

BE THIS

Lyrics by Anne Hills • Music Allen Power

Speak honestly, that's what it teaches
slow down, listen, open your mind from the start
then speak with kindness, speak first from the heart
speak honestly, that's how it reaches

time passes, this is revealing
be here, seeing, open your eyes to it all
when you watch it unfold, hear every bird call
time passes, this can be healing

the other is you reflecting your fear
your anger, your sorrow, your joy, your desire
you frighten yourself and get burned by the fire
you weep for your losses, and lose what is here

live gratefully, change how you see this
be still, quiet, open yourself to what's there
every breath you are breathing, just notice the air
live gratefully try this, then be this

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