

Song of Ten Practices and Cultivations

Lyrics + Music by Charity Kahn

Inspired by Venerable Master Hsing Yun's "The Song of the Ten Practices and Cultivations"

$\text{♩} = 82$

Verse 1

Peace of mind and bod-y will come when we're

free from ex-pec-ta - tions. of oth-ers, and al-low them to tru-ly be. We're

each u - nique, yet the same at the core, oh no one's less. and no one's more. Com -

9

pas-sion, not com-par - ing, is the key.

11

Can we act with con-sid-er-a-tion, hu - mil-i-ty re-spect and love, be

14

Chorus

cour-te-ous, and kind to all we meet? Oh this I vow to prac-tice with my

17

Verse 2

whole heart. When you want to bright-en some-one's day just

20

share a smile— you know the way,— you know your

smile might be-come the source. of your ver - y own— joy. And

Detailed description: This block contains the first two systems of a musical score. The first system (measures 20-21) features a vocal line in treble clef with lyrics 'share a smile— you know the way,— you know your' and a piano accompaniment in grand staff. The second system (measures 21-22) continues the vocal line with lyrics 'smile might be-come the source. of your ver - y own— joy. And' and the piano accompaniment. The key signature is three sharps (F#, C#, G#) and the time signature is 8/8.

21

when life brings us a chal_ lenge, can we grow, can we learn, and show up for it,— be

Detailed description: This block contains the second system of the musical score (measures 22-23). The vocal line continues with lyrics 'when life brings us a chal_ lenge, can we grow, can we learn, and show up for it,— be'. The piano accompaniment continues. The key signature and time signature remain the same as in the previous system.

23

grate - ful for the suf-fer-ing that trans - forms?

Detailed description: This block contains the third system of the musical score (measures 24-25). The vocal line continues with lyrics 'grate - ful for the suf-fer-ing that trans - forms?'. The piano accompaniment continues. The key signature and time signature remain the same as in the previous system.

25

Detailed description: This block contains the fourth system of the musical score (measures 26-27). The vocal line continues with lyrics 'grate - ful for the suf-fer-ing that trans - forms?'. The piano accompaniment continues. The key signature and time signature remain the same as in the previous system.

27

Can we be kind, and hon-est, too, for-give, let go_ when we see the truth that

30

we are all_ one fam-i-ly? Oh_ this I vow to prac-tice with my whole_

Chorus

34

heart. Let us less-en our at-tach-ments, our jeal-ous-y greed and sel-fish-ness, our de -

Bridge

37

lu - sion and re-sent-ments, and be_ care - free. Let us use. our_ voic-es_ to

40

lift each oth-er up_ our words like a flow-er en-cour-ag-ing and com-fort - ing. May we

This system contains measures 40, 41, and 42. It features a vocal line in the upper staff and a piano accompaniment in the lower staff. The key signature is three sharps (F#, C#, G#) and the time signature is 8/8. The lyrics are: "lift each oth-er up_ our words like a flow-er en-cour-ag-ing and com-fort - ing. May we".

43

Verse 3

choose to be__ in the com - pa - ny of those who in-spire, and those who teach us

This system contains measures 43 and 44. It features a vocal line in the upper staff and a piano accompaniment in the lower staff. The key signature is three sharps (F#, C#, G#) and the time signature is 8/8. The lyrics are: "choose to be__ in the com - pa - ny of those who in-spire, and those who teach us".

45

how to cre-ate be-lov - ed com-mu - ni - ty? 'Cause en -

This system contains measures 45 and 46. It features a vocal line in the upper staff and a piano accompaniment in the lower staff. The key signature is three sharps (F#, C#, G#) and the time signature is 8/8. The lyrics are: "how to cre-ate be-lov - ed com-mu - ni - ty? 'Cause en -".

47

light-en-ment. is in the here and now. and these prac-ti-ces_ will show us how to be

This system contains measures 47, 48, and 49. It features a vocal line in the upper staff and a piano accompaniment in the lower staff. The key signature is three sharps (F#, C#, G#). The time signature changes from 8/8 to 2/4 at measure 48 and to 4/4 at measure 49. The lyrics are: "light-en-ment. is in the here and now. and these prac-ti-ces_ will show us how to be".

50

joy - ful, lov - ing and care - free, in peace - ful, pure tran - quil - i - ty. — The

52

Bud - dha ev - ery - one will be, — the Bud - dha ev - ery - one will be. Oh —

55 Chorus

this I vow to prac - tice with my whole — heart. Oh —

58

this I vow to prac - tice with my whole — heart.

ritardando