

CHANTS

Chant #1

Be still * relax, pay attention * let everything be * let everything go *
Be still * relax, pay attention * let everything be * let everything go *
Be still * relax, pay attention * let everything be * let everything go *

Chant #2

Sitting still * relaxing deeply * alert and awake *
I let everything be * exactly as it is *
With no problem * no expectation * and no struggle *
I meditate with infinite patience.
With nothing to do * nothing to change * nothing to achieve *
Free * from identification * with the arising of thought *
I simply rest * as Consciousness itself *

Chant #3

Sitting still * relaxing deeply * alert and awake *
Let everything be * as it already is *
With no problem * no expectation * and no struggle *
Let everything *be as it already is *
With nothing to do * nothing to change * nothing to achieve *
Free* from identification*with the arising of thought *

Let everything be as it already is *

Chant #4

I rest *

I rest in the truth of who I am *

Thoughts arise * I rest *

Sensations arise * I rest *

Fear arises * I rest *

Bliss arises * I rest *

I rest in the truth of who I am *

With nothing to do * Nothing to prove * Nothing to change *

I simply rest in the truth of who I am *

Chant #5 -

The fire of my heart must burn brightly *

That fire * will give me all the energy * intention *

and strength of character * to bear with * understand *

and ultimately see through * my own mind *

That fire * will be my meditation *

And In that fire * my ignorance * which is all my wrong ideas * will burn *

Chant #6

Risk is commitment to Living Life *

Leaning forward*

Slightly off balance *

At all times * In all places *

Through all circumstances

Chant #7

First half hour chant:

To be free mean * to have nothing *

To be free means * to know nothing *

To be free means * to be no one *

Second Half chant:

To be free means * to face everything *

To be free means * to avoid nothing *

Chant #8

Meditation takes us back to zero, and creates the space for the ever new beginning that is the essence of enlightened awareness.

Time and time again, we have to let everything go until there is no question that whatever life confronts us with, we will respond before thought, from the very best part of ourselves from our Authentic Self, the Evolutionary Impulse, that infinite possibility that burst out of nothingness and became the whole universe.

Chant #9

"In letting go, we discover that which was never bound.
In meditation, we discover an infinite reservoir of Being.
In dissolution, we discover a higher order of relatedness.
May our noble effort give us strength and wisdom,
May our noble effort be of benefit to the cosmos and all within it

Chant #10

"In meditation, become porous to the Mystery,
to the always unknown and unknowable. »

Chant #11

In letting go, we discover that which was never bound, which has no limits,
no separation, no defilements, no malice.
In meditation, we discover an infinite reservoir, through which a way of
harmony and compassion is revealed.
In dissolution, we discover a higher order of connectedness with all of the
cosmos, with its currents, elements, and beings.
May our noble effort give us strength and wisdom,
May our noble effort be of benefit to the cosmos and all within it.

Chant #12

"I offer gratitude for the safety and well-being I have been given.

I offer gratitude for the blessing of this earth I have been given.

I offer gratitude for the measure of health I have been given.

I offer gratitude for the family and friends I have been given.

I offer gratitude for the community I have been given.

I offer gratitude for the teachings and lessons I have been given

I offer gratitude for the life I have been given."

Chant #13 - Chant at the finish of the day

We must be ready to face and accept the consequences
of taking a stand in the Absolute.

We must be firmly rooted in this.

Be like a strong tree that can't be moved

Be like a strong tree that can't be moved.

Chant #14 - Saint James of the Cross

To reach satisfaction in all *

desire its possession * in nothing, *

To come to the knowledge of all *

desire the knowledge * of nothing. *

To come to possess all *
desire the possession * of nothing.*
To arrive at being all*
desire to be nothing.*