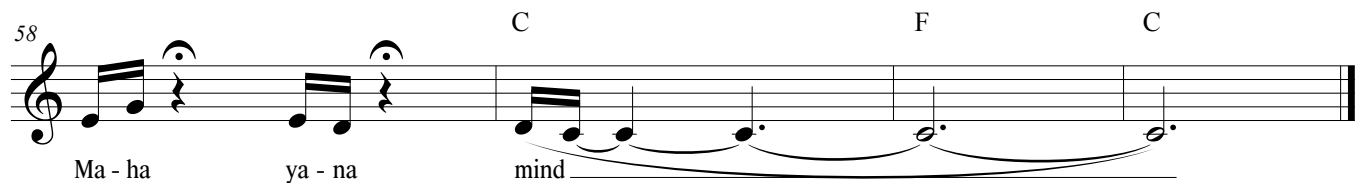
no - tion of Nir - va - na just, Ma - ha - ya - na

Coda 53 B7 rit. C G7



Love all hu - man - kind Sud - den - ly you'll find

58 C F C



Ma - ha ya - na mind

MAHAYANA MIND

Mahayana mind
 Like waves upon the ocean blue
 Mem'ries and emotions too,
 just float on through, just float on through
 Mahayana mind
 Waiting patiently
 Let your cares unwind, suddenly you'll find
 Mahayana mind

Mahayana mind
 Like raindrops from a summer sky
 Fantasies and lullabies
 Dry up and die, dry up and die
 Mahyana mind
 Staying constantly
 Leave yourself behind, suddenly you'll find
 Mahayana mind

Deep in each and every breath
 Beyond the reach of birth and death
 An eye so clear, a heart sincere
 No notion of Nirvana
 Just
 Mahayana mind
 Dancing all the mountains down
 Chanting in a countless round
 Of soundless sound, of soundless sound
 Mahyana mind
 May the world be free
 Love all humankind, suddenly you'll find
 Mahayana mind

Oneness of Life

Nathaniel Needle

Gently

C6 Dm7 Fm6 Cmaj7

Now it's one thing re - sepc - ting a bound - a - ry
pro - tect - ing in - teg - ri - ty

5 Am Dm7 Fm6 C

sa - vor - ing our dif' - frent fla - vors im - proves the re - ci - pe
let - ting ev' - ry - one up - set me dis - torts re - al - it - y

9 Am7 Dm7 Fm6 Cmaj7

But when I hurt, seems like I build a wall You're a
But when I'm wrong, I just huff and puff and bluff I'm a

13 Em Am Dm Fm6 C

voo - doo doll in - side my mind not real - ly you at all
shin - ing knight in - side my mind, hey, just watch me strut my stuff

17 Dm7 Fm6 Cmaj13

Then I lift my face to hear the clouds and sun - light speak

21 Dm7 Fm6 Gsus G9

and I can see you as you are, vul - ner - a - ble and weak
and I can see me as I am,

25 C6 Dm Fm6 Cmaj7

a look - ing glass re - flect - ing a mys - te - ry where

Oneness of Life

29 Dm7 Fmaj9 F C

no one stands a-lone o - ri - gi - nal - ly Be - lie - ving in the

33 Dm7 G Cmaj7 Dm Fm6 C

One-ness of Life Re - lin - quish - ing my an - ger and jea - lou - sy Be - lie - ving in the

37 Dm7 G Cmaj7 D9 G7 C

One-ness of Life Dis - solv - ing the il - lus - ion of you and me Be - lie - ving in the

41 Dm7 G Cmaj7 E7 Am

One-ness of Life De - liv - er - ing e - qua - ni - mi - ty Be - lie - ving in the

45 Dm Fm6 C Am 1. Gsus G13 F C

one - ness, the one - ness, the One - ness of Life

50 2. Gsus G13 C Dm Fm6 C Am

One - ness of Life Be - lie - ving in the one - ness, the one - ness, the

54 Gsus G13 C Dm Fm6 C Am

One - ness of Life Be - lie - ving in the one - ness, the one - ness, the

58 Gsus G13 F C

One - ness of Life

Oneness of Life

ONENESS OF LIFE

Now it's one thing, respecting a boundary
Savoring our different flavors, improves the recipe
But when I hurt, seems like I build a wall
You're a voodoo doll inside my mind, not really you at all
Then I lift my face to hear the clouds and sunlight speak
And I can see you as you are, vulnerable and weak
A looking glass, reflecting a mystery
Where no one stands alone, originally

CHORUS

Believing in the Oneness of Life
Relinquishing my anger and jealousy
Believing in the Oneness of Life
Dissolving the illusion of you and me
Believing in the Oneness of Life
Delivering equanimity
Believing in the Oneness, the Oneness, the Oneness of Life

Now it's one thing, protecting integrity
Letting everyone upset me, distorts reality
But when I'm wrong, I huff and puff and bluff
I'm a shining knight inside my mind, hey,
Watch me strut my stuff
Then I lift my face to hear the clouds and sunlight speak
And I can see me as I am, vulnerable and weak
A microscope, inspecting an endless sea,
Where no one makes mistakes, originally (CHORUS)

Pull the Arrow Right Out

Nathaniel Needle

The musical score is written in 4/4 time and consists of eight staves of music. The key signature is one sharp (F#), and the time signature is 4/4. The score includes a repeat sign at the beginning of the first staff. Chord symbols are placed above the staff lines. The lyrics are written below the notes.

There was a fel-low strol - ling through the mead-ow when all at once he was strick-en by a
poi-soned ar - row he would not let the doc - tor re - move it In-stead he
star-ted chirp-ing like a cra-zy spar-row Shout-ing "who shot the ar-row and why did he shoot it and
what kind of bow did he use?" Well, he kept ask-ing ques-tions and he would have died, but, the
doc-tor quick - ly re - plied. What he said was: Pull the ar - row right out!
Pull the ar - row right out! Stop your a - go - ni - zin' and your cri - ti - ci - zin', and your
a - na - ly - zin' what it's all a - bout! All you might ex - plain with your dis -

Pull the Arrow Right Out

26 C7 F C dim

crim - i - na - tin' brain won't nul - li - fy ___ that feel - in' o' doubt ___ So if ya

29 C **To Coda** G7 C G7

had e - nough o' dat cra - zy ___ suf - fer - in', Pull the ar - row right out. (Ev' - ry - bo - dy now)

33 C F

Pull the ar - row right out! Pull the ar - row right out!

37 C D7 G7

Pull the ar - row right out! Pull the ar - row right out! What's it

41 C C7 F C dim

like to die? (just pull the ar - row) But I wan - na know why (just pull the ar - row) What kind of

45 C G7 C G7

fool am I? ___ (pull the ar - row) Pull the ar - row right out! _____

50 1. C G7 2. C G7 **D.S. al Coda**

There was a Now there are

Pull the Arrow Right Out

♩ Coda

54 G7 C
 Pull the ar - row right out. Stop ru - min - na - tin', start
 57 G7 C
 med - i - ta - tin' and Pull the ar - row right out! Oh, the way is nar - row ___ so
 61 G7 C
 cut to the mar - row ___ and pull the ar - row right out!

PULL THE ARROW RIGHT OUT

There was a fellow strolling through the meadow
 When all at once he was stricken by a poisoned arrow
 He would not let the doctor remove it
 Instead he started chirping like a crazy sparrow
 Shouting "who shot the arrow", and "why did he shoot it?",
 And "what kind of bow did he use?"
 Well he kept asking questions, and he would have died,
 But the doctor quickly replied, what he said was,

CHORUS

Pull the arrow right out, pull the arrow right out
 Stop your agonizin' and your criticizin',
 And your analyzin' what it's all about
 All you might explain with your discriminatin' brain
 Won't nullify that feelin' of doubt
 So if ya had enough o' dat crazy sufferin'
 [2nd chorus: Stop ruminatin', start mediatin', and]
 Pull the arrow right out (everybody now)
 Pull the arrow right out (4x)
 What's it like to die (pull the arrow)
 But I wanna know why (pull the arrow)
 What kind of fool am I? (pull the arrow)
 Pull the arrow out

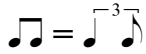
There was a woman who lost her lover
 Something anybody might find distressing
 Her friends all attempted to console her, but
 Five eyars later, she was still obsessing
 Crying "why did he leave me?", and "how could he do it?"
 And "who is he with right now?"
 Well, she'd be asking questions till this very day,
 But her friends convinced her this way, what they said was
 (CHORUS)

Now there are people at the University
 Who might think this song is anti-intellectual
 The point is not to disparage cognition, but
 To admit there are matters where it's ineffectual
 So if you like electronics, or plate tectonics
 Then a little knowledge is nice
 But if you want liberation, or emancipation
 Just take the Buddha's advice, what he said was
 (CHORUS)

Oh the way is narrow, so cut to the marrow,
 And pull the arrow right out!

Paramita Song

Nathaniel Needle



CHORUS

4/4 F C G7

Why don't you try a lit - tle pa - ra - mi - ta? — There's noth - in' sweet - er than a

4 C Cdim A7 D7 G7

lit - tle pa - ra - mi - ta — I know ya wan - na git to that oth - er — shore, but don't think a - bout it just

8 C F C C F C C F C SHOUT: Bodhi, Svaha!

pad - dle your oar, pad - dle your oar, pad - dle your oar...

13 VERSE* C G7

Now the first pa - ra - mi - ta is Da - na — It means give it a - way e - ven

17 C Cdim C E7 A7 D7

when you don't wan - na, — don't al - low at - tach - ments to shrink your space, just spill your be - ing all

21 G7 C F

o - ver the place — that's Da - na pa - ra - mi - ta for sure. Why don't you try a

26 C G7 C

lit - tle pa - ra - mi - ta? — There's noth - in' sweet - er than a lit - tle pa - ra - mi - ta — I

29 Cdim A7 D7 G7 C F C

know ya wan - na git to that oth - er — shore, but don't think a - bout it just pad - dle your oar,

Paramita Song

33 C F C C F C SHOUT: Bodhi, Svaha!

pad - dle your oar, pad - dle your oar...

*rhythm can vary slightly to fit lyrics in subsequent verses

THE PARAMITA SONG

Chorus:

Why don't you try a little paramita
There's nothin' sweeter than a little paramita
I know ya wanna git to that other shore
But don't think about it, just paddle your oar...
Bodhi.....svaha!

Now the first paramita is Dana
It means give it away even when you don't wanna
Don't allow attachments to shrink your space
Just spill your being all over the place
That's Dana paramita for sure (CHORUS)

Now the second paramita is Sila
In life's situations be a lover and a healer
Tell the truth and be everyone's amigo
Just as if you didn't have an ego
That's Sila paramita for sure (CHORUS)

Now the fourth paramita is Virya
The exertion of a falling leaf can steer ya
Every breath, every step that's taken
Is an opportunity to awaken
That's Virya paramita for sure (CHORUS)

Now the fifth paramita is Dhyana
Face that wall and shout out "Hana!"
Stick with your practice, keep your concentration tauter
And let those thoughts flow through you like water
That's Dhyana paramita for sure (CHORUS)

Now the sixth paramita is Prajna
If you think you're wise, you're full of bologna
But when you experience "I DON'T KNOW",
Then natural wisdom is everywhere you go
That's Prajna paramita for sure (CHORUS)

Respect Polka

Nathaniel Needle

The first time I see Ju - lia,* deep in - side I go "wow!", and

then I look at Ju - lia a - gain and out - side I go "WOW!!!" I look at Ju - lia a

third time, and then I make a bow, that's how I show re - spect to

Ju - lia, just like I'm do - ing now Dog - gies may go "Bow - wow - wow, but

peo - le should go "Wow, wow, bow!" If you wan - na learn to "wow - wow - bow" just come a - long, I'll

show you how (Shout) (Response) Just come a - long I'll show you how,

Bow - wow - wow? No! (Shout) (Response) Just come a - long I'll show you how!

RESPECT POLKA

*any name (or object) can be inserted here, naturally!

The first time I see _____, deep inside I go "wow!" And then I look at _____ again, and outside I go "WOW!!!"
 I look at _____ a third time, and then I make a bow, That's how I show respect for _____, just like I'm doing now
 Doggies may go "bow-wow-wow", but people should go "Wow, wow, bow!"
 If you wanna learn to "wow-wow-bow", just come along, I'll show you how
 Bow-wow-wow? No! Wow-wow-bow! Just come along, I'll show you how

Sangha Round the Campfire

lyrics from the Metta Sutta
music by Nathaniel Needle

Dm *

Ev - en as a mo - ther pro - tects with her life, her child, her on - ly child,

5

So, with a bound - less heart, should one che - rish all liv - ing be - ings!

*When sung as a round, each successive group (up to four parts)
begins on the first beat of this measure (on the word "child").

SANGHA ROUND THE CAMPFIRE (words from the Metta Sutta)

Even as a mother protects with her life
Her child, her only child
So, with a boundless heart
Should one cherish all living beings!

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, Eb, 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 finding a quiet place and 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)

Small Doin's

Nathaniel Needle

Relaxed and Deliberate

C C7 F Fm(maj7) C A7 D7 G7

Small Do - in's Great Be - in' Great Be - in' Ti - ny Things

5 C C7 F Fm6 C F C F F C

Small Do - in's Mar - ve - lous Mo - ment Ma - ha Praj - na Pa - ra - mi - ta

9 C C7 F Fm(maj7) C A7 D7 G7

Chop wood fetch wa - ter hug son kiss daugh - ter

13 C C7 F Fm6 Dm7 G7

tie shoe tie two do what's right in front of you

SMALL DOIN'S

CHORUS

Small Doin's, Great Bein'
 Great Bein', Tiny Things
 Small Doin's, Marvelous Moment
 Maha Prajna Paramita

Chop wood, fetch water
 Hug son, kiss daughter
 Tie shoe, tie two
 Do what's right in front of you (CHORUS)

Close door, dry dish
 Scrub floor, feed fish
 Wash hair, if there
 Buddha-mind is everywhere (CHORUS)

Wet rag, push broom
 Change bag, vacuum
 Wipe feet, wipe seat
 You are perfect and complete (CHORUS)

Fill pot, heat up
 When hot, fill cup
 Sip tea, slowly
 Mindfulness will set you free (CHORUS)

Sunday Afternoon

Nathaniel Needle

Swing $\text{♩} = \text{♩}^{\text{3}}$

C A7 D7 G7 C Gdim G7 C CHORUS

My old - er

6 G7 C C7 F

sis - ter thinks that I'm la - zy My young - er bro - ther thinks that I'm

11 Cdim C E7

cra - zy My mo - ther and fa - ther, they don't ev - en bo - ther to

15 F7 C A7 D7 G7

ask why I'm a - lone in my room, do - in' Zen me - di - ta - tion on a Sun - day af - ter -

19 C Cdim G7 C VERSE G7 C C7

noon! It was - n't all that hard to be - gin it.

25 F Cdim C

At first I just sat down for a min - ute! I watched my breath go - ing

30 E7 Am

in and out of my nose and then when my mind start - ed wan - der - ing I would

35 2, 3. D7 4. D7 G7

I con - fess I'm Girls and Boys need a bring it back a - gain, bring it
what's so tough when

Sunday Afternoon

40 C CHORUS G7 FINAL CHORUS C

back a - gain, bring it back a - gain, My ol - der sis - ter thinks that I'm la -

44 C7 F C dim

zy My young - er bro - ther thinks that I'm cra - zy My

49 C E7 F7

mo - ther and fa - ther, they don't ev - en bo - ther to ask why I'm a - lone ___ in my room, do - in'

53 C A7 G7 C A7

Zen me - di - ta - tion on a Sun - day ___ I think I'll take it up on Mon - day ___ Do - in'

57 C A7 D7 G7 C C7 F Fm C G7 C

Zen med - i - ta - tion on a Sun - day af - ter - noon _____

SUNDAY AFTERNOON

CHORUS

My older sister thinks that I'm lazy
 My younger brother thinks that I'm crazy
 My mother and father, they don't even bother
 To ask why I'm alone in my room
 Doin' Zen meditation on a Sunday afternoon

It wasn't all that hard to begin it
 At first I just sat down for a minute
 I watched my breath going in and out of my nose and then
 When my mind started wandering, I would
 Bring it back again, bring it back again,
 Bring it back again (CHORUS)

I didn't need a whole lot of pushin'
 To get myself a mat and a cushion
 The peace and quiet improves my diet and soothes my stress
 I confess, I'm worrying less and less,
 Worrying less and less,
 Worrying less and less (CHORUS)

A tiny Buddha figure with candles
 A shiny incense burner with handles
 A little altar is my Gibraltar when things get rough
 What's so tough when breathing is enough,
 Breathing is enough,
 Breathing is enough (CHORUS)

My room's become a regular zendo
 I might as well just sell my Nintendo
 My friends don't get it, but I don't let it disturb my poise
 Girls and boys need a break from all the noise,
 Break from all the noise,
 Break from all the noise (CHORUS)

Tango de Mara

Latinx to el Max

Nathaniel Needle

CHORUS:

Ma - a - ra He's the king of Sam - sa - a - ra, that en - chan - ting yet
hor - ri - ble chat - ter - ing mon - key in your space
Temp - ter med - i - ta - tion pre - emp - tor is - sue him a per -
emp - tor - y chal - lenge to show his na - ked face! He'll dis - ap - pear with - out a trace!

VERSE:

Who is it al - ways thirs - ting for fame?
(It's on - ly Ma - ra, hey, King of Sam - sa - ra, hey)
Who is it al - ways shift - ing the blame?
(It's on - ly Ma - ra, hey, King of Sam - sa - ra, hey)
Who is it al - ways wri - thing with shame? Re - mem - ber his name! It's

FINAL CHORUS:

Ma - a - ra He's the king of Sam - sa - a - ra, that en - chan - ting yet

Tango de Mara

34 Dm Bb A7
hor - ri - ble chat - ter - ing mon - key in your space

38 Dm Gm Dm A7 Dm
Temp - ter med - i - ta - tion pre - emp - tor is - sue him a per - emp - tor - y chal - lenge to

43 Bb A7 Dm Eb D
show his na - ked face! He'll dis - ap - pear with - out a trace! With - out a trace!

TANGO DE MARA

CHORUS

Mara, he's the king of Samsara
 That enchanting yet horrible chattering monkey in your space
 Tempter, meditation pre-emptor
 Issue him a preemptory challenge to show his naked face
 He'll disappear without a trace

Who is it always thirsting for fame?
 Who is it always shifting the blame?
 Who is it always writhing with shame?
 Remember his name, it's (CHORUS)

Who is it always sowing mistrust?
 Who is it always panting with lust?
 Who is it always saying "I must"?
 Remember it's just old (CHORUS)

Who is it always striving for gain?
 Who is it always quick to complain?
 Who is it always moaning with pain?
 Who's yanking your chain, it's (CHORUS)

Three Jewels

Nathaniel Needle

Very Slow, Freely

Dm Dm(maj7) Dm7 Dm6 Dm

I put my trust in the Bud-dha and I re-solve that with all be-ings I will re-al-ize his great way and I will cul-ti-vate a gar-den where the Bud-dha-seed may for - ev - er thrive and I will grow a heart of en - light - en - ment I put my trust in the Dhar - ma and I re - solve that with all be - ings I will pen - e - trate the su - tra trea - sure and I will pass thru Dhar - ma gates be - yond all mea - sure un - cov - er - ing wis - dom as vast as the o - cean I put my trust in the San - gha my bro - thers and sis - ters in times of need and I re - solve that no - thing will im - pede our

Three Jewels

34 Dm Dm(maj7) Dm7 Dm6 Bbmaj7 A7
gen-tle walk _____ to a world that's free _____ li-ber-a-ted__ so-ci-e-ty _____ I

38 Dm Dm(maj7) Dm7 Dm6 Dm
put my trust in these je-wels three per-fect and com-lete right now in-

42 A7
side of me__ each mo-ment and I re-solve that with all be-ings _____ I will

46 Dm E7 A7 Dm
de-di-cate _____ each mo-ment to their real-i-za-tion__ in this life-time _____

51 E7 A7 Dm Dm6
____ Bud-dha, Dhar-ma, San-gha__ in this life-time _____

THREE JEWELS

I put my trust in the Buddha
And resolve that with all beings I will realize
His great way
And cultivate a garden where the Buddha-seed may
Forever thrive
And I will grow a heart of enlightenment
I put my trust in the Dharma
And resolve that with all beings I will penetrate
The sutra treasure
And I will pass through Dharma gates beyond measure
Uncovering
Wisdom as vast as the ocean

I put my trust in the Sangha
My brothers and sisters in times of need
And I resolve that nothing will impede
Our gentle walk to a world that's free
Liberated society
I put my trust in these Jewels Three
Perfect and complete right now inside of me
Each moment
And I resolve
that with all beings I will dedicate
Each moment
To their realization in this lifetime

Buddha, Dharma, Sangha in this lifetime.

Three Poisons

Nathaniel Needle

Organ-grinder style

The musical score is written in 3/4 time with a key signature of two flats (Bb and Eb). It consists of eight staves of music with lyrics underneath. Chord symbols are placed above the notes. The lyrics are: "Three poi - sons, three poi - sons have we _____ Loo - ney tunes that the un - i - verse sent us, _____ they creep up from be - hind and tor - ment us, _____ three poi - sons, three poi - sons have we! _____ Now the stick - i - est poi - son is greed (la la la), makes you store a lot more than you need (la la la), just like Win - nie the Pooh and his hon - ey, _____ that's how some peo - ple are a - bout mon - ey. _____ It's so hard to re - lax and en - joy friends, _____ when you're al - ways out hun - ting for boy - friends, _____ no you'll ne - ver be calm and se - rene _____ with greed al - ways steal - ing the scene! _____ we! _____".

B \flat F aug B \flat F aug B \flat

Three poi - sons, three poi - sons have we _____ Loo - ney tunes that the

6 B \flat dim F7

un - i - verse sent us, _____ they creep up from be - hind and tor - ment us, _____

12 * B \flat B \flat

three poi - sons, three poi - sons have we! _____ Now the stick - i - est

18 F aug B \flat F aug B \flat F dim F7

poi - son is greed (la la la), makes you store a lot more than you need (la la

24

la), just like Win - nie the Pooh and his hon - ey, _____ that's how some peo - ple

30 B \flat F7 B \flat F aug B \flat F aug

are a - bout mon - ey. _____ It's so hard to re - lax and en - joy friends, _____ when you're

37 B \flat 7 E \flat C7 B \flat dim B \flat

al - ways out hun - ting for boy - friends, _____ no you'll ne - ver be calm and se - rene _____

44 G7 C7 F7 B \flat F aug * Final Chorus ending

_____ with greed al - ways steal - ing the scene! _____ we! _____

Three Poisons

Verse 2 Rhythm:

51 B♭ F aug B♭ F aug

Now the ick - i - est pois-son is an - ger (la la), just one

56 B♭ F dim F 7

pang and clang - clang goes your clang - er (la la), just like...

Verse 3 Rhythm:

60 B♭ F aug B♭ F aug

Now the trick - i - est poi-son's de - lu - sion (la), it's the

65 B♭ F dim F 7

source of all fear and con - fu - sion (la), while the...

THREE POISONS

CHORUS

Three poisons, three poisons have we
Looney-tunes that the universe sent us
They creep up from behind and torment us
Three poisons, three poisons have we

Now the stickiest poison is greed (la-la-la)
Makes you store a lot more than you need (la-la-la)
Just like Winnie-the-Pooh and his honey
That's how some people are about money
It's so hard to relax and enjoy friends
When you're always out hunting for boyfriends
No, you'll never be calm and serene
With greed always stealing the scene (CHORUS)

Now the ickiest poison is anger (la-la)
Just one pang and clang-clang goes your clang (la-la)
Any slight might excite your six senses
And trigger your ego's defenses
Melodrama makes living eventful
That's the payoff for staying resentful
But you'll never be merry or jolly
With anger controlling your trolley (CHORUS)

Now the trickiest poison's delusion (la)
It's the source of all fear and confusion (la)
While the past and the future you're shaping
Your life of this moment's escaping
If in deep meditation you cloister
You'll perceive that the world is your oyster
But you'll always feel separate and shrimpy
With delusion inflating your blimp (CHORUS)

Truckin' on the Eightfold Path

Swing ♩ = ♩³♩

Nathaniel Needle

C G9(#5) C G9(#5) C G7

Now all my friends have been con - cerned a - bout me — They've been no - ti - cin' my

4 C G dim G7 C C dim B7

tran - quil - i - ty — the light in my eyes — is quite a sur - prise, they won - der if I'm loo - ny — or

8 G7 Gaug C G9(#5) C G9(#5)

may - be worse, a moo - nie — I re - as - sure 'em I'm not wai - tin' for some life af - ter death I ain't

12 C G7 C G dim G7 C C dim

sac - ri - fic - in' an - i - mals, or chan - nel - ing Seth, but when I say I med - i - tate, ob - ser - vin' my breath, and

16 B7 G7 Gaug

tell 'em I'm a Bud - dhist — you'd think I just said "Nu - dist!" So here's a

19 C A7 D7 G7

sim - ple way to say with - out pro - vo - kin' your wrath, that I'm truck - in' on the Eight - fold Path!

23 G7

Num - ber one is Right	View	Num - ber two is Right In -
------------------------	------	-----------------------------

Keep truck - in' on the Eight - fold — Path —

Truckin' on the Eightfold Path

26 C G7

ten - tion Num - ber three is Right Speech

Keep truck-in' on the Eight - fold Path Keep truck-in' on the

29 C

Num - ber four is Right Ac - tion Num - ber Five is Right

Eight - fold Path Keep truck-in' on the Eight - fold Path

32 B7 C A \flat

Live - li - hood Num - ber six is Right Ef - fort Right

Keep truck-in' on the Eight - fold Path Keep truck-in' on the Eight - fold Path

36 C A7 D7 G7

Mind - ful - ness, Right Con - cen - tra - tion and you're truck-in' on the Eight - fold

truck-in' on the Eight - fold

39 C G7

Path, first you let a big - ger view in, keep your lit - tle thoughts from

Path Keep truck-in' on the Eight - fold Path

Truckin' on the Eightfold Path

42 C B7

stray - in' _____ pay at - ten - tion what - cha do - in' _____

Keep truck - in' on the Eight - fold _____ Path _____ Keep truck - in' on the

45 C

start a - watch - in' what - 'cha say - in' _____

Eight - fold _____ Path _____ Keep truck - in' on the Eight - fold _____ Path _____

Now if it's mor - al where you're

48 B7 C

wor - kin', _____ and you keep your in - ner per - co -

Keep truck - in' on the Eight - fold _____ Path keep your in - ner per - co -

51 Ab9 C A7

la - tor perk - in', add some mind - ful - ness and con - cen - tra - tion in - to that bath _____ and you're

la - tor perk - in'

54 D7 G7 C C

truck - in' on the Eight - fold _____ Path

truck - in' on the Eight - fold _____ Path

Now I used to get de - ressed from read - ing
*Ev - en cow - girls with the blues from read - ing

Truckin' on the Eightfold Path

58

Syl - vi - a Plath__ but now I'm truck - in' on the Eight - fold__ Path
 Syl - vi - a Plath__ are now__ truck - in' on the Eight - fold__ Path`

TRUCKIN' ON THE EIGHTFOLD PATH

Now all my friends have been concerned about me
 They've been noticin' my tranquility
 The light in my eyes, is quite a surprise
 They wonder if I'm loony
 Or maybe worse, a Moonie
 I reassure 'em I'm not waitin' for some life after death
 I ain't sacrificin' animals or channelin' Seth
 But when I say I meditate observin' my breath
 And tell 'em I'm a Buddhist
 You'd think I'd just said "nudist"
 So here's a simple way ot say without provokin' your wrath
 That I'm truckin' on the Eightfold Path

CHORUS

Number one is right view
 Number two is right intention
 Number three is right speech
 Number four is right action
 Number five is right livelihood
 Number six is right effort
 Right Mindfulness, Right Concentration
 And you're truckin' on the eightfold path
 First you let a bigger view in
 Keep your little thoughts from strayin'
 Pay attention watcha doin'
 And start a-watchin' watcha sayin'
 Now if it's moral where you're workin'
 And you keep your inner percolator perkin'
 Add some mindfulness and concentration into the bath
 And you're truckin' on the eightfold path

Now my relations have been caught off their guards
 'Cause I've been nice to 'em, like sendin' 'em cards
 They can tell on the phone, there's someboyd home
 My ability to focus,
 To them is hocus-pocus
 I reassure 'em my reluctance to ignore or insult
 Ain't no weird initiation rite for some hippie cult
 I say, "Don't worry 'bout the reason, mom, enjoy the result!"
 I don't dig evangelizin',
 Not big on proselytizin'
 So here's a simple way to say with rudimentary math
 That I'm truckin' on the Eightfold Path (CHORUS)

Under That Bodhi Tree

Nathaniel Needle

Lively swing $\text{♪♪} = \text{♪}^{\text{3}} \text{♪}$

C F C F C F G C F

There's old Bud - dha, sit-tin' un-der that

C C F

Bod-hi Tree (Bod-hi Tree) There's old Bud - dha, mind as qui-et as

C F C

it can be (it can be) Sit - tin' like a wise old frog (frog)

F C F C

Sit - tin' like a lump on a log (log) Sit - tin' witha smile on his face (face)

F C F C F C

Sit - tin' like em - pty space Does-n't mind rain Does-n't mind thun - der

G7 C G (spoken)*

What could bo - ther old Bud - dha I won - der? Ice cream?

C7 F C

He was - n't bo-thered by ICE CREAM, he was - n't bo-thered by ICE CREAM.

Under That Bodhi Tree

31 G7 C7

— He let old ICE CREAM just float on by!

35 F C

— He was - n't bo-thered by ICE CREAM, he was - n't bo-thered by ICE CREAM.

39 G7 C *repeat with different "distractions"

— He let old ICE CREAM just float on by!

UNDER THAT BODHI TREE

There's old Buddha, sittin' under that Bodhi Tree (Bodhi Tree)
 There's old Buddha, mind as quiet as it can be (it can be)
 Sittin' like a wise old frog (frog), sittin' like a lump on a log (log)
 Sittin' with a smile on his face (face), sittin' like empty space
 Doesn't mind rain, doesn't mind thunder
 What could bother old Buddha I wonder?

Ice cream?

He wasn't bothered by ice cream
 He wasn't bothered by ice cream
 He let old ice cream, just float on by (repeat)

[Repeat song using other distractions in place of "ice cream"]