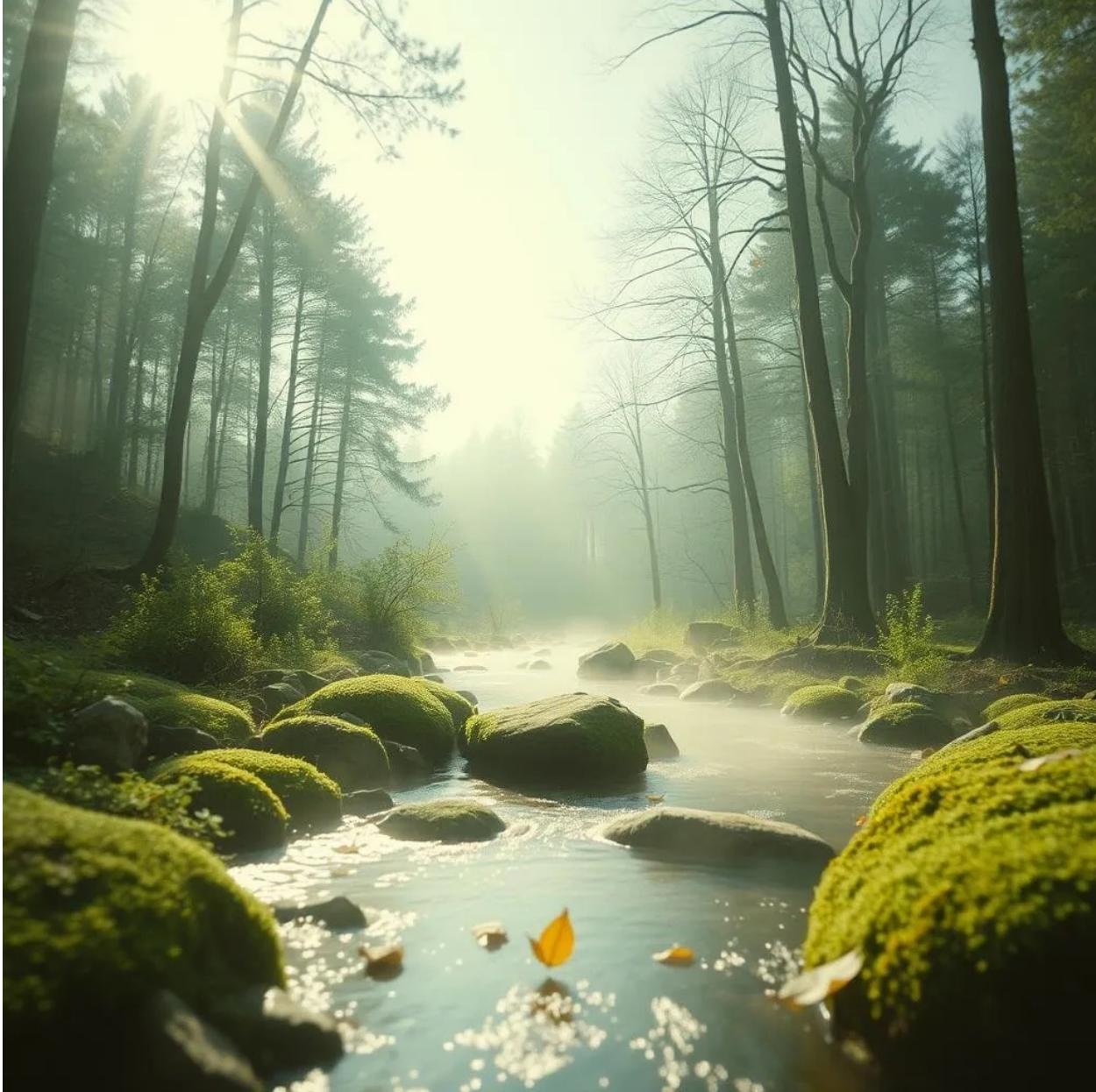


SLOW DOWN

January 2, 2026



Slow Down

Lyrics by Cindy Olejar

Ooooo, ohohohoh, ooooooooooooo

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

Oooooooo, Ohohohohoh, Oooooooo

Slow down,

what's the hurry?

Slow down,

never worry. Ohohohoh, Oooooooo

Slow down Ohohohoh, Oooooooo

Slow down Ohohohoh, Oooooooo

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. Oooooooo

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

Ooooooo, Ohohohohoh, Oooooooo

Slow down, what's the hurry?

Slow down, never worry. Ohohohoh, Oooooooo

Slow down Ohohohoh, Oooooooo

Slow Ohohohoh, Oooooooo

There is nothing to fear

When attention is here. Ohohohoh, ohohohohoh

Watching the mind veer, thoughts will then clear.

Ohohohoh Oooooooo, oooooooo

The rhythm of breath shines light to fury.

Slow down,

what's the hurry?

Slow down,

never worry Ohohohoh, oooooooo

Slow down oohohohohoh, oooooooo

Slow down Oohohohohoh, oooooooo

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

Calm and peace are round about. Oohohohoh

Slow down Oohohohohoh, oooooooo

Oohohohohohohoh, Oohohohohoh, Oooooo, oooooooo