

Courage and Grace -

Modah ani for slowing down to feel
Yes, this is what is truly real
To understand that quiet reflection and silence
Provide a classroom of space
For forgiveness to take place

Conscious connected coherence is where the experience is found
This can only happen when we are quiet and slow down
Just a few minutes each day
Elevates coherence on your way
To trust there is so much more going on
Please play in that pond

The oceans are there to move "it" all around
Calm silent waters support watts to be found
Mimic a glistening reflection of flow
Bring this to your heart as you go
From place to place
Shine your light to expand grace

Stand tall and proud
Your actions speak out loud
Hear us when we say
You are worth it everyday
Be who you are
This truth is your guiding star