

THE RHYTHM OF LIFE

October 26, 2026



The Rhythm of Life

Lyrics by Cindy Olejar

Mmmmmm, mmm, mmmm, mmmmmmmm,

Mmm, mmm, mmm, mmm, mmmmmmmmmmmmmmm

Mmmmmm, mmm, mmmm, mmmmmmmmm,
Mmm, mmm, mmm, mmm, mmmmmmmmmmmmmmm

May we land softly
and go gently
in this world together

Even when the rhythm of life seems a rough endeavor.

To know the breath of calm cadence, Ommmm, ommmm,
ommmmmmm

To know the mind of quiet ambience, Ahhhh, ahhhhhh,
ahhhhhhhhhhhh

No matter our song's tune or lever,
Is to know the virtuoso of us that never severs.

Mmmmm, mmm, mmmm, mmmmmmm, mmmmmmm
Mmmmm, mmm, mmmm, mmmmmmm, mmmmmmm
Mmmmm, mmm, mmmm, mmmmmmm, mmmmmmm
Mmmmm, mmm, mmmm, mmmmmmm, mmmmmmm

Mmmmm, mmm, mmmm, mmmmmm, mmmmmm

Mmmmm, mmm, mmmm, mmmmmm, mmmmmm

Mmmmm, mmm, mmmm, mmmmmm, mmmmmm

Mmmmm, mmm, mmmm, mmmmmm, mmmmmm

Ahhhh, ahhh, ahhhh, ahhhhhh, ahhhhhhhhhhhhhh

A subtle shift of tempo, so clever,

Can dim this knowing, but not forever.

Attention to the one who always knows,

Harmony effortlessly grows.

Mmmmmm, mmm, mmmm, mmmmmmmm,

Mmm, mmm, mmm, mmm, mmmmmmmmmmmmmmmmm

Mmmmmm, mmm, mmmm, mmmmmmmm,

Mmm, mmm, mmm, mmm, mmmmmmmmmmmmmmmmm

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Mmmmm, mmm, mmmm, mmmmmmm, mmmmmmm

Mmmmm, mmm, mmmm, mmmmmmm, mmmmmmm

Mmmmm, mmm, mmmm, mmmmmmm, mmmmmmm

Mmmmm, mmm, mmmm, mmmmmmm, mmmmmmm

Mmmmm, mmm, mmmm, mmmmmmm, mmmmmmm

Mmmmm, mmm, mmmm, mmmmmmm, mmmmmmm

Mmmmm, mmm, mmmm, mmmmmmm, mmmmmmm

Mmmmm, mmm, mmmm, mmmmmmm, mmmmmmm

Ahhhh, ahhh, ahhh, ahhhhh, ahhhhhhhhhhhhhhh

A subtle shift of dynamics, so clever,
Can dim this knowing, but not forever.

Attention to the one who always knows,
Orchestration of life beautifully flows.

Mmmmmm, mmm, mmmm, mmmmmmmmm,
Mmm, mmm, mmm, mmm, mmmmmmmmmmmmmmmmm
Mmmmmm, mmm, mmmm, mmmmmmmmm,
Mmm, mmm, mmm, mmm, mmmmmmmmmmmmmmmmm

May we land softly
and go gently
in this world together

Even when the rhythm of life seems a rough endeavor.

Attention,
to the one who always knows,

Mmmmm, mmmm, mmmmmmmmmmm

Orchestration of life,
beautifully flows.