

Writing

Call Out

Dreaming

How am I?

Where am I?

What am I?

Meditating

Beyond all polarities, I am

Let the judgments and opinions of the mind

Be judgments and opinions of the mind

And you exist behind that

Ah so, ah so

It's really time for you to see through

The absurdity of your own predicament

You aren't who you thought you were

You just aren't that person

And in this very lifetime

You can know it

Right now

The real work you have to do

Is in the privacy of your own heart

All of the external forms are lovely

But the real work

Is your inner connection

If you're quiet when you meditate

If you truly open your heart

Just quiet your mind

Open your heart

Quiet the mind, open the heart

How do you quiet the mind? You meditate
How do you open the heart?
You start to love that which you can love
And just keep expanding it

You love a tree
You love a river
You love a leaf
You love a flower
You love a cat
You love a human

But go deeper and deeper into that love
'Til you love that
Which is the source of the light behind all of it
Behind all of it
You don't worship the gate
You go into the inner temple

Everything in you that you don't need
You can let go of
You don't need loneliness
For you couldn't possibly be alone
You don't need greed
Because you already have it all
You don't need doubt
Because you already know

The confusion is saying
"I don't know"
But the minute you are quiet
You find out that in truth you do know
For in you, you know
Plane after plane will open to you
I want to know who I really am

As if in each of us
There once was a fire
And for some of us
There seem as if there are only ashes now
But when we dig in the ashes
We find one ember

And very gently we fan that ember
Blow on it, it gets brighter
And from that ember we rebuild the fire
Only thing that's important is that ember

That's what you and I are here to celebrate
That though we've lived our life totally involved in the world
We know
We know that we're of the spirit

The ember gets stronger
Flame starts to flicker a bit
And pretty soon you realize that all we're going to do for eternity
Is sit around the fire

Walking

Tip toe
Go slow
Here I go
Tip toe

Singing

How?
How come when I lay down
When I lay down when I lay down
There's a loud loud sound?

They come when I slow down
When I slow down when I slow down
Here I've found echoes

Uh
Ooo
Oh
Ah

I am watching me
I'm watching me
I see three

Eye
Aye
Eee

How come when I go down
When I go down when I go down?
I see clouds
They are watching me, are watching me
In my shroud
Echoes echoes echoes echoing

How come when I lay down
When I lay down when I lay down?
They come when I slow down when I slow down when I slow down
Here I've found
Echoes echoes echoes echoing

Dancing

I searched the dark to find you
And in my heart it was true
I went through the dark to find you
Somewhere in the night we broke through

So let me get out of my own way
A light that shines in me always
Know where to find, somewhere to find it in you
Know where to find light in you

In the divine with you
It's like the sky, sky blue
And in the journey find truth

I went through the dark to find you
And in my heart it was true
I searched the dark to find you
Somewhere in the night we broke through

The secrets lie beneath the skin
Just below the one we live in
A brightness shines
A gleaming ray
And pierces me where I lay

Loving

I am a vibrating vessel, vibrating, vibrating
Life is a pattern, a beautiful vibration, vibrating
Love is a message, a beautiful vibration, vibrating
For you

I am a vibrating vessel
Love is a vibration
Life is a pattern
Love is a message

Me and you!