

THE I OF THE CALM

March 1, 2026



The I of the Calm

Lyrics by Cindy Olejar

When the I is calm,

There are no qualms.

Mmmm, mmmm, mmmmmm

Problems arise from within,

When the I is calm, no problems begin.

Observe the thought, allow it to be,

Having no judgment will set it free.

Oh, Oh, Ooooo, Oooooo

Oh, Oh, Ooooo, Oooooo

When the I is calm,

There are no qualms.

Mmmm, mmmm, mmm, mmmm

Hate arises from within,

When the I is calm, no hate begins.

Observe the feeling, allow it to be,

Having no judgment will set it free.

Oh, Oh, Ooooo, Ooooo

Oh, Oh, Ooooo, Ooooo

When the I is calm,

There are no qualms.

Mmmm, mmmm, mmm, mmm

Mmmm, mmmm, mmm, mmm

War arises from within,

When the I is calm, no war begins.

Observe any tension, allow it to be,

Having no judgment will set it free.

Ooo, oooo, ooooo, ooooo, oooo

Unconditional acceptance,

Is the I not in a trance.

Oh, Oh, Oooo, ooooo, Oh, Oh, Ooooo, ooooooo

In the I of the calm,

Peace shines from the palm.

Oooo, oooo, oooooo,oooooo

Mmmmmm, mmmmm, mmm, mmmm

Mmmm, mmmmmm, mmmm, mmm, mmmm