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An untamed mind shall be typically unkind Searching for answers it may never find Revelations of the self Start to understand the nature of this human with such sand To sooth and calm the high living in the unburdened sky

With all the thoughts the mind it shall be taught Swirling circles spin then like a shot Letting go of all you know Embrace the frantic space holding a cacophony at bay For nothing is a place from where you can't escape

It's not okay to feel ashamed for what we do Instead so be inclined to see the god in you For if you know thyself as divine presence The gift revealed to truly feel the God in you

An untrained mind it is constantly entwined Thoughts running rampant finding every kind of distraction from the path Creating karmic changes the soul wanting so arranges no pain Suffering is a state from where we can relate

For all the spots on swinging on vines they seem to hop
The monkeys in the mind won't ever stop
Tangling up overgrown thoughts
Quiet little touch of grace filling up all of the chaotic space
For nothing is a place from where you can't escape

It's not okay for you to say it cannot be
Divinity resides inside the God in you and me
To surrender the self for the moment
So inspired your soul afire feeling the God in you