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
The text is a song about meditation and mindfulness. It begins with a verse about the Buddha nature being deep inside and emphasizes the importance of being like a Buddha, letting it flower far and wide, and being a Buddha. The refrain emphasizes the stillness and silence of the body and speech, likening it to a mountain, and encouraging the listener to sit like a Buddha, to be still, and to let the voice resonate with ahhhhh...

The text is a call to practice mindfulness and to embody the peaceful and centered nature of the Buddha. It is a reminder to let go of distractions and to find peace within.

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