

Soul Laundry

Joan Zen

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It's hard to believe that it's really all up to me
Don't leave infinity to something outside of yourself
Giving away responsibility to somebody else
It is time in the now to wash them clean
Aa thousand lifetimes of our misdeeds
It's the how that seems unclear
When you feel inside the truth is near
Become the person I want to be just do my soul, my soul laundry

It's time to concede that reality is just a dream
Everything's illusory – nothing solid that makes me “me”
Still we'll indeed spend a life with greed
Hatred and anger will plant the seed
Unwholesome actions will sow to grow the fear and shame
A thorny rose by any other name
There is no fate and as you meditate
Every wish becomes your family tree
So do your soul laundry, your soul laundry.

There's a prescription to counter our affliction
Loving-kindness holds the key to unlock who I truly want to be
There is no question to be left for discussion
The mess you think you leave will always be unless you
Do your soul laundry, your soul laundry, you do your soul laundry

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Just do your soul you do your soul laundry you do your soul laundry