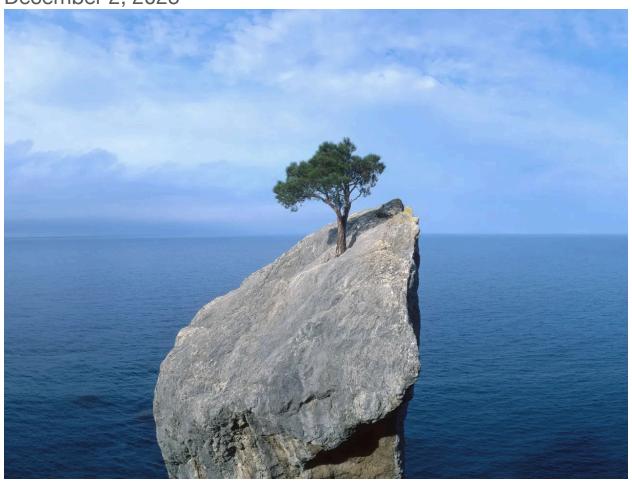
STILLNESS

December 2, 2025



Stillness Lyrics By Cindy Olejar

Seeing the world through rightful eyes, Projects what one is trying to hide.

Turning within to face one's fears,

Brings light to masks worn over the years. Ohohohoh

Let go of needing this or that,

Right now is where you're only at.

The space before there is a thought,

Is the peaceful state that is being sought. Ohohohoh, Ooooooo

Trust in the vast stillness, Ohohohoho

To be empty is fullness. Ohohohoh, oooooo

Feeling bothered by another,
Is that of ourselves we're trying to sever.

Easy to blame mothers for the pain,

And judge another to feel more sane. Ohohohoh

Let go of needing this or that,
Right now is where you're only at.
The space before there is a thought,

Is the peaceful state that is being sought. Ohohohoho, Ooooooo

Trust in the vast stillness, Ohohohoh

To be empty is fullness. Ohohohoh, oooooo

Joy and sorrow are one and the same, Thoughts conjure up the story of pain.

The light and the dark attract and repel,

Pointers to break the hypnotic spell. Ohohohoh

Let go of needing this or that,
Right now is where you're only at.
The space between, in and after thought,
Is the same peaceful state that is being sought.
Ohohohoh, Ooooooo

Trust in the vast stillness,

To be empty is fullness. Ohohohoh, oooooo

The mind doesn't want to believe in this,

Everlasting peace shines with openness. Ooooooo

Attaching to thoughts creates a limiting view,
Observing opens space for something new. Oooooooo

Let go of needing this or that,

Right now is where you're only at.

The peace you are that always prevails,

Is beyond the mind's protective veil. Ohohohoh, Ooooooo

In this stillness you will know,

The way for you that peacefully flows. Oooooooo

Stillness is enough to be,

You will know when this has set you free. Ooooooo, ohohohoh, ooooooooo, oooooooo