

Songs in the Key of Practice

1. I have arrived

I have arrived, I am home,
In the here and in the now (2x)
I am solid, I am free (2x)
In the ultimate, I dwell (2x)

2. Breathing In, Breathing Out

Breathing in, breathing out (2x)
I am blooming as a flower,
I am fresh as the dew,
I am solid as a mountain,
I am firm as the Earth.
I am free.
Breathing in, breathing out (2x)
I am water reflecting
what is real, what is true
And I feel there is space
deep inside of me
I am free, I am free, I am free.

3. Happiness

Happiness is here and now
I have dropped my worries
Nowhere to go, nothing to do
No longer in a hurry
Happiness is here and now
I have dropped my worries
Somewhere to go, something to do
But I don't need to hurry.

4. In, out, deep, slow

In, out, deep, slow,
Calm, ease, smile, release,
Present moment,
wonderful moment.

5. Walking Meditation Gatha

The mind can go in a thousand
directions
But on this lovely path, I walk in peace
With each step a gentle wind blows
With each step a flower blooms.

6. The Island Within

Breathing in, I go back to the island
within myself,
There are beautiful trees within the
island.
There are clear streams of water,
There are birds, sunshine, and fresh
air,
Breathing out, I feel safe,
I enjoy going back to my island.

7. Please Call Me by My True Names

My joy's like spring, so warm.
It makes flowers bloom all over the
Earth.
My pain's like a river of tears,
So vast it fills the four oceans.
Please call me by my true names,
So I can hear all my cries and laughter
at once,
So I can see that my joy and pain are
one.
Please call me by my true names,
So that I can wake up.
And the door of my heart could be left
open.
(The door of compassion.)

8. Being an island

Being an island unto myself
As an island unto myself.
Buddha is my mindfulness
Shining near, shining far.
Dharma is my breathing
Guarding body and mind.
I am free.
Being an island unto myself
As an island unto myself.
Sangha is my five skandhas
Working in harmony.
Taking refuge in myself
Coming back to myself.
I am free, I am free, I am free.

9. Here is the pure land

Here is the pure land, the pure land is
here
I smile in mindfulness
And dwell in the present moment
The Buddha is seen in an autumn leaf
The Dharma is a floating cloud
The Sangha body is everywhere
My true home is right here.
Breathing in, flowers are blooming,
Breathing out, I am aware that
Bamboos are swaying, my mind is free
And I enjoy every moment.

10. Arrived

Arrived, arrived,
At home, I am at home,
Dwelling in the here, and dwelling in
the now,
Solid as a mountain, free as a white
cloud,
The door to no birth and no death is
open, free and unshakable.

11. The river is flowing

The river is flowing, flowing and
growing,
The river is flowing, back to the sea.
Mother Earth carry me, your child I
will always be,
Mother Earth carry me back to the sea.
The Moon she is waiting, waxing and
waning,
The Moon she is waiting for us to be
free.
Sister Moon watch over me, your child
I will always be,
Sister Moon watch over me, until we
are free.

12. We're all moving

We're all moving
On a journey to nowhere
Taking it easy, taking it slow.
No more worries, no need to hurry
Nothing to carry, let it all go.

13. May the road

May the road rise with you
May the wind be always at your back
May the sun shine warm upon you
face
May the rain fall soft upon your face
And until we meet again
May love hold you
In the hollow of her hand.

14. We Are All the Leaves of One Tree

We are all the leaves of one tree (x)
*The time has come for all to live a:
one,*
We are all the leaves of one tree.
We are all the waves of one sea (x2)
*The time has come for all to live a:
one,*
We are all the waves of one sea.
We are all the stars of one sky (x2)
*The time has come for all to live a:
one,*
We are all the stars of one sky.
We are all the leaves of one tree,
We are all the waves of one sea,
*The time has come for all to live a:
one,*
We are all the stars of one sky.

15. I Like the Roses

I like the roses,
I like the daffodils,
I like the mountains,
I like the rolling hills,
I like the twinkling stars,
when the sun goes down,
Doo bi di doo bi di doo...

16. I love Nature

I love nature, nature is cool
The forest is my classroom
The Earth is my school
Trees are my teachers
Animals are my friends
And on this school all life depends

17. I am a Cloud

I am a cloud, I am the blue sky,
I am a bird spreading out its wings,
I am a flower, I am the sunshine,
I am the earth, receiving a seed.
And I am free, when my heart is open,
Yes I am free, when my mind is clear.
Oh dear brother, Oh dear sister,
Let's walk together, mindfully.
(Let's walk together, joyfully).

18. Standing like a tree

Standing like a tree with my roots dug
down,
My branches wide and open,
Come down the rain,
Come down the sun,
Come down the fruit to a heart that is
open to be
Standing like a tree...

19. Breathe and you know

Breathe and you know that you are
alive,
Breathe and you know that all is
helping you.
Breathe and you know that you are the
world,
Breathe and you know that the flower
is breathing too.

Breathe for yourself and you
breathe for the world,
Breathe in compassion and breathe
out joy.
Breathe and be one with the air that
you breathe,
Breathe and be one with the river that
flows.
Breathe and be one with the earth that
you tread,
Breathe and be one with the fire that
glows.

Breathe and you break the thought
of birth and death,
Breathe and you see impermanence
is life.

Breathe for your joy to be steady and
calm,
Breathe for your sorrow to flow away.
Breathe to renew every cell in your
blood,
Breathe to renew the depth of
consciousness.

Breathe and you dwell in the here
and now,
Breathe and all you touch is new
and real.

20. The mind is a clear blue sky

The mind is a clear blue sky (x2)
Clouds come, clouds go
But the mind is a clear blue sky.
[feelings, thoughts, ...]

21. In gratitude

Chorus:
In gratitude, you have watered
seeds
Of love in me in gratitude.
In gratitude, I will water seeds
Of love in someone too.

I know you're there for me and I am so
happy.
Chorus...
And if you suffer some, please call and
I will come.
Chorus...

22. Stepping Slowly

Stepping slowly, soft through the
leaves and fallen needles.
Shining, gleaming, pearls on the
thread of my breathing.
Listening, follow the path through the
trees.

23. Now I walk in beauty

Now I walk in beauty
Beauty is before me,
beauty is behind me,
Above and below me.

24. The two promises

I vow to develop understanding,
In order to live peacefully with people,
Animals, plants and minerals (x2)
Mmmm ahh, Mmm ahh, Mmm ahh
I vow to develop my compassion,
In order to protect the lives of people,
Animals, plants and minerals (x2)
Mmmm ahh, Mmm ahh, Mmm ahh

25. No Discrimination

The sun, it shines on everyone. (2x)
No discrimination, no discrimination.
The rain, it falls on everyone. (2x)
No discrimination, no discrimination.
My heart, belongs to everyone. (2x)
No discrimination, no discrimination.

26. And when I rise

And when I rise, let me rise like a bird,
joyfully,
And when I fall, let me fall like a leaf,
gracefully, without regrets,
(And when I sit, let me sit like a
mountain, solidly,
And when I lay, let me lay like a lake,
calm and still, reflecting all,
And when I work, let me work like a
bee, lazily,
And when I play, let me play like the
rays, of the sun, rejoicingly,
And when I ..., let me ...)

27. Take Your Time

Take your time breathing in,
breathing out,
Look deeply as you say, "This is me".
You and your breath, you and the air
As hummingbird and flower have
always been together.
Take gentle steps, feel the ground, curl
your toes,
Is there a line between you and this
path?
You and your step, you and the Earth
As butterfly and blossom have never
been apart.

28. Mother earth

Mother earth is a great big ship that
are sailing on, (sailing on)
Sailing on through space and time.
(space and time)
Touch the earth, feel your worth,
awaken to this new rebirth
Know your heart and open up the
divine, (up the divine)

29. Gatha for planting a tree

I entrust myself, I entrust myself
To the earth, to the earth
And she entrusts herself to me.
[Buddha, Dharma, Sangha, ...]

30. Lighting this candle

Lighting this candle
Offering light to countless Buddhas
The peace and joy I feel
Brightens the face of the earth.

31. Sweeping Gatha

As I carefully sweep the ground of
enlightenment,
A tree of understanding, springs up
from the earth.

32. Your joy is my joy

Whatever illumines your path I will
consider as my friend
There are no enemies, no barriers
the heart
There is only wishing you well.
Your joy is my joy, my joy is your
Your joy is my joy, for sure. (x2)
This is the song in my heart, sing
along, sing along
This is the song in my heart, sing
along.

33. Dear friends

Dear friends, dear friends,
let me tell you how I feel,
You have given me such treasure
I love you so.

34. No Coming, No Going

No coming, no going,
 No after, no before,
 I hold you close to me
 I release you to be so free
 Because I am in you
 and you are in me (2x).

35. Good Morning Song

Buenos dias, buenos dias
 Good morning, good morning
 Xin chào, xin chào
 Buongiorno, bonjour

36. Thank you

Thank you for letting me fly, high, high
 above the sky.
 Thank you for letting me smile, smile,
 smile throughout day and night.
 Thank you for letting me cry, the tears
 from deep down inside.
 Thank you for being my light, a
 guardian angel by my side.
 Thank you for opening my eyes, and
 making the world so bright.

37. I take refuge

I take refuge in the Buddha,
 The one who shows me the way in this
 life.
 Namó Buddhaya (x3).
 I take refuge in the Dharma,
 The way of understanding and of love.
 Namó Dharmaya (x3).
 I take refuge in the Sangha,
 The community that lives in mindful
 harmony
 Namó Sanghaya (x3).

38. Whenever I wake up

Whenever I wake up, I feel happy.
 Aware of my eyes, I feel happy.
 Aware of my health, I feel happy,
 Because I have learned to look
 deeply.

39. Watering Seeds of Joy

My mother, my father they are in me,
 And when I look I see myself in them.
 The Buddha, the patriarchs they are in
 me,
 And when I look I see myself in them.
 I am a continuation of my mother and
 my father,
 I am a continuation of all my blood
 ancestors.
 It is my aspiration to preserve and
 continue to nourish,
 Seeds of goodness, seeds of skill, seeds
 of happiness which I have inherited.
 It is also my desire to recognize the
 seeds of fear and suffering I have
 inherited
 And bit by bit, to transform them,
 transform them.
 I am a continuation of the Buddha,
 and the patriarchs,
 I am a continuation of all my spiritual
 teachers.
 It is my deep aspiration to preserve,
 develop, and nourish,
 Seeds of understanding, seeds of love,
 seeds of freedom which they have
 transmitted to me.
 In my daily life I also want to sow
 Seeds of love and compassion
 In my own consciousness
 And in the hearts of other people.
 I am determined not to water the seeds
 Of craving, aversion and violence in
 me.
 I am determined not to water the seeds
 Of craving, aversion and violence in
 others.
 With resolve and with compassion
 I give rise to this aspiration:
 May my practice be an offering of the
 heart.
 May my practice be an offering of the
 heart.

40. Alone again

Alone again, I'll go on
 with bent head, but knowing...
 the immortality of love,
 And on the long rough road
 Both sun and moon will shine.
 Promise me, promise me this day
 While the sun is just overhead
 Even as they strike you down
 With a mountain of hate and violence
 Remember brother man is not our
 enemy.
 Just your pity, just your love,
 invincible, limitless.
 Hatred will never let you face the beast
 in man,
 And one day when you face this beast
 alone,
 Your courage intact, your eyes kind,
 Out of your smile will bloom a flower
 And those who love you will behold
 you
 Across ten thousand worlds of dying,
 of dying and birth.
 Alone again, I'll go on
 with bent head, but knowing...
 the immortality of love,
 And on the long rough road
 Both sun and moon will shine
 lighting my way.
 Ooh ooh ooh

41. You are a Buddha

You are a Buddha, and you are in my
 heart,
 You are a part of me, you are a
 Buddha.
 You are the Dharma, and you are in
 my heart,
 You are a part of me, you are the
 Dharma.
 You are the Sangha, and you are in my
 heart,
 You are a part of me, you are the
 Sangha.
 You are so beautiful, and you are in my
 heart,

You are a part of me, you are so
 beautiful.

42. Breathing In, Breathing O

I'm breathing in
 I'm breathing out
 My breath goes deep
 My breath goes slow
 Calming, easing
 Smiling to life
 Oh life! It's so wonderful (x2)
 In the present moment.

43. Let the Buddha Breathe

Let the Buddha breathe
 Let the Buddha walk
 I don't have to breathe
 I don't have to walk
 The Buddha is breathing
 The Buddha is walking
 I enjoy the breathing
 I enjoy the walking
 Buddha is the breathing
 Buddha is the walking
 I am the breathing
 I am the walking
 There is just the breathing
 There is just the walking
 There is no breather
 There is no walker
 Peace and joy while breathing
 Peace and joy while walking
 Peace and joy: the breathing
 Peace and joy: the walking
 Breathing, walking
 Sitting, smiling
 Working, playing
 Breathing, walking

44. You Are My Sangha

You are my Sangha
 My lovely Sangha
 You make me happy
 When skies are grey
 You'll never know, dears,
 How much I love you
 Please don't take my Sangha away.

45. We are the world

We are the world
 We are the children
 We are the ones who make a brighter day
 So let's start giving
 It's a choice we're making
 We're saving our own lives
 It's true we'll make a better day
 Just you and me ...

46. Hold Me

Brother my brother, hold me
 Carry me home and just let me be
 Show this breath and let us rest
 Ever and ever, hold me
 [Sister, Sangha]

47. Courage

Courage, Brother
 You are not alone
 We will walk with you
 And sing your spirit home
 [Sister, Father, Mother, Children]

48. Metta Meditation

May I be filled with loving kindness
 May I be well
 May I be peaceful and at ease
 May I be happy
 [You, We, All]

49. This little light of mine

This little light of mine
 I'm gonna let it shine (x3).
 Let it shine, let it shine, let it shine.
 [All around the world, ...]

50. I Can See Clearly Now

I can see clearly now the rain has gone
 I can see all obstacles in my way
 Gone're the dark clouds that had me blind
 It's gonna be a bright, (bright), bright,
 sun-shiny day
 It's gonna be a bright, (bright), bright,
 sun-shiny day

51. I Am Remembering

I am remembering, who I am (2x)
 I am remembering (2x)

52. Saint Francis' song

If you want to live life freely
 Take your time go slowly
 Do few things but do them well
 Heart felt work goes purely
 If you want your dreams to be
 Take your time, go slowly
 Small beginning greater end
 Simple work is holy
 Day by day, stone by stone,
 Build your secret slowly
 Day by day, stone by stone,
 You'll have heaven's glory.

53. The Rose (Amanda McBroom)

Some say love, it is a river
 That drowns the tender reed
 Some say love, it is a razor
 That leaves your soul to bleed
 Some say love, it is a hunger
 An endless, aching need
 I say love, it is a flower
 and you its only seed
 It's the heart afraid of breaking
 That never learns to dance
 It's the dream afraid of waking
 That never takes the chance
 It's the one who won't be taken
 Who cannot seem to give
 And the soul afraid of dying
 That never learns to live
 When the night has been too lonely
 And the road has been too long
 And you think that love is only
 For the lucky and the strong
 Just remember, in the winter
 Far beneath the bitter snows
 Lies the seed that with the sun's love
 In the spring becomes the rose.

54. Đã về đã tới

Đã về đã tới
 Bây giờ ở đây
 Vững chãi thành thoi
 Quay về nương tựa
 Nay tôi đã về
 Nay tôi đã tới
 An trú bây giờ
 An trú ở đây
 Vững chãi như núi xanh
 Thành thoi đường mây trắng
 Cửa vô sinh mở rồi
 Trạm nhiên và bất động

55. Hạnh phúc trong phút giây

Ta hạnh phúc liền giây phút này
 Lòng đã quyết dứt hết âu lo
 Không đi đâu nữa
 Có chi để làm
 Học buông thả sống không vội vàng
 Ta hạnh phúc liền giây phút này
 Lòng đã quyết dứt hết âu lo
 Thông dong khi bước
 Thành thoi lúc làm
 Lòng thanh thân sống trong nhẹ nhàng.

56. Vào, ra, sâu, chậm

Vào, ra, sâu, chậm
 Khoẻ, nhẹ, lặng cười
 Hiện tại tuyệt vời

57. Quay về nương tựa

Quay về nương tựa hải đảo tự thân
 Chánh niệm là Bụt soi sáng xa gần
 Hơi thở là Pháp, bảo hộ thân tâm
 Năm uẩn là Tăng, phối hợp tinh cần
 Thở vào, thở ra
 Là hoa tươi mát, là núi vững vàng,
 Nước tinh lặng chiếu, không gian
 thanh thang.

58. Đây là tịnh độ

Đây là tịnh độ, tịnh độ là đây
 Mỉm cười chánh niệm, an trú hôm nay
 Bụt là lá chín, pháp là mây bay
 Tăng thân khắp chốn
 Quê hương nơi này
 Thở vào hoa nở, thở ra trúc lay
 Tâm không ràng buộc
 Tiêu giao tháng ngày.

59. Không đi đâu

Không đi đâu cũng không cần đến
 Không trước cũng không sau
 Cầm tay nhau, đứng bên nhau
 Rồi chia tay, bước cho thành thoi
 Cũng bởi vì, chúng ta đã có nhau r
 lâu
 Cũng bởi vì, chúng ta sẽ có nhau h
 mãi sau.

60. Thở vào thở ra

Thở vào thở ra
 Là hoa tươi mát
 Là núi vững vàng
 Nước tinh lặng chiếu
 Không gian thanh thang.

61. Lời qua tiếng lại

Lời qua (mà) tiếng lại
 Giải quyết chi mô, sao không dừng
 kéo hồ thêm sâu.
 Lời qua mà tiếng lại,
 Đưa ta tới đâu, sao không dừng lại
 Thở nhẹ và sâu.
 Lời qua mà tiếng lại,
 Đưa ta đến đâu,
 Sao Không thở nhẹ,
 Mỉm cười nhìn nhau.

62. Nụ cười cho đời

Nụ cười ta trao cho nhau
Là đôi cánh trắng
thần tiên nhiệm màu
Nụ cười ta trao cho nhau
Là muôn thế giới
Bầu trời, đám mây
Cười, cười đi em
Vì cuộc đời là đóa hoa trăm sắc
Hạnh phúc bây giờ
Chỉ bấy nhiêu thôi.
Cười, cười đi em
Vì cuộc đời là dòng suối xanh
Mát trong
Soi chiếu ngàn sao
Nơi trái tim em.

63. Hiểu và thương

Anh em ta từ bốn phương trời
Chị em ta từ khắp Năm Châu
Không phân biệt màu da tôn giáo
Cùng về đây xây đắp yêu thương
Hiểu và thương (x2)
Có hiểu mới có thương
Hiểu càng sâu thương càng rộng
Hiểu càng rộng thương càng sâu
Hiểu sâu thương lớn
Hiểu và thương (x2)

64. Tiếng chuông chùa cổ

Boong... boong... Tôi là chuông đại
hồng, ngôi chùa xưa trên đỉnh núi
Boong... boong... Tôi khua vang mở
đầu cho một bình minh mới
Boong... boong... Nghe tiếng tôi, xin
người nở nụ cười
Boong... boong... Nghe tiếng tôi, xin
người đem mắt thương nhìn cuộc đời.
Boong... boong... Thở vào, tâm người
tĩnh lặng
Boong... boong... Thở ra, miệng người
mím cười
Boong... boong... Người trở về phút
giây hiện tại
Boong... boong... Người an trú phút
giây tuyệt vời.
Ba nghiệp lắng thanh tịnh
Gởi lòng theo tiếng chuông
Nguyện người nghe tinh thức
Vượt thoát nẻo đau buồn.

65. Amigos Amigas

Amigos amigas
Quiero decirte como me siento
Vuestra amistad es un tesoro
Les amo tanto

66. Sin Venir Sin Partir

Sin venir y sin partir
Ni antes ni después
Te abrazo fuertemente
Y luego te dejo ir
Yo se que estoy en ti
Y tu estás en mí (bis)

67. Inspirando, Espirando

Inspirando, espirando
Inspirando, espirando
Yo florezco como una rosa
Y soy fresca como el rocío
Yo soy solido como la montaña
Y tan firme como la tierra
Yo soy libre
Inspirando, espirando
Inspirando, espirando
Soy el agua que refleja
Lo que es bello y verdadero
Y yo siento que hay espacio
Muy adentro de mí
Libertad, libertad, libertad

68. Por Favor Llamame Por Mi Verdadero Nombre

Mi alegría como la primavera
Hace brotar las flores por toda la tierra
Mi dolor como un rio de lágrimas
Tan grande que llena los oceanos
Y llamame por mis nombres
Para poder tu risa y llanto escuchar
Y saber que tu gozo y mi dolor unidos
van
Y llamame por mis nombres
Para poder despertar
Y dejar abierta
La puerta de mi corazón

69. Siente La Felicidad

Siente la felicidad
Aleja los problemas
Nada que hacer, ni adonde ir
No vayas tan de prisa
Mira la felicidad
Está aquí y ahora
Adonde vayas y lo que hagas
Nunca mas con prisa

70. Siente La Felicidad (ver. 2

Que feliz estoy ahora
He dejado mis tristezas
Nada que hacer ni adonde ir
Ya no voy de prisa
Que feliz estoy ahora
He dejado mis angustias
Algo que hacer y adonde ir
Pero ya no hay mas prisas

71. Ya Estoy En Casa (versión francesa)

Estoy en casa, he arribado
No hay mas que aquí y este momento
Tan estable y tan libre
En la Tierra Pura estoy

72. He Llegado Estoy En Casa (versión inglesa)

Yo he llegado, estoy en casa
En el aquí y en el ahora (bis)
Yo soy sólido, yo soy libre
Yo soy sólido, yo soy libre
En la Tierra Pura estoy

73. Que Será

Con mis amigos estamos practican
Y hay otros que pronto empezaran
El pasado ya no existe
El futuro llegará
Solamente el presente es real
Que será que será que será
Que será de mi vida que será
El pasado ya no existe
El futuro llegará
Todos juntos hoy podemos practicar

74. Caminemos Juntos

Soy una nube soy el cielo azul
Soy un pájaro abriendo sus alas
Soy una flor y la luz del sol
Yo soy la tierra que recibe semillas
Y estoy libre cuando mi corazón se abre
Sí, yo soy libre cuando mi mente es clara
Oh, querido hermano, ¡Oh querida hermana
Caminemos juntos, con plena conciencia

75. Gracias A La Vida (Violeta Parra)

Gracias la vida que me ha dado tanto
Me dio dos luceros que cuando los abro
Perfecto distingo lo negro del blanco
Y en el alto cielo su fondo estrellado
Y en las multitudes al ser que yo que amo.

Gracias a la vida que me ha dado tanto.

Me ha dado el oído que en todo su ancho
Graba noche y día grillos y canarios,
Martillos, turbinas, ladridos,
chubascos,
Y la voz tan tierna de mi bien amado.

Gracias a la vida que me ha dado tanto.

Me ha dado el sonido y el abecedario,
Con él las palabras que pienso y declaro:

Madre, amigo, hermano, y luz
alumbrando

La ruta del alma del que estoy amando.

Gracias a la vida que me ha dado tanto.

Me ha dado la marcha de mis pies cansados,

Con ellos anduve ciudades y charcos,
Playas y desiertos, montañas y llanos,
Y la casa tuya, tu calle y tu patio.

Gracias a la vida que me ha dado tanto.

Me dio el corazón que agita su marco
Cuando miro el fruto del cerebro humano,
Cuando miro el bueno tan lejos del malo,
Cuando miro el fondo de tus ojos claros.

Gracias a la vida que me ha dado tanto.

Me ha dado la risa y me ha dado el llanto.

Así yo distingo dicha de quebranto,
Los dos materiales que forman mi canto,

Y el canto de ustedes que es el mismo canto

Y el canto de todos, que es mi propio canto.

Gracias a la vida que me ha dado tanto.

76. Todo Cambia (Mercedes Sosa)

Cambia lo superficial
Cambia también lo profundo
Cambia el modo de pensar
Cambia todo en este mundo
Cambia el clima con los años
Cambia el pastor su rebaño
Y así como todo cambia
Que yo cambie no es extraño

Cambia el mas fino brillante
De mano en mano su brillo
Cambia el nido el pajarillo
Cambia el sentir un amante
Cambia el rumbo el caminante
Aunque esto le cause daño
Y así como todo cambia
Que yo cambie no es extraño

Cambia todo cambia
Cambia todo cambia
Cambia todo cambia
Cambia todo cambia

Cambia el sol en su carrera
Cuando la noche subsiste
Cambia la planta y se viste
De verde en la primavera
Cambia el pelaje la fiera
Cambia el cabello el anciano
Y así como todo cambia
Que yo cambie no es extraño
Pero no cambia mi amor
Por mas lejo que me encuentre
Ni el recuerdo ni el dolor
De mi pueblo y de mi gente

Lo que cambió ayer
Tendrá que cambiar mañana
Así como cambio yo
En esta tierra lejana

Cambia todo cambia
Cambia todo cambia

Cambia todo cambia
Cambia todo cambia

77. Yo Vengo A Ofrecer Mi Corazón (Fito Paez)

¿Quién dijo que todo está perdido?
Yo vengo a ofrecer mi corazón,
Tanta sangre que se llevó el río,
Yo vengo a ofrecer mi corazón.

No será tan fácil, ya sé qué pasa,
No será tan simple como pensaba,
Como abrir el pecho y sacar el alma
Una cuchillada del amor.

Luna de los pobres siempre abierta
Yo vengo a ofrecer mi corazón,
Como un documento inalterable
Yo vengo a ofrecer mi corazón.

Y uniré las puntas de un mismo lazo
Y me iré tranquilo, me iré despacio
Y te daré todo, y me darás algo,
Algo que me alivie un poco más.

Cuando no haya nadie cerca o lejoso
Yo vengo a ofrecer mi corazón.
Cuando los satélites no alcancen,
Yo vengo a ofrecer mi corazón.

Y hablo de países y de esperanzas,
Hablo por la vida, hablo por la nada
Hablo de cambiar ésta, nuestra casa
De cambiarla por cambiar, nomás.

¿Quién dijo que todo está perdido?
Yo vengo a ofrecer mi corazón.