

The following are the lyrics for the Laughing Buddha album. All lyrics by Kevin Griffin, except “Metta Nova” and “Refuge,” traditional Buddhist chants translated by the monastics of Amaravati and Cittaviveka Monasteries with the help of Ven. Dr. Saddhatissa & Maurice Walshe; “Enough” by Kevin Griffin and Wes Nisker.

LAUGHING BUDDHA

Laughing Buddha, Buddha laughing
Smiling Buddha, Buddha smiling
It’s all right, it’s all right, it’s all right, it’s all right
It’s all right

Where is the sunshine?
Where is the moonlight?
Can’t find the way home
Can know the unknown
It’s all right, it’s all right, it’s all right, it’s all right
It’s all right

(Spoken)
Well he’s got no hair and he’s got no car
And he’s got no money in the cookie jar
But he’s got a raft, and he’s got an oar
And he’s going to ride it to the other shore

Silent Buddha, Buddha Silent
Empty Buddha, Buddha Empty
It’s all right, it’s all right, it’s all right, it’s all right
It’s all right

Laughing, Laughing, Laughing Buddha

WAKE UP

Wake up, my darling
Don’t let the day just slip away
Wake up, my dear
Precious time cannot be saved
Now is the moment
That we’ve waited for

Now is the reason
That we both were born
It'll never come again
You'll never find this precious gem
So, come on, wake up, wake up
Wake up and being

Searching, searching
For the reason why
Searching, searching
Looking into my eyes
What do you see there,
Love is on the rise
Love is the reason
Love is the reason why
Wake up to the earth
To the sea, to the sky
To the fire that's burning
Burning to be alive

All the time we wasted
Wasted, wasted
All that we could have tasted
Tasted, tasted
Everyday amazes
Amazes, amazes
I just want you to look into my eyes
What do you see there?

KABIR SAYS

Adapted from "The Kabir Book" by Robert Bly

I've searched for you in the holy shrines
Down ancient temple halls
I've looked for you in auspicious signs,
And waited for you with my ear to the ground
But not a sound

I've sought you in vain rituals
I've pored over the sacred scrolls
With legs winding round my own neck
And crying out in the desert
But not a word

My friend listen to me
The one you seek is inside

I've sat cross legged so patiently
Through fasting and austerities
In silence I've listened for your name
I long only to see your face
But not a trace

I find no joy in the warm daylight
No comfort in these sleepless nights
There's just one thing will bring me rest
That is a meeting with the guest
And nothing less

My friend listen to me
The one you seek is inside

My friend listen inside
(Listen, listen)

METTA NOVA

From the Buddha's *Lovingkindness 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:

Chorus:

Radiating kindness over the entire world
Spreading upwards to the skies,
And downwards to the depths;
Outwards and unbounded,
Freed from hatred and ill-will.
One should sustain this recollection

Even as a father protects with his life
His child, his only child,
So with a boundless heart
Should one cherish every single living being

Chorus

Wishing: In gladness and in safety,
May all beings be at ease.
Whatever living beings there may be;
Whether they are weak or strong, omitting not a single one,
The great or the mighty, medium, short or small,
The seen and the unseen,
Those living near and far away,
Those born and to-be-born,
May all beings be at ease!

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

Chorus

I'M ALIVE

I forgot my problems
I can't remember my name
I forgot my worries
I can't remember my games

Now there's only breathing

Now there's nothing but smiles
Now I'm all through fighting

Now I'm alive

I forgot my enemies
I can't remember my pain
I forgot my judgments
I can't remember that rain

Now there's only sunshine
Now there's nothing but light
Now I've opened the window

Now I'm alive

Alive, live, live live, live
I'm alive. . .

I remember my heartbeat
I can remember my eyes
I'm not afraid of dying
I'm not afraid to cry

Now the river takes me
Now I'm on my way
Now there's nothing to hold me

Now I'm alive

AJAHN CHAH

Ajahn Chah he told me
You gotta let go
But I won't let go
Ajahn Chah he told me
You gotta let go
But I won't let go

I keep holding on, holding on,
holding on, holding on

Repeat

Well I went to the mountains And I went to the sea, oh
And I went where no one could talk to me, oh
I did everything that the Ajahn said, yeah
But the rock 'n roll keeps playin' in my head, yeah
(Play on)

Ajahn Chah he told me
You gotta let go
So I just let go
Ajahn Chah he told me
You gotta let go
So I just let go

I'm not holding on
Holding on, holding on
Anymore

Ajahn Chah
Ajahn Chah

Coda:

Well I went to the mountains And I went to the sea, oh
And I went where no one could talk to me, oh
I did everything that the Ajahn said, yeah
But the rock 'n roll keeps playin' in my head, yeah
The songs go on and they never cease
I'm only looking for some release
Can't turn it off can't turn it down
Gonna bury myself deep in the ground
Goin' down, goin' down, goin' down in the ground
In the ground, in the ground in the ground

VIPASSANA BLUES

You stumbled blindly
Through myriad lifetimes
Never knowing there was a way
To break the chains of suffering

And then one morning
You suddenly realized
The path was before you
Right before your eyes

You took the first step now
Intending intending
Toll late to turn back now
You're moving and moving
You just got to follow, follow through

Vipassana blues
The insight blues
The oversight blues
The who's you blues

You tell me you're seeking
A true awakening
Self realization
Well now, I think your time is a'wastin'

So you try to be a warrior
Wanting wanting
With death stalking right over your shoulder
Now stay with it, stay with it, stay with it, stay with it
Now let it go, and watch it go by

You're tryin' to open up your mind
And take a look at what's inside
But you better know
You might not like what you find

Vipassana blues...

You breath in, You breath out...
You can't wait to get out, Aw, thinkin' thinking, Judgin, judgin
Back to the breath and start all over again, When will it end
Moment to moment to moment....What are you experiencing right now
Right now, Right Now,ow, ow ..

REFUGE

Namo tassa, Bhagavato, Arahato, Samma-sambuddhassa
Namo tassa, Bhagavato, Arahato, Samma-sambuddhassa
Namo tassa, Bhagavato, Arahato, Samma-sambuddhassa

Buddham saranam gacchami (I take Refuge in the Buddha)
Dhammam saranam gacchami (I take Refuge in the Dharma)
Sangham saranam gacchami (I take Refuge in the Sangha)

I take Refuge in the Buddha (Buddham saranam gacchami)
I take Refuge in the Dharma (Dhammam saranam gacchami)
I take Refuge in the Sangha (Sangham saranam gacchami)

ENOUGH

By Kevin Griffin and Wes Nisker

Enough, enough, we got enough stuff x4

I got a SUV, DVD, HD-TV
Laptop, hiphop, diamond studded flip-flops
Prozac, Xanax, no-carb candy snacks
My cellphone ringtone's a symphony by Beethoven

Enough, etc

Video, stereo, vacation in Guantanamo
Microwave, electric shave, a thousand ways to help me save
Internet, virtual pets, a 90 inch TV set
Credit card, bodyguard, a hundred acre backyard

Enough, enough

WE GOT ENOUGH
To sink a ship
WE GOT ENOUGH
To make your backbone slip
WE GOT ENOUGH
Don't need anymore
WE GOT ENOUGH
We bought the whole store

Xbox, punk rocks, refrigerator that talks
iPod, hot rod, summer house on Cape Cod
Pokemon, Spiderman, drugs that make me Superman
Hot tub, back rub, pet Tibetan tiger cub

Enough, enough