

HUMAN VALUES SONGS

1. MY PARENTS REALLY LOVE ME

My parents really love me, I know that this is right;
So when they say do this, do that, I should do it without a fight.
Sometimes I may not listen, I may think it's unfair;
But what I must try to understand, Is they do it because they care.

2. LOVING KINDNESS

We shall give to all we meet Loving Kindness,
Helping in the hour of need bringing light, peace and joy.
We are brothers, sisters all in loving kindness,
Sharing with our fellow men, we are one small world.

3. TO CARE TO SHARE

To care, To Share,
Forgiving and giving.
Is how we should be,
To make life worth living.

4. I AM THE WAY I AM

I am the way I am,
And I'm very happy with that.
I may be short or I may be tall,
My body may be thin or fat.
But it really doesn't matter at all,
Because I am the way I am,
And I'm very happy with that.

5. PASS IT ON

Have you had a kindness shown? Pass it on, pass it on.
Was it given for you alone? Pass it on, pass it on.
Let it travel down the years; let it dry another's tears.
Let it calm another's fears, pass it on, pass it on, pass it on, pass it on.
Have you had a mother's love? Pass it on, pass it on.
Have you had a father's trust? Pass it on, pass it on.
You can love and trust another as you love and trust your mother.
We can love and trust each other, pass it on, pass it on, pass it on, pass it on

6. LOVE IS THE ONLY POWER

Love is the only power,
Love is the only way.
Love, love, our love,
Watch our circle grow.

7. LET US BE BRAVE

Let us be brave and courageous,
May we dare do what is right.
Let us fail not, Let us ail not,
Using all our strength and might.

In our lives are many problems,
Many obstacles in sight.
We must dare to, we must care to,
Go from darkness into light.

8. LAMP OF WISDOM

There is something deep inside of me,
That makes me want to know.
It's waiting there quite silently so one day I may grow.
It is the lamp of wisdom,
That's pure and shining bright,
That takes away the darkness,
Filling everything with light.

9. IF AT FIRST YOU DON'T SUCCEED

CHORUS:

If at first you don't succeed,
Try try, try again
Don't give up, don't despair,
In the end you'll win you'll win, in the end you'll win.

This world has many challenges
To meet them you need pluck.
You have to try so very hard,
You can't rely on luck.
So put your best foot forward,
And in your heart have faith,
That you can overcome each test,
And then you'll win the race.

10. I HAVE A LIGHT INSIDE OF ME

I have a light inside of me, to guard me all the time.
But there's also something dark in there, ready to pull me down.
Once the light is shining, darkness will disappear;
And our life is filled with happiness, peace, love and good cheer.

11. 'TIS A GIFT TO BE SIMPLE

'Tis a gift to be simple 'tis a gift to be free,
'Tis a gift to come down where we want to be.
And when we find ourselves in the place just right,
It will be in the valley of love and delight.
When true simplicity is gained, to bow and to bend we won't be ashamed.
To turn and to turn will be our delight, 'til by turning, turning we come round right.

12. THIS LITTLE GUIDING LIGHT OF MINE

This little guiding light of mine I'm gonna let it shine.
This little guiding light of mine I'm gonna let it shine.
This little guiding light of mine I'm gonna let it shine.
Let it shine all the time let it shine.

Hide it under a bush Oh no I'm gonna let it shine.
Hide it under a bush Oh no I'm gonna let it shine.
Hide it under a bush Oh no I'm gonna let it shine.
Let it shine all the time let it shine.

Take my little light round the world I'm gonna let it shine.
Take my little light round the world I'm gonna let it shine.
Take my little light round the world I'm gonna let it shine.
Let it shine all the time let it shine.

Don't you blow my little light out I'm gonna let it shine.
Don't you blow my little light out I'm gonna let it shine.
Don't you blow my little light out I'm gonna let it shine.
Let it shine all the time let it shine.

13. I WILL KEEP MY WORD

I will keep my word every day (x3)
Oh yes, every day.
You can count on me all the time (x3)
Oh yes, all the time.
I'll not let you down anyway (x3)
Oh no, not any way.

14. TAKE A LESSON FROM THE SUN

Take a lesson from the sun that shines his light on everyone,
Or the rain that falls on every single shore.
No distinction of our race or the colour of our face,
Nature's gifts are there for all men rich or poor.

CHORUS:

Love all, serve all,
Understand that love and peace is what we need,
Love all, serve all,
In every single thought word and deed.

Bear all and do nothing, hear all and say nothing,
Give all and take nothing in return.
Love is giving and forgiving, self is getting and forgetting,
Serve all in the spirit of pure love.

CHORUS:

Love all, serve all,
Understand that love and peace is what we need,
Love all, serve all,
In every single thought word and deed.

15. SMILE, SMILE, SMILE

If you're feeling angry,
You need a change of pace.
Take away that ugly frown,
Put a smile on your face.

Chorus:

Smile, smile, smile,
Smile the whole day through.
Smile smile, smile,
And the world is smiling too.

When you are unhappy,
And everything looks blue,
Don't give up and start to cry,
But this is what you do.

Chorus:

Smile, smile, smile,
Smile the whole day through.
Smile smile, smile,
And the world is smiling too.

16. CARE FOR THE EARTH

These songs were composed by the Institute of Sathya Education of Thailand, who kindly gave permission to include the recordings and lyrics in this package.

Now is the time to care for our Earth,
Whoever we may be.
To join our hands, our souls and our hearts,
And to work for unity.

Chorus:

For the world to be a beautiful place,
Full of flowers, birds and trees.
The future lies with nobody else,
It depends on you and me.

The time has come to plant more trees,
Make the air pollution free.
Respect all life, the animals too,
And to live in harmony.

Chorus:

For the world to be a beautiful place,
Full of flowers, birds and trees.
The future lies with nobody else,
It depends on you and me.

17. IF YOU ARE BEATEN

If you think you're beaten you are (you are).
If you think you dare not you don't (you don't).
If you like to win but you think that you can't.
It is almost for certain that you won't (you won't).
For out in the world you will find Success begins with a person's will,
It's all in the state of mind.
If you think you're outclassed you (you are),
You've got to think high to rise (Be a star).
You've got to be sure of yourself before you can ever really win a prize.
Life's battles don't always go,
To the stronger or faster one,
But sooner or later the one who wins,
Is the one who thinks he can (he can).

18. PLEASE AND THANK YOU

Please and Thank you are two words,
Are two words, are two words.
Please and Thank you are two words,
We should often use.

Can I help you, my dear friend?
My dear friend, my dear friend?
Can I help you, my dear friend?
I am always very ready.

Thank you for your kind words,
Kind words, kind words.
Thank you for your kind words,
You are very welcome.

19. WORK TOGETHER

If we can work together, in peace and harmony,
If we can work together, the I and you are We.
If we can work together, in peace and harmony (yes)
If we can work together, how happy we will be.

20. THOUGHT WORD AND DEED

Think good, speak good, do good,
This should be our creed.
Serving others as we should,
In thought, word, and deed.
Life is not so easy,
But if we're to be free;
We must create unity, between the following three.

Think good, speak good, do good,
This should be our creed.
Serving others as we should,
In thought, word, and deed.

21. SHARE SHARE SHARE

Share, share, share and care,
To everyone you see.
Full of love and tolerance,
That's how the world should be.

22. I WILL LOVE AND RESPECT MY MOTHER

I will love and respect my mother,
I will listen to my father's words,
For I know in this world there's no other,
Who will love me with a love so true.

I will always be kind to my mother,
And live up to my father's words,
For I know in this world there's no other,
Who will love me with a love so true.

23. THE LIGHT SILENT THINKING

Let the lamp within my heart be bright and shining,
So the light shines throughout the universe,
Spreading rays of love and peace and understanding,
That will help unite the brotherhood of man.
I am in the light, the light is in me, I am the light. (x2)

Let these eyes see the good in those around me,
And these ears listen only to what is true.
May this tongue of mine speak in moderation,
Words of wisdom that are full of sweetness too.
I am in the light, the light is in me, I am the light. (x2)

These two hands of mine must strive to serve my brothers,
And these feet should help me do what is right.
With a heart full of love and compassion,
See the world and all its beings bathed in light.
I am in the light, the light is in me, I am the light. (x2)

24. GETTING BETTER

Getting better, getting better,
Getting better, everyday.
Every day in every way, I'm getting better, this I pray.

25. HEART FILLED WITH KINDNESS

You may be rich and wealthy.
Your coffers may be filled with gold,
But unless your heart is filled with kindness,
You'll be lonely when you grow old.
You may not have much money,
Your cupboards may be rather bare;
But if your heart is filled with kindness,
You'll be happy beyond compare.

26. I AM A LITTLE ANT

I am a little ant, oh please don't step on me!
I only sting when I am scared, I squash so easily.
You are so very large, and I so very small,
Why even if stepped on you, it wouldn't hurt at all.

If you don't hurt me, I won't hurt you.
If you respect me, I'll respect you too.
You know I'd blow away if you only sneezed,
So even if you can't love me, just don't hurt me please.
I am a little ant, oh please don't step on me,
I only sting when I am scared, I squash so easily.
You are so very large, and I so very small,
Why even if I pushed you hard, you wouldn't even fall.

27. GIVE A LITTLE BIT OF LOVE EVERYDAY

Give a little bit of love every day,
Then the sun will come your way.
If we learn how to give,
This is how we should live,
Give a little bit of love every day.

Give a little bit of kindness every day,
Then a smile will come your way.
If we learn how to give, this is how we should live.
Give a little bit of kindness every day.

28. IF YOU'RE HAPPY AND YOU KNOW IT

If you're happy and you know it, *clap your hands (x2)
If you're happy and you know it, then your face will surely show it
If you're happy and you know it, *clap you hands
(Repeat verses, but change words to "stamp your feet",
"turn around", ".nod your head" and "do them all" each time)

29. PEACE PEACE, PEACE

Peace Peace Peace,
Peace on Earth.
Peace Peace Peace,
For all the Universe.

Life is a Game

Chorus:

Life is a game so play it

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Life is a dream so realize it
Life is a challenge meet it
Life is love enjoy it

If you know just who you are
Despite what others do
You'll have peace and happiness
All your life through
Life is a game...

Chorus:

There is no need to understand
What others do or say
But you must understand yourself
So you can grow each day
Life is a game....

Chorus:

We the children of the XXX School

Chorus:

We the children of the XXX School
Welcome you one and all.
We hope you'll spend a while with us,
And share our golden rule.

Love in action love in our hearts,
Unity of thought, word and deed.
Learning everyday our part,
To serve our fellow men.

Chorus:

Brothers and sisters join our hands,
To work for our Mother Earth.
Bringing peace through out the land,
By sharing our love and joy.

Chorus: