

Lyrics for:

“One with Everything”

By HighFlyer Dwyer Esq.

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1. Openness

[Verse 1]

I lay my truths upon the ground
like stones I carried far too long
No flag to raise, no hill to crown
no name to prove I'm right or wrong

[Verse 2]

Even these words the Buddha spoke
are fingers pointing at the moon
I will not clutch them till they choke
the silence blooming in this room

[Pre-Chorus]

Let every doctrine gently fall
like autumn leaves that do not cling

[Chorus]

Open, open
hands unclenched, heart unbarred
Open, open
nothing mine, nothing hard
In the space where views dissolve
only breathing, only love

[Verse 3]

I see the fire of certainty
that burns the world in black and white
I bow and breathe its heat from me
and cool the ashes into light

[Verse 4]

No creed to kill for, none to save
no final truth to call my own
Just this next step along the wave
of interbeing, never alone

[Pre-Chorus]

Dogma softens, edges blur
a single sigh is all there is

[Chorus]

Open, open
mind like sky without a wall
Open, open
letting every story fall
In the vast and tender now
only wonder, only bow

[Bridge]

I do not need to win the world
I only need to understand
The pain that makes a heart go curled
is soothed by this ungrasping hand

[Verse 2]

Yesterday's truth becomes today's small
shell
washed up and hollow on the shore
I smile and turn it in my hand
then let the tide take it once more

[Final Chorus]

Open, open
empty boat upon the stream
Open, open
nothing left to defend or dream
Here the wars of right and wrong
quietly, quietly
come undone

[Pre-Chorus]

No view is solid, none is mine
they rise like mist at dawn

[Chorus]

Letting go, letting go
of every story I believed
Letting go, letting go
the heart is suddenly relieved
In the open space between
only listening, only being

2. Non-Attachment to Views

[Verse 1]

These thoughts I hold so carefully
are only clouds that cross the sky
I watch them come, I watch them leave
without a need to tell them why

[Verse 3]

Someone speaks and I feel the pull
to answer, prove, protect, defend
I breathe instead and feel the grip
loosen inside my chest again

[Verse 4]

The wise and foolish trade their masks
with every turning of the wheel
I bow to both and keep no score
there's nothing final to reveal

[Pre-Chorus]

All knowledge changes, soft as sand
beneath the patient sea

[Chorus]

Letting go, letting go
no edge to stand on, none to fall
Letting go, letting go
the silence welcomes, holds it all
Here where opinions fade away
only wonder, only stay

[Bridge]

Truth is not a thing to keep
It is the looking that is deep
When I release the need to know
the world flows in and overflows

[Final Chorus]

Letting go, letting go
a feather carried on the air
Letting go, letting go
nothing left to lose or bear
In the stillness after words
only breathing, only heard

3. Freedom of Thought

[Verse 1]

I will not chain your mind to mine
though you are dearer than my breath
Your thoughts are birds, the sky is wide
I open every door to let them fly

[Verse 2]

My child, my friend, my love, my foe
believe what calls your heart to sing
I offer silence, not control
and guard the freedom of your wings

[Pre-Chorus]

No force, no fear, no golden bribe
will make me steal your inner light

[Chorus]

Freedom, freedom
may every mind be left to bloom
Freedom, freedom
no cage of words inside this room
With loving speech and patient heart
I bow, I listen, stand apart

[Chorus]

Freedom, freedom
let every soul find its own way
Freedom, freedom
I guard the space where thoughts can play
Through gentle dialogue alone
we melt the walls of being alone

[Verse 3]

When anger rises to demand
agreement dressed as care
I breathe and loosen every hand
that tries to shape what isn't there

[Bridge]

I do not own the truth you need
I only walk beside you
Your seeing is your liberation
My gift is not to interfere

[Verse 4]

The path you choose may not be mine
yet still we walk the self-same ground
Your difference is the sacred sign
that truth is vast and can't be bound

[Final Chorus]

[Pre-Chorus]

Compassion speaks with open palms
and never with a clenched command

Freedom, freedom
the deepest love will not possess
Freedom, freedom
it only bows and answers yes
Yes to your mind, yes to your heart
yes to the beauty of your separate path

4. Awareness of Suffering

[Verse 1]

I turn toward the pain I used to flee
and sit beside it like an old friend

It trembles, speaks in broken tongue
I listen till its story ends

[Verse 2]

This hurt inside my chest is not my foe
it is a child who lost its way

I cradle it with mindful breath
until the fear begins to sway

[Pre-Chorus]

No running now, no hiding place
I stay, I stay, I stay

[Chorus]

Coming home, coming home
to the suffering I am

Coming home, coming home
breathing till I understand

When I embrace what I once denied
compassion opens deep and wide

[Verse 3]

I see the wounds in every stranger's eyes
because I've learned to hold my own
The telephone, the hand, the smile
become the bridge from alone to known

[Verse 4]

One breath reveals the root beneath
another breath begins to heal
From understanding others' pain
my own dissolves and becomes real

[Pre-Chorus]

No cover now, no sugar coat
I feel, I feel, I feel

[Chorus]

Coming home, coming home
to every tear unshed

Coming home, coming home
until no one is left for dead

In the heart that learns to hold its grief
the whole world finds its soft relief

[Bridge]

I do not need to fix the hurt
I only need to be its home
When suffering is truly seen
it turns to peace and is transformed

[Verse 2]

Each bite I take, each screen I face
I pause and look with quiet eyes
Is this a poison or a grace
that enters body, heart, and mind?

[Final Chorus]

Coming home, coming home
the path is made of pain embraced
Coming home, coming home
no suffering is ever wasted
Here in the stillness of this breath
love is born from tenderness

[Pre-Chorus]

I choose what keeps compassion clear
and turns away from what brings harm

[Chorus]

Simple living, gentle living
feeding only what is true
Simple living, gentle living
joy arises fresh and new
When the heart is no longer starved
for things that never satisfy

5. Compassionate, Healthy Living

[Verse 1]

I place my hunger in the light
and ask it gently what it needs
Not gold, not fame, not endless night
but peace that lets all beings breathe

[Verse 3]

No wine, no drug, no toxic stream
of images that numb the soul
I turn away with soft esteem
for this one body, this one whole

[Verse 4]

The earth is not a vault to raid
but mother, sister, living friend
My footprint light, my choices made
so healing can begin again

[Pre-Chorus]

Every purchase is a vote
for the world I want to see

[Chorus]

Simple living, gentle living
enough is more than plenty now
Simple living, gentle living
freedom grows from this small vow
In the space that wanting leaves
a quiet happiness arrives

[Bridge]

True happiness is not found in having
more
It is uncovered when craving falls away
and we remember we are already whole

[Final Chorus]

Simple living, gentle living
one breath, one step, one mindful sip
Simple living, gentle living
the heart no longer needs to grip
Here in the lightness of enough
compassion flowers, joy is born

6. Taking Care of Anger

[Verse 1]

When anger rises hot and red
I do not speak, I do not strike
I sit with it like desert wind
and let it burn itself to night

[Verse 2]

Its roots are old, its seeds are deep
wrong views and fear dressed up as me
I breathe and watch them one by one
float up like sparks and cease to be

[Pre-Chorus]

I will not water what brings harm
I turn instead to understanding's balm

[Chorus]

Cool the fire, cool the fire
with mindful breath I softly say
Cool the fire, cool the fire
anger has no need to stay
In the seeing of its cause
compassion grows where fury was

[Chorus]

Cool the fire, cool the fire
let understanding be the rain
Cool the fire, cool the fire
only peace is what remains
When I embrace the burning one
the burning softly comes undone

[Verse 3]

I look at you who lit the match
and see the pain you never named
Your anger is my anger too
two frightened children both inflamed

[Bridge]

Anger is only misunderstood love
I bow to it
I breathe with it
I let it teach me
until it has nothing left to say

[Verse 4]

Impermanence will kiss these flames
nothing stays, not even rage
I smile at how the heart can change
when held inside awareness' cage

[Final Chorus]

Cool the fire, cool the fire
now there is only open sky
Cool the fire, cool the fire
love remembers its own name

[Pre-Chorus]

Every seed of love I plant
starves the ancient thorns of hate

7. Dwelling Happily in the Present Moment

[Verse 1]

This breath is the only address
where life is truly happening
I stop the search for somewhere else
and settle here without a wing

[Verse 2]

No yesterday to drag behind
no tomorrow to chase ahead
Just this small sip of morning air
is more than enough to be fed

[Pre-Chorus]

All regrets and all desires
dissolve in the light of now

[Chorus]

Present moment, only moment
wonderful moment, you are home
Present moment, only moment
I have arrived, I am known
In the simple act of breathing
I am already whole

[Verse 3]

The tea is warm, the floor is cool
a sparrow lands and flies away
Nothing is missing, nothing to add
this ordinary is the way

[Verse 4]

Even sorrow, even joy
are welcome guests at this same door
I smile to both and ask them in
there is no need to keep a score

[Pre-Chorus]

Happiness is not a place
it is the attitude of grace

[Chorus]

Present moment, only moment
wonderful moment, I abide
Present moment, only moment
no longer running, no more hide
Here the heart is wide and quiet
here the miracle resides

[Bridge]

I have more than enough conditions
to be happy right now
The kingdom and the pure land
are this very step, this very breath

[Verse 2]

No blame, no sides, no need to win
we are one body breathing here
The hurt I caused, the hurt within
are waves upon the same frontier

[Final Chorus]

Present moment, only moment
wonderful moment, soft and wide
Present moment, only moment
I have arrived, I have arrived
In the stillness of this instant
I am forever satisfied

[Pre-Chorus]

I stay, I stay, I stay with you
the sangha river carries us

[Chorus]

True community, loving speech
compassionate listening
True community, gentle reach
no one left outside this ring
In the circle of together
we remember who we are

8. True Community and Communication

[Verse 1]

When words between us turn to stone
I stop and touch the earth again
I listen with the ears of home
until your pain can speak my name

[Verse 3]

If anger speaks, I bow and wait
I do not leave, I do not hide
The storm will pass, the heart is great
enough to hold what tears divide

[Verse 4]

We look together, deep and slow
at every seed that made this pain
Our habit energies will show
their tender roots in love again

[Pre-Chorus]

No victim here, no enemy
only family learning to be free

[Chorus]

True community, loving speech
compassionate listening
True community, gentle reach
harmony is our true being
When we stay through every weather
love becomes the strongest tether

[Bridge]

I take responsibility
for every way I closed my heart
I open it again, again
until the walls all fall apart

[Final Chorus]

True community, living peace
compassionate listening
True community, sweet release
we are each other's healing
In the silence after speaking
only oneness, only breathing

9. Truthful and Loving Speech

[Verse 1]

May every word that leaves my lips
be medicine or stay unsaid
No poison hidden in a kiss
no thorn inside the daily bread

[Verse 2]

I vow to speak what's true and kind
even when trembling makes me small
For silence can be cruel sometimes
and truth can heal us after all

[Pre-Chorus]

Before I speak I ask three times
Is it true? Is it needed? Is it gentle?

[Pre-Chorus]

Even if it costs me ease
I choose the courage of honesty

[Chorus]

Loving speech, loving speech
may my words be wings, not chains
Loving speech, loving speech
turning suffering into rain
That waters understanding
and washes anger from the heart

[Chorus]

Loving speech, loving speech
may my silence also heal
Loving speech, loving speech
only love is strong and real
When words are offered like a prayer
the whole world softens in the air

[Verse 3]

When injustice burns the world
I will not hide behind my fear
My voice will rise, though soft and small
so those in pain know someone hears

[Bridge]

I have wounded with my tongue before
I know the taste of careless fire
Today I vow again, again
to let only love speak through this wire

[Verse 4]

No gossip, no dividing line
no rumour dressed in clever clothes
I guard the joy of every being
by guarding what my tongue bestows

[Final Chorus]

Loving speech, loving speech
a single word can free a soul
Loving speech, loving speech
it makes the broken places whole
May every syllable I breathe
be peace, be peace, be peace

10. Protecting and Nourishing the Sangha

[Verse 1]

I will not trade this sangha's heart
for any throne or shining coin
No politics shall tear apart
the body where we are all joined

[Verse 2]

Yet when the world is crushed by wrong
I stand with those who have no voice
Not taking sides, but taking care
that love remains our only choice

[Pre-Chorus]

We are one body, many cells
awakening together

[Chorus]

Protect the sangha, nourish the sangha
understanding and love
Protect the sangha, nourish the sangha
flow like a river of
Mindfulness, concentration, insight
for the healing of the world

[Verse 3]

Every sister, every brother
is myself in different form
When one is hurting, I am hurting
when one wakes, the whole is warm

[Verse 4]

I offer all my daily breath
to water seeds of waking mind
So this small cell may serve the whole
and leave no living being behind

[Pre-Chorus]

Three powers grow when we stay near
love, understanding, cutting fear

[Chorus]

Protect the sangha, nourish the sangha
understanding and love
Protect the sangha, nourish the sangha
we are the Buddha's body of
Compassion flowing without end
until all beings comprehend

[Bridge]

I see you in me
I see me in you
One breath, one practice
one awakening
Sangha is Buddha
Buddha is sangha
no separation

[Final Chorus]

Protect the sangha, nourish the sangha
this is my deepest vow
Protect the sangha, nourish the sangha
here in the eternal now
Every mindful step I take
is for the ones who are awake
and for the ones still sleeping

[Verse 2]

Each coin I spend, each thing I buy
is choosing who will live or die
I look with clear and gentle eye
and let compassion be my guide

[Pre-Chorus]

No profit built on tears is mine
I turn my heart toward the line

[Chorus]

Right livelihood, gentle livelihood
feeding life, not taking life
Right livelihood, simple livelihood
healing earth with every stride
When my daily work brings peace
all beings smile and suffering cease

11. Right Livelihood

[Verse 1]

My work will not draw blood from earth
nor chain another being's days
I choose a life that honours birth
and walks in light, not harmful ways

[Verse 3]

I will not trade in death or greed
no weapon, poison, cage, or lie
My hands will plant a different seed
that helps the wounded world revive

[Verse 4]

The forest, ocean, sky, and child
are not resources to be sold
They are my family, undefiled
their future worth much more than gold

Right livelihood, sacred livelihood
every act a prayer that heals
In the stillness of this vow
the world and I remember how

[Pre-Chorus]

Every mindful choice I make
is love in action for their sake

12. Reverence for Life

[Chorus]

Right livelihood, gentle livelihood
one small step can change the whole
Right livelihood, honest livelihood
restoring balance to the soul
When how I live protects the web
the earth herself can breathe again

[Verse 1]

I lay down every weapon now
even the ones inside my mind
No thought of harm will shape my vow
no enemy is left to find

[Bridge]

I am not separate from the mountain
nor from the child who will inherit it
My livelihood is the way I love them both

[Verse 2]

I touch the earth with empty hands
and feel the blood of centuries
I breathe and let the trembling land
teach me the art of gentle peace

[Final Chorus]

Right livelihood, quiet livelihood
enough is truly plentiful

[Pre-Chorus]

Never again, never again
will I allow the seed of war

[Chorus]

Reverence for life, reverence for life
every being is my own
Reverence for life, reverence for life
I will not kill, I will not let be killed
In thought, in word, in deed, in breath
I choose the path that cradles life

[Chorus]

Reverence for life, reverence for life
no border separates my soul
Reverence for life, reverence for life
I will not kill, I will not let be killed
From this breath onward I will build
a world where nothing has to die

[Verse 3]

The soldier and the refugee
are mother, brother, child, and me
I see the chain of pain and see
my own hand holds the key to free

[Bridge]

May every gun become a plow
May every bomb become a bell
May every wound remember how
to turn into a wishing well

[Verse 4]

I teach my heart to mediate
between the fear that shouts for blood
With mindful steps I cultivate
the quiet ground where peace can flood

[Final Chorus]

Reverence for life, reverence for life
this is my only fight
Reverence for life, reverence for life
to live so peace can live
Until the last child sleeps unharmed
and morning finds the whole world
disarmed

[Pre-Chorus]

Non-violence begins right here
inside this single beating heart

13. Generosity

[Verse 1]

My hands were made for opening
not closing into fists of mine

Whatever enters, I let sing
and pass it on like rice and light

[Verse 2]

I share my time, my rice, my roof
my silence and my listening ear
There is no proof I need of “enough”
when joy is multiplied by fear released

[Pre-Chorus]

Nothing truly belongs to me
everything is on its way

[Chorus]

Generosity, generosity
the heart grows wider when it gives
Generosity, generosity
this is the only way to live
What I release comes back as space
for love to fill this empty place

[Verse 3]

I stop the thief inside my mind
that whispers “keep, protect, be safe”
I smile and let that thief go blind
by giving more than it can take

[Verse 4]

The tree, the bee, the stone, the child
all share the same bright thread of being
When one is poor, we all are mild
until we practice fearless freeing

[Pre-Chorus]

Even my fear I give away
and watch it turn to light

[Chorus]

Generosity, generosity
no one is rich until they share
Generosity, generosity
the more I give, the more is there
In the circle of open hands
the whole world understands

[Bridge]

There is no loss in giving
only the end of holding

There is no lack in giving
only the birth of plenty

[Verse 2]

I vow to touch you with aware hands
with eyes that see and do not grasp
Our bodies meet as sky meets sea
without a border, without a clasp

[Final Chorus]

Generosity, generosity
my heart is now a wide front door
Generosity, generosity
I have nothing and therefore more
When nothing is possessed by me
everything is finally free

[Pre-Chorus]

No loneliness can be dissolved
by bodies rushing toward the dark

[Chorus]

True love, true love
long-term, deep, and wide
True love, true love
committed side by side
With understanding, respect, and trust
we keep each other safe from dust
of broken hearts and careless nights

14. True Love [For lay members]

[Verse 1]

Desire is not the same as love
I learn this slowly, breath by breath
Craving only carves a hollow space
true love is presence, not possession

[Verse 3]

I care for all my energies
sexual, breath, and spirit too
I channel them with tenderness
so they may serve the good in you

[Verse 4]

No child will come into this world
unless the earth is ready too
We meditate on future skies
and ask if love has room to grow

[Pre-Chorus]

Our freedom is our fidelity
to harm no one, beginning with us

[Chorus]

True love, true love
inclusive, kind, and clear
True love, true love
no orientation fear
Every being is welcome here
in the wide arms of loving care

[Bridge]

I promise to protect your heart
and mine, and every child unknown
I promise when the heat arises
to bring it back to breathing, home
With sangha light around our bed
we learn to love and not to harm

[Final Chorus]

True love, true love
the deepest vow I make
True love, true love
for everybody's sake
May this small circle of our care
become a world that breathes repair

15. True Love [For monastic members]

[Verse 1]

I leave behind the bonds of two
the sweet and bitter taste of kiss
Not because love is ever wrong
but because love must now be this:
boundless, bodhisattva love

[Verse 2]

My body is no longer mine
to give or take in passion's name
It is a vessel, calm and kind
a lamp protected from the flame
so it may light the darker road

[Pre-Chorus]

Loneliness is not healed by arms
but by the arms I do not need

[Pre-Chorus]

I mistreat neither flesh nor longing
I bow and offer both to peace

[Chorus]

Chastity, chastity
the deepest freedom I have found
Chastity, chastity
my heart no longer homeward-bound
to one small bed, one single fire
now every being is my only desire

[Chorus]

Chastity, chastity
the vow that sets the whole world free
Chastity, chastity
no longer “mine” and never “me”
When sensual love is laid to rest
universal love can be expressed

[Verse 3]

I care for this small flame of life
sexual, breath, and spirit whole
I do not crush, I do not hide
I gently guide it to the goal
of waking all who sleep in pain

[Bridge]

I know the ache of empty nights
I do not run, I do not scorn
I breathe with it until it lights
the lamp I promised to keep warm
for every being ever born

[Verse 4]

No wedding ring will mark this hand
no child will call me mother, father
Yet every child is in my care
and every lover is my brother
my sister, held in boundless heart

[Final Chorus]

Chastity, chastity
my lifelong offering of space
Chastity, chastity
so every heart may find its place
This body, kept in gentle trust
serves the awakening of all of us

16. One with Everything

[Verse 1]

Openness...	[Chorus]
Non-Attachment to Views...	One with everything
Freedom of Thought...	One with everything
Awareness of Suffering...	Fourteen lamps, one single flame
Compassionate, Healthy Living...	One with everything
Taking Care of Anger...	One with everything
Dwelling Happily in the Present Moment...	No other, no separate name

[Chorus – everyone, warm and rising]

One with everything
One with everything
Breathing the same air, sharing the same light
One with everything
One with everything
No inside, no outside tonight

[Verse 2 – continuing the list]

True Community and Communication...	Openness is True Love
Truthful and Loving Speech...	True Love is Openness
Protecting and Nourishing the Sangha...	One with everything
	One with everything

Right Livelihood...

Reverence for Life...

Generosity...

True Love...

[Bridge]

Fourteen doors into the same room
Fourteen fingers pointing at the same moon
Fourteen steps around the same heart

[Final Chorus]

One with everything

Generosity is Reverence

Reverence is Generosity

One with everything

One with everything

We have arrived...

We are home...

[Outro]

One... with... everything...

One... with... everything...

For more music from HighFlyer Dwyer Esq, go to the website to explore his other albums.

<https://leighthdwyer.com/music>

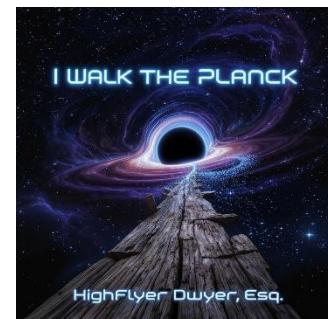


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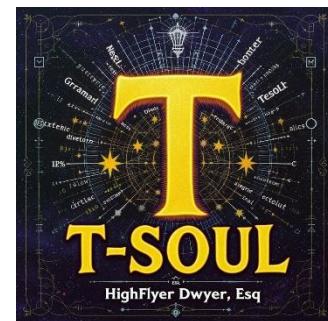
Dance music



Science music



English grammar / TESOL music



Christian music

