

SLOW DOWN

January 2, 2026



Slow Down

Lyrics by Cindy Olejar

Ooooo, ohohohoh, ooooooooooooo

Where are you striving to go? What tells you so?

Oooooooo, Ohohohohoh, Ooooooooooooo

Slow down,

what's the hurry?

Slow down,

never worry. Ohohohoh, Ooooooooooooo

Slow down Ohohohoh, Ooooooooooooo

Slow down Ohohohoh, Ooooooooooooo

There is nothing to fear

When attention is here. Ohohohoh, ohohohoh

There is nothing to fear

When attention is here. Ohohohoh, ohohohoh

Grounded like a tree, dancing in the breeze. Ooooooooooooo

What are you striving to show? What tells you so?

Ooooooooo, Ohohohohoh, Ooooooooo

Slow down, what's the hurry?

Slow down, never worry. Ohohohoh, Ooooooooo

Slow down Ohohohoh, Ooooooooo

Slow Ohohohoh, Ooooooooo

There is nothing to fear

When attention is here. Ohohohoh, ohohohohoh

Watching the mind veer, thoughts will then clear.

Ohohohoh Ooooooooo, ooooooooo

The rhythm of breath shines light to fury.

Slow down,

what's the hurry?

Slow down,

never worry Ohohohoh, ooooooooo

Slow down ohohohohoh, oooooooooo

Slow down Ohohohohoh, oooooooooo

Watch the breath go in and out, in and out, in and out,
Ooooooo

Calm and peace are round about. Ohohohoh

Slow down Ohohohoh, oooooooooo

Ohohohohohohoh, Ohohohohoh, Oooooooo, oooooooooo