[Intro]
The room is quiet
The noise outside fades low
They look and wonder
At a peace they cannot know
They call it quietude
They call it passing mood
But I know where I stand

[Verse 1]
They say it's just a phase
Or comfort in the mind
They haven't seen the turning
Or the shelter that I find
When every anchor slips
And the day is wearing thin
There's a quiet kind of refuge
Waiting deep within

[Pre-Chorus]
And I take refuge
I take refuge
I take refuge in You

Nothing compares
Nothing compares to this
Nothing compares
To the calm in the midst
The clarity found
When the chaos lets go
Nothing compares
To the peace that I know

[Verse 2]
Not the noise of the crowd
Not the praise they demand
Not the approval
Of a shifting, restless land
You showed a simpler way
Through the noise and the fear
A stillness in the center
When the static disappears

When doubt creeps in
I remember Your courage
When old habits pull
I remember your grace
When I lose the thread
I remember the path

They don't have to understand
You didn't carry me away
You taught me how to walk

[Chorus:]
Nothing compares
Nothing compares to this
Nothing compares
To the calm in the midst
The Awakened One
The Teacher, the Friend
I take refuge here
Again and again
Nothing compares
Nothing compares to this
Nothing compares

[Outro]
Buddhaṃ saraṇaṃ gacchāmi
Buddhaṃ saraṇaṃ gacchāmi
Quiet peace.
[End]

Quiet Refuge

"Quiet Refuge" is a gentle, reflective song about finding peace and clarity through the teachings of the Buddha. When the world feels overwhelming and others may not understand our journey, the Dharma offers a steady path forward. Rather than escaping life's difficulties, we learn to face them with greater courage, wisdom and calm. A musical reminder that true refuge is not about being carried away from life, but learning how to walk through it with a quieter heart.

