

Vilddjus



Musiken och texterna är skrivna och arrangerade
av Ylva Bergstad.

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*Walking in the mud and see the sun shimmering bright,
beautiful in the dirt...*

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 you
You are free to be true
In this world you have no duties
You are free.

We are free, to just be
In this world we have no duties
We are free

Everybody is free, everybody can be
Everybody is free just like you and me
In this world nobody has duties
Everybody is free

Child of Nature

Mother Earth, you are great and powerful
I lay down with my belly close to mummy
Father Sun, you fill my life with light
Thank you for the energy that I get
Sister Moon reflecting me, you let me see
Thank you!
Staying in touch
Connected every where
Child of Nature I am
Mother Earth, Father Sun, Sister Moon, Child of
Nature I am

Mount Sinai

I'm walking in the Sinai
and the mountains call out loud:
There is nothing to be afraid of
Put your feet on the ground

I'm dancing with Miss Sinai
and she whispers in my ear:
Live your life as celebration
Let us have another dance

I'm sitting by Mount Sinai
And he silently transmits:
Life is round and neverending

Trust the circle of your heart

There is nothing to be afraid of
put your feet on the ground

All Is Peace

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

Honor Life

Sometimes I see what I don't want to see
People around me harming life
I wonder what can I do to make it better
I can honor life!

Humans killing animals. Why?
They say they need to eat
We can eat plants
We can choose what we do, all our actions
We can honor life!

I'm living

Just to sit here eyes wide open carefully listening
Just to sit here knowing everything is alright
Just to rest in trust in life
I'm living

Just to feel whatever emotions that arise in me
Just to hear whatever thought that might appear
Just to rest in trust in life

I'm living
Living experiencing

Just to move around aware of all bodyparts
Just to dance whatever impulse that show up.
Just to rest in trust in life
I'm living
Living experiencing

Just to be here sensing
feeling alright
Just to rest in trust in life
I'm living

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 myself
Deeply in touch with the world
Deeply in touch with the universe
Noticing all is one

Embrace

Embracing all I see
Embracing all I hear
Embracing all there is in the world
Embracing it all

Uniting

I stay with you here
I like to be near
I close my eyes and see your light
We shine like the one unity we are

Uniting us, making it all whole
Forever on without the time
It's all complete, beautiful and true

So staying here now is all there is to be
Just sitting still and trust the world
Knowing all is one
Uniting

This day is now

There comes a day when all of us unite
There comes a day when all of us stop to fight
This day is now

We have been through all the stress and fears
all around and within us
We have realised we create everything that we see

There comes a day when all of us feel alright
There comes a day when reaching beyond wrong
and right
This day is now

Today

Today is the day of the new beginning
The light all around and within is growing
Love, we celebrate the love
And uniting, uniting it all

Dandelion Force

Living my life now I do
Dandelion force, through the hard ground growing in
my unique way
Something else do I choose
I do completely otherwise
I take another path that suits me

Living my life now I do
Dandelion force, I see that you show power in some
other ways
Yes, I've also noticed
Funny you make different than me
No one does exactly like I do

Living my life now I do
It is my life, I can do what I wanna do
It is my life, I can say what I wanna say
It is my life, I can play what I wanna play

Diving

Diving diving deeper inside
arriving home

Mirror on the surface
seeing only small
cracks disturb the vision
cannot see at all
Where do I belong?
How can I find a unique song?

Diving diving deeper inside
arriving home

Mirror doesn't matter
I just look within
Nothing can disturb me
I can face it all
I know clear where I belong
Arriving home gave me my song

Diving diving deeper inside
arriving home
Coming home, arriving

*Walking in the mud and see the sun shimmering bright,
beautiful in the dirt...*



Tack!

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