

Being Mindful
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Somewhere in every lesson we find a message
Which praises the gift of being present
In essence it may create a certain state of realization
Through which one becomes centered

Let me dwell in silence, a thought provoking challenge
To be mindful
In each moment every second the path to freedom ever beckons
Being mindful

Day by day around the planet people simply cannot seem
to find the time for calm abiding in the chaos
Yet with so much wasted energy as far as how I'm recreating
How can I live my life without having the way be lost?

May I raise my standards, my thoughts under command, oh!
To be mindful
With my resolve firmly planted passing states easily handled
Being mindful

Although Utopia may never be physically actualized on earth by mankind
Through ethics, concentration, and wisdom, I can find it by being mindful

Somewhere in every lesson we find a message
Which praises the gift of being present

So then free me from my cravings and aversions all the same
When I'm mindful
It's how I hope we live our lives and how I pray we'll die
Being mindful