

Be your own guiding star

In slowing down to feel
What is truly real
Be grateful to understand
When quiet reflection and silence are in hand
Provide a classroom of space
for forgiveness to take place
Conscious connected coherence is where the experience is found
That can only happy 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* big pond

The oceans are there to move "it" all around
Calm silent waters support ways to be found
Mimic this 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 every day
Be who you are
This truth is your guiding star