

1. MIND HABITS

VERSE 1

Karma just means mind habit

Karma just means cause and effect

The cause and effects of mind habits

It is really a law of the universe cause and effect

No effect happens without a cause

So what is happening to me now is the results of
choices and actions

Which then become habits mind habits

PRECHORUS

JAH UP JAH DUK

self makes self gets

CHORUS

Mind habits

Cause and effect of mind habits

Self make self gets

What I make I get back again

Over and over again

VERSE 2

The laws of the universe that describe the cause and effect of material

Also govern the operations of our mind

Now most people don't see their karma

They don't see the cause and effect of their thinking and their attachment to their thinking

The actions that spring up in my life become my life

Become the shape and the content of my life

So we get this karma over and over and over again

And then the karma traps us

and then that becomes a prison

PRECHORUS

JAH UP JAH DUK

self makes self gets

CHORUS

Mind habits

Cause and effect of mind habits

Self make self gets

What I make I get back again

Over and over again

VERSE 3

Karma is a trap only if we are asleep

When we wake up we see the cause and effect of our minds

If we see our karma we can then make choices

To not follow those thoughts

Or continue to follow those thoughts

Because those thoughts become actions

And then the actions become our life karma

So what I make I get

PRECHORUS

JAH UP JAH DUK

self makes self gets

CHORUS

Mind habits

Cause and effect of mind habits

Self make self gets

What I make I get back again

Over and over again

2. DREAMING WITH EYES WIDE OPEN

INTRO

A dream is a thought

A dream is a thought

VERSE 1

Dreams are just thoughts but you have your eyes closed

So in our waking life we are also dreaming

Dreaming with our eyes wide open

Your identity is just an idea

that you carry around in your head

In your thinking

But most people don't believe that

PRECHORUS

They are dreaming with eyes wide open

CHORUS

What am I really in the midst of this thought traffic?

What am I in my half waking state?

What I really am is not what I think think think I am

It's what I am. HA!

VERSE 2

Thinking is coming thinking is going
But in our everyday life we stick to the thinking
We stick we enter and we become the thinking
The same way someone in a dream
Never feels an outside to the dream
The dream is the world the dream is complete
A thought is the same thing
Dreams are just thoughts

PRECHORUS

We are dreaming with eyes wide open

CHORUS

What am I really in the midst of this thought traffic?
What am I in my half waking state?
What I really am is not what I think think think I am
It's what I am. HA!.

BREAK

A dream is a thought
A dream is a thought
A dream is a thought

VERSE 3

Experiences based on thinking create separation

Separated from the reality of others

True waking up Once that happens it's forever

When you wake up you will wake up forever

Awakening is a break but it is a break into reality

Into this completely unborn now

PRECHORUS

Just seeing with eyes wide open

CHORUS

What am I really in the midst of this thought traffic?

What am I in my half waking state?

What I really am is not what I think think think I am

It's what I am. HA!

3. IS THIS NORWAY?

VERSE 1

beautiful clear moment

moment is infinite

it's actually infinite

Moment has no limit lines borders edges

space is always the same length

which means it is infinite

POP

PRECHORUS/ CHORUS 1

Moment

It's the same always and everywhere

Just like some of you think that you are in countries with
the name called Greece

Someone thinks they are in a country called Norway

ASK THE CAT IF THIS IS NORWAY

ASK THE DOG IF THAT'S REALLY GREECE

VERSE 2

always everywhere moment

for purposes of human behaviour we say a moment

thats just a concept about time

that's just the mental need to describe an experience

to containerise it to CONTAINERISE IT
so that it can be absorbed into the THIS
POP

PRECHORUS/ CHORUS 2

Moment

It's the same always and everywhere

Just like some of you think that you are in countries with
the name called Greece

Someone thinks they are in a country called Norway

ASK THE CAT IF THIS IS NORWAY

ASK THE DOG IF THAT'S REALLY GREECE

BREAK

Infinite dog is infinite cat

there is no country outside of now

Is this Norway?

VERSE 3

infinite vast moment

one moment is not longer than another

its the same moment its the same moment

infinite time infinite space means moment

its the same vast space

which means it is infinite

POP

PRECHORUS/ CHORUS 3

Moment

It's the same always and everywhere

Just like some of you think that you are in countries with
the name called Greece

Someone thinks they are in a country called Norway

ASK THE CAT IF THIS IS NORWAY

ASK THE DOG IF THAT'S REALLY GREECE

ASK THE CAT IF THIS IS NORWAY

ASK THE DOG IF THAT'S REALLY GREECE etc.....

4. THIS INFINITY OF NOW

VERSE 1

the thinking mind

clenching / contracting / noise

This is the activity of the thinking mind

The thinking mind

We're clenching, clenching, contracting

Around some issues, some problems, some sufferings

Some remainders, some memories, some plans, some fears

That we accepted as - uh -

like the sound of the birds outside

It's just there

Cos we don't even realise we are doing it anymore

It is just how we live

but I don't want to live like that

CHORUS 1

Look at that

Look at this extraordinarily beautiful opportunity we have

Just BEING

Liberation right where you are

It can be just what you are

this is reality

When you really return to this POP

Space

Which has so much possibility

Clarity and there's purity and there is stability in this
immovability in this infinity of NOW!

VERSE 2

We're clenching, clenching, contracting

But when you let yourself

Have a bigger space of unclenching

The unclenching can endure longer

So how can we experience these longer unclenchings?

Just return to this don't know mind

Noise. That we accepted as - uh -

like the sound of the birds outside

It's just there

Cos we don't even realise we are doing it anymore

It is just how we live

But I don't want to live like that.

CHORUS 2

Look at that

Look at this extraordinarily beautiful opportunity we have

Just BEING

Liberation right where you are

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When you really return to this POP

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Which has so much possibility

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When you really return to this POP

Space

Which has so much possibility

Clarity and there's purity and there is stability in this

immovability in this infinity of NOW!

5. STOP AND GO

We believe these things from habit
we enter into them as a reality
and then they become our life
some part of the brain believes it is real
then it becomes that
creating stress hormones
and then those stress hormones magnify
round and round and round and round
it is this feeding cycle and then that becomes normal
and phenomena arise out of emptiness
phenomena remain phenomena return to emptiness
through the eyes through the ears through the nose
through the tongue through the body mind
then that arising remaining and disappearing
it never arises there is nothing that arises
there is nothing that remains
there is nothing that disappears
this is where the freedom appears
liberation
it is not something in the future
it is right now in this moment
that clear seeing POP

liberates you from the traps the habits
we are creatures of entropy and we live in this world being
bombarded
in this modern world where there is so much
input input input input input input
constantly messages coming in
and there's a stop and go stop and go stop and go
so we are all living in this stop and go
returning to moment we get our whole life back
we get our life back
the stuff that going up here this is just theatre
it's just a movie
where we are the director
moment mind
moment
that is always the best picture ha ha

6. ASHES TO ASHES

INTRO

Ashes to ashes Dust to dust

Ashes to ashes Dust to dust

VERSE 1

We come from ashes we return to ashes

Looking to a saviour who will save us from this

impermanence

All the living hard and partying

Then boom we return to the knowledge we are dust

There is no way out

Insight into the fact this doesn't remain

Is the beginning of practice

PRECHORUS

Ashes to ashes Dust to dust

Ashes to ashes Dust to dust

CHORUS

Everything is impermanent

All conditioned reality changes

All conditioned reality is

Impermanent impermanent impermanent impermanent
Impermanent impermanent impermanent impermanent

VERSE 2

Dust to dust everything is impermanent
It's not that all life is suffering
We want change
Change is not good not bad
It is in our attachment to a changing reality
That's where we suffer
Everything is changing and then when it changes we
suffer
All things are unsatisfactory because it's changing
It's impermanent

PRECHORUS

Ashes to ashes Dust to dust
Ashes to ashes Dust to dust

CHORUS

Everything is impermanent
All conditioned reality changes
All conditioned reality is
Impermanent impermanent impermanent impermanent

Impermanent impermanent impermanent impermanent

BREAK

A remembrance of impermanence

We come from ashes we return to ashes

VERSE 3

Changing reality is no problem

That is not suffering that is called nature

But when our mind latches onto the good things
and they change we suffer

Look at that condition of impermanence

Turning the view turning the insight to its most profound
state

What sees this? what suffers?

What is born? what dies?

The mind is never born it never dies

There is the freedom

PRECHORUS

Ashes to ashes Dust to dust

Ashes to ashes Dust to dust

CHORUS

Everything is impermanent

All conditioned reality changes

All conditioned reality is

Impermanent impermanent impermanent impermanent

Impermanent impermanent impermanent impermanent

7. DUST THINKING

VERSE 1

Continuous partial attention

Continuous partial attention

Continuous partial attention

All of us think that that is reality

That input of random dissociated sensations

That that is somehow reality

And you have had that patterning

Going off and on

And you think that is reality

what I am going to do this weekend what club should I go to in Ibiza I've got four things I gotta post on Instagram why don't I have enough likes for the last post my friend is on Instagram and I shared that to my friend he doesn't like my music I don't know what I am going to do with that job situation....

CHORUS 1

Dust Thinking

The light goes on

Dust Thinking

the light of awareness

Dust Thinking

When that light goes on you see all of the dust

Dust Thinking

VERSE 2

Continuous partial attention

You don't see it with your naked eye

You definitely don't see it then

It's that herky jerky kind of thing and the reactive mind

And the synapses are still firing

And just bouncing all over the place

someone said I should hire an image person when can I be an influencer how will I get this done will I become famous one day is it really worth it I gotta put up something different my friends posts has more likes on his my ex girlfriend she doesn't like the things I have how can I do something to impress her oh my god why does she always expect it from me first.....

CHORUS 2

Dust Thinking

The light goes on

Dust Thinking

the light of awareness

Dust Thinking

When that light goes on you see all of the dust

Dust Thinking

CHORUS 3

Dust Thinking

The light goes on the light of awareness

Dust Thinking

Dust Thinking

When that light goes on you see all of the dust

Dust Thinking

8. THE FORMLESS TRACK

VERSE 1

But reality has different dimensions

It's not just one single unitary dimension

It's like a film

It has a visual track and it has a sound track

and the level of basic desire

So it is seen as one but there's three tracks

that are simultaneous

and yet can be experienced and investigated separately

PRECHORUS/ CHORUS 1

Yet there's this vast there's this vast

this vast space that can't be described

that's the formless

now you're starting to see the formless track

- *the formless track*

- *the formless track*

VERSE 2

neurons develop just to see things as form

there is part of our consciousness which is entirely

programmed just for form everything is form

that is a form world happening
the form the formless
and that realm of that magnetic desire
and then we experience things
at the level of the formless
and the formless is nirvana

PRECHORUS/ CHORUS 2

Yet there's this vast there's this vast
this vast space that can't be described
that's the formless
now you're starting to see the formless track
- *the formless track*
- *the formless track*
,

BREAK

Reality has different dimensions
That are simultaneous
yet can be seen as one single unitary film

PRECHORUS/ CHORUS 3

Yet there's this vast there's this vast
this vast space that can't be described
that's the formless

now you're starting to see the formless track

- *the formless track*

- *the formless track*

9. RIGHT HERE RIGHT NOW

It has no name no form

A cloud of unknowing

The world is illusion

Only true self is real

The world is true self

We are living in this world very chaotic

Many things coming going coming going

Changing changing changing changing changing

changing non stop

So much chaos so many shadows

Because everything is created by mind alone

Every day we say I

I I I my my my me me me

Hundreds of times every day

Thousands of times

I I I my my my me me me

This body appears and disappears appears and

disappears appears and disappears

I I I my my my me me me

Because everything is created by mind alone

There's one thing that never appears

and never disappears

It never comes it never goes

It's never born it never dies

So what is this thing?

Right here right now

The very source of awareness

Right here right now

So we turn turn turn the view

Turn the the view around

Not following our thinking

Watching the breath

Right here right now

That point before thinking

Right here right now

The very source of awareness

Right here right now

So when a thought arises leave it alone

Watching the breath aware of the breath

Keeps us in this moment

Then this don't know mind

Gets bigger bigger bigger bigger

Right here right now

Then every moment is just this don't know mind moment

Right here right now

Right here right now

Right here right now

Right here right now

Right here right now

10. JUST AN ECHO

VERSE 1

Thinking appears and returns to emptiness

It's constantly doing that

Like waves arising on the sea

These waves arise up and they recede

And they appear and they disappear and there is no end

Thinking is not different than that

Thinking is just the arising out of emptiness

Arising out of pure consciousness this wave

It undergoes its change and it returns to emptiness

CHORUS

Thinking appears and disappears

Every single thought is just like that

It's just an echo it's an echo

it's just annnnnnnnn echo

It just appears remains disappears

It's an echo it's just an echo

VERSE 2

Those are just the echoes of seeds

Planted by entering into those thoughts constantly
When I enter into them I am planting the seeds of being
attracted to them in the future
So we enter into these thoughts as they appear and
become the thought
Then that starts to condition where the next thought
comes and the next thought
And that starts to develop a pattern all of us live
under these strong patterns

CHORUS 2

Thinking appears and disappears
Every single thought is just like that
It's just an echo it's an echo
it's just annnnnnnnnn echo
It just appears remains disappears
It's an echo it's just an echo

BREAK

Thinking is just the arising out of emptiness
Arising out of pure consciousness

VERSE 3

Treat your thinking the same way way you treat sound

What hears that? what is experiencing that?

Just see the arising and falling

What is this witness noticing this sound?

Naming it or liking it or disliking it?

Turn back what is the witness?

What's perceiving that?

And then when you really look POP space opens up

And in that space there is freedom

CHORUS 3

Thinking appears and disappears

Every single thought is just like that

It's just an echo it's an echo

it's just annnnnnnnnn echo

It just appears remains disappears

It's an echo it's just an echo

11. KEEP US IN MOMENT

PRE VERSE

Keep us in moment
Keep us in moment
Keep us in moment
Keep us in moment
Keep us in moment

VERSE 1

Zen meditation means return to this moment
It means realising this infinite now
It is not seeing lights and stars - beatific visions
Waking up merely means returning to this moment
Perceiving realising this moment
Infinite in time and space

CHORUS

We have our ears our eyes our nose
Our thinking comes and goes comes and goes comes
and goes but our ears our eyes our nose
Can keep us in moment
We have this rhythm this tone this flow
Where thinking comes and goes comes and goes
comes and goes
But the words and the rhythm and the tone can
Keep us in moment

VERSE 2

So much is through the eyes that we spend all day there
Half dreaming day dreaming
The line between awake and asleep is not clear
Because you were thinking that stuff didn't register in
your consciousness
Your eyes were processing light processing image
processing distance
But when you are thinking you lose your eyes

CHORUS

We have our ears our eyes our nose
Our thinking comes and goes comes and goes comes
and goes but our ears our eyes our nose
Can keep us in moment
We have this rhythm this tone this flow
Where thinking comes and goes comes and goes
comes and goes
But the words and the rhythm and the tone can
Keep us in moment

BREAK

Keep us in moment

VERSE 3

I thought my thinking was life
I didn't realise that it is just a phenomenal passing

like wind or shadows or sound
We are in this movie theatre of our thinking
And it becomes our reality
When you are thinking you lose your ears you lose your
eyes you lose your nose
Waking up means returning to this moment

CHORUS

We have our ears our eyes our nose
Our thinking comes and goes comes and goes comes and
goes but our ears our eyes our nose
Can keep us in moment
We have this rhythm this tone this flow
Where thinking comes and goes comes and goes comes and
goes
But the words and the rhythm and the tone can
Keep us in moment can

Keep us in moment	<i>Eyes are open</i>
Keep us in moment	<i>Ears open</i>
Keep us in moment	<i>Nose open</i>
Keep us in moment	<i>Tongue is open</i>
Keep us in moment	<i>Body is open</i>
Keep us in moment	<i>Mind is open</i>
Keep us in moment	<i>Eyes are open</i>
Keep us in moment	<i>Ears are open</i>
Keep us in moment	<i>Nose open</i>

12. BONE OF SPACE

Flowers in the spring

In the summer, cool breezes

Leaves in the fall

In the winter, pure snow

Is the world throwing me away?

Am I throwing away the world?

I don't care about anything

White clouds floating in the sky

Clear water flows down the mountain

The wind through the pagoda

I surrender my whole life to them.