



# Learning Through Mindfulness Songs











The song for today is "We are all the leaves of one tree." by Plum Village

We are all the leaves of one tree.







The time has come for all to live as one.

We are all the leaves of one tree.

















- We are all the waves of one sea.
- We are all the waves of one sea.
- The time has come for all to live as one.
- We are all the waves of one sea.











- We are all the stars of one sky.
- We are all the stars of one sky.
  The time has come for all to live as one.
- We are all the stars of one sky.



















We are all the leaves of one tree.
We are all the waves of one sea.
The time has come for all to live as one.
We are all the stars of one sky.

















- We are all a part of big family.
   We are the ones who make a brighter day.
- So, let's start giving and sharing happiness.
- · You're not alone. I am here with you.





- leaf (n.) leaves (n.)
- leave (v.) left left
- Leave your sister alone (=stop annoying her).
- · Leavé me alone! I'm trying to work.





- leave (v.) go away
- · The bus leaves in ten minutes.
- She **left** the house at 5.30 this morning.





- I'll be leaving at six o'clock tomorrow.
- Your flight to Bangkok will leave from Terminal 5.







- leave (v.) not take
- Can I leave a message?
- He has left his keys on the table.





- leave (v.) end relationship
- I'll never leave you.
- He **left** his wife for a younger woman.





- leave (n.) holiday
- How much annual leave do you get?
- They've gone on leave (holiday).





- leaf leaves (n.)We are friends.
- · We are all a part of big family. We are family.
- · We are the world.







- Together we can walk into space, save the human race.
- We can do good deeds.
- · We are all the leaves of one tree.





- We are all the waves of one sea.
- wave (n. / v.)
- Give grandma a wave. (greeting)
- At night, she listened to the sound of the waves breaking against the shore.





- wave (n.) radio waves / electromagnetic waves wave (v.) move hand
- I waved to him but he didn't see me.
- She waves her hands around a lot when she's talking.





- star (n.) object in space
- The stars twinkled in the clear sky.
- The sky glimmered with stars.
- The sky was filled with stars.
- The **stars** were shining.





- star (n.) a very famous, successful, an important person, especially a performer such as a musician, an actor, or sports player
- a movie / football star
- a rock superstar (an extremely famous)





- Most TV. stars do quite a lot of charity work.
- I sometimes read my **star** (horoscope) in the daily paper.
- What star sign are you? (one of the 12 signs of the ZODIAC)
- Do you believe in astrology?





- star (n.) a symbol with five or more points
- How many stars does this restaurant have? (symbols showing quality)
- A four-star hotel is better than a two-star.







- "We are all the leaves of one tree"
- We have to produce a feeling of unity in the nation.











 A 99-year-old war veteran has been left "speechless" after raising more than £23m for the NHS.





 Capt Tom Moore originally aimed to raise just £1,000 for NHS Charities Together by completing 100 laps of his garden before his 100th birthday.





 The Duke of Cambridge hailed him as a "one-man fundraising machine".





 His daughter Hannah Ingram— Moore said: "There are no words left to say. We cannot believe people's generosity and he's just floored by it."





• As he finished the challenge on Thursday, having raised about £14m, Capt Tom said it was "an absolutely fantastic sum of money".





 Prince William said: "It's amazing and what I love also is that he's a 99-year-old war vet.





- It's wonderful that everyone has been inspired by his story and his determination.
- https://www.bbc.com/news/ukengland-beds-bucks-herts-52333127





 harmony (n.) when people live or work together without fighting or disagreeing with each other







- I do believe it is possible for different ethnic groups to live together in harmony.
- He urged all Thais to work in harmony to solve the nation's problems.





# Wisdom Quotes

"Happiness is not the absence of problems but the ability to deal with them."

"It is better to conquer yourself than to win a thousand battles."







#### มหาวิทยาลัยเทคโนโลยีราชมงคลพระนคร

#### คณะศิลปศาสตร์

เลขที่ 86 ถนนพิษณุโลก แขวงสวนจิตรลดา เขตดุสิต

กรุงเทพฯ 10300

ผู้ช่วยศาสตราจารย์ภาวิณี อุ่นวัฒนา

E-mail: pawinee.o@rmutp.ac.th

