

## **Find rest**

In the middle of a crowd  
In a busy world  
I find rest while breathing in  
I let go while breathing out  
When it's noise all around  
And voices loudly heard  
I listen to the silence  
In between  
When I do my daily work  
Completely occupied  
I sense I'm being here  
I am  
I am peace in every now  
Peace is all I am  
Peace is spreading out  
All is peace

## **All is one**

Calm and curious I am here  
Seeing the world very clear  
Sensing it all without fear  
Noticing all is one  
Feeling the love within you  
Spreading the word that is true  
This very moment is new  
Noticing all is one  
Deeply in touch with my self  
Deeply in touch with  
the world  
Deeply in touch with the universe  
Noticing all is one

## **Father Sun**

Father Sun, you fill my life with light  
Father Sun, you fill my life with light  
I let you into my being  
I let you into my body  
I let you into my day  
Thank you for the energy that I get

## **You are important**

You are important in your life  
It matters what you do with your time  
You are the one who makes a difference  
The owner of your life is you  
Sometimes when I see you  
The clouds are looking grey  
I think that maybe doubts are visiting you  
Maybe this is one of the moment I can recognize  
As a moment of forgetting who you are

You are important in your life  
It matters what you do with your time  
You are the one who makes a difference  
The owner of your life is you

## **Potential Buddha**

I have a seed inside of me  
I give it water so it can grow  
You have a seed inside of you  
You can give it water so it can grow  
We are all potential Buddhas  
We are all potential Inkas  
We are all potential Gods if we want to be  
I let it grow to become a plant  
And connect it to the world  
All our seeds are different  
But their origin are all the same  
We are all potential Buddhas...  
The seed is a gift we all have got  
In the moment we were born  
It gives us a holy opportunity  
To create heaven on earth  
We are all potential Buddhas...

## **Beings of joy**

We are beings of joy  
We learn new things in joy  
We make connections with people in joy  
We contribute to the world  
We contribute to our lives  
We follow the path of the Universe

## **I am free**

I am free to be me  
I am free to just be  
In this world I have no duties  
I am free  
You are free to be true  
you are free to be you  
In this world you have no duties  
You are free  
We are free to just be  
we are free to just be  
In this world we have no duties  
We are free