

Gatha on Breathing with the Buddha

Let the Buddha breathe  
Let the Buddha walk  
I don't need to breathe  
I don't need to walk.

Buddha is breathing  
Buddha is walking  
I enjoy the breathing  
I enjoy the walking.

Buddha is the breathing  
Buddha is the walking  
I am the breathing  
I am the walking.

There is only the breathing  
There is only the walking  
There is no breather  
There is no walker.

Peace while breathing  
Joy while walking  
Peace is the breathing itself  
Joy is the walking  
Peace is the breathing itself  
Joy is the walking.