

BE STILL

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Be Still

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. Ohohohohoh

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,
Oooooooo

Trust in the vast stillness, Ohohohohoh

To be empty is fullness. Ohohohoh, oooooooo

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. Ohohohohoh,
Oooooooooo

Trust in the vast stillness, Ohohohoh

To be empty is fullness. Ohohohoh, ooooooooo

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. Ohohohohoh

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, Ooooooooo

Trust in the vast stillness,

To be empty is fullness. Ohohohoh, ooooooooo

The mind doesn't want to believe in this,
Everlasting peace shines with openness. Ooooooooo

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

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,
Ooooooooooooo

In this stillness you will know,
The way for you that peacefully flows. Ooooooooooooo

Stillness is enough to be,
You will know when this has set you free. Ooooooooooooo,
ohohohoh, ooooooooooooo, ooooooooooooo