

# Sit Like a Buddha

Our Buddha nature is deep inside  
Sit Like a Buddha  
Sit Like a Buddha  
Let it flower far and wide, and  
Be a Buddha  
Be a Buddha

*Refrain*

Body still, stable like a mountain,  
Speech silent  
Sit like a Buddha, Aaaaah  
Body still, stable like a mountain  
Speech silent  
Sit like a Buddha, Aaaaah

Our good heart is deep inside,  
Sit like a Buddha, Sit like a Buddha  
Let it flower far and wide,  
And be a Buddha, be a Buddha

*Refrain*

Body still, stable like a mountain,  
Speech silent,  
Sit like a Buddha, Aaaaah  
Body still, stable like a mountain  
Speech silent,  
Sit like a Buddha, Aaaaah

*Instrumental*

Our Buddha nature is deep inside  
Sit Like a Buddha  
Sit Like a Buddha  
Let it flower far and wide, and  
Be a Buddha  
Be a Buddha

*Refrain*

Body still, stable like a mountain,  
Speech silent  
Sit like a Buddha, Aaaaah  
Body still, stable like a mountain  
Speech silent  
Sit like a Buddha, Aaaaah  
Sit like a Buddha, Aaaaah

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