

Breathing In, Breathing Out (teach)

Lyrics by Thich Nhat Hanh, music by Betsy Rose

Breathing in, breathing out
Breathing in, breathing out
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 (I am free) (I am free)

Breathing in, breathing out
Breathing in, breathing out
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)

Breathing in (I am free), breathing out (I am free)
Breathing in (I am free), breathing out (I am free)
Breathing in (I am free), breathing out (I am free)
Breathing in (I am free), breathing out (I am free)
I am free (I am free), I am free