

On Self-Transformation

SERENITY PRAYER

Grant me the serenity to accept things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.
Living one day at a time, enjoying one

COME LIGHT OF LIGHTS

(by Ruth Cunningham)

Am G CE Am G Am
Come light of lights into my heart
Am G CE Am G Am
Come wisdom of spirit into my heart

A Blessing (by John O'Donohue)

May there be kindness in your gaze when you look within. May you never place walls between the light and yourself. May your angel free you from the prisons of guilt, fear, disappointment and despair. May you allow the wild beauty of the invisible world to gather you, to mind you, and embrace you in belonging.

BEAUTIFUL SCARS (by Maximilian)

V1: Broken all the pieces I've been shaping lately
Focused on the things that didn't make no sense
Guess that growing up was never meant to be easy
Yeah, I got used to doing everything sideways
Didn't really care about how anyone felt
Hiding my emotions down in different ashtrays

PRE-CHORUS

Oh, but what is lost ain't gone
No, you can't just let go
'Cause it's a part of you that, will make you strong
Embrace your flaws

CHORUS

I'm not gonna fight back what I've become
Yeah, I've got bruises where I came from
But I wouldn't change if I could restart
I ain't gonna hide these beautiful scars
I've been going way too hard on myself
Guess that it's the reason that I'm feeling like hell
But I wouldn't change if I could restart
I ain't gonna hide these beautiful scars

V2

I went down a road that only got me nowhere
I've seen every corner, every inch of this place
Being all alone it really got me thinking
Maybe overthinking
Hide these beautiful scars

[BACK TO PRE-CHORUS, THEN CHORUS]

THIS IS HOME

(by Sophia Efthimiou) – 2nd Fr

This is home (D) where I belong (G)
In this breath (C), in this heart (A)
This is home (D) where I belong (G)
In this voice (A), in this song (D)

SPIRIT OF WISDOM

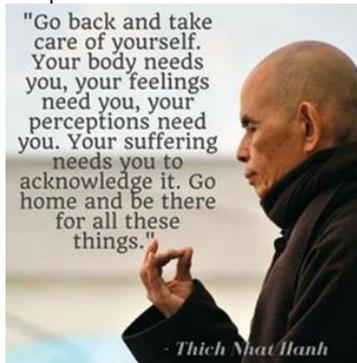
(by Daniel Iverson 1926)

Spirit of Wisdom, fall afresh on me
Spirit of Wisdom, fall afresh on me.
Melt me, mould me, fill me, use me.
Spirit of Wisdom fall afresh on me.

OR

Spirit of the living God, fall afresh on me
Spirit of the living God fall afresh on me.
Melt me, mould me, fill me, use me.
Spirit of the living God, fall afresh on me.

"Go back and take care of yourself. Your body needs you, your feelings need you, your perceptions need you. Your suffering needs you to acknowledge it. Go home and be there for all these things."



- Thich Nhat Hanh

I AM HERE IN THE HEART OF LOVE

[Am, G, Am, D] (by Erin McGaughan)

I am here in the Heart of love.
Love is here in the heart of me.
Like the flame in the fire
and the fire in the flame.
I am here in the heart of love.

I am here in the heart of peace.
Peace is here in the heart of me.
Like the wave in the water
and the water in the wave.
I am here in the heart of peace

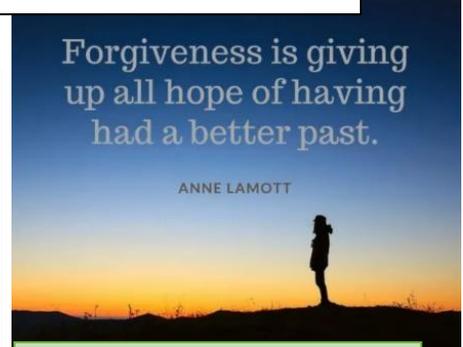
I am here in the heart of hope.
Hope is here in the heart of me.
Like the Wind in the springtime
and the springtime in the wind.
I am here in the heart of hope.

A Blessing for All

Teach us your ways that we may be open to the same Spirit who moved over the face of the waters in the first day of creation and moves also over the chaos of this time to fashion a day like this, a world like ours. Make us aware of the miracles of life. Make us aware of the unfathomable mystery of the amazing grace in which we are kept.

Forgiveness is giving up all hope of having had a better past.

ANNE LAMOTT



"You cannot heal what you do not first acknowledge."

Richard Rohr

Hold You Tight Chords (by Dan Bremnes)

You walk, you run, you climb, and you fall again
You crawl, you fight, you break apart tonight
But I Am the voice that keeps on calling out to you
Lighting up the dark, I turn chaos into art

[Pre-Chorus]

So if you're falling under
If you're letting go

[CHORUS]

Don't you worry tonight, I will hold you
Don't you worry my child,
I will stay by your side|
In the middle of it
In the middle of it
I will hold you, hold you, hold you tight

[Verse 2]

You hope, you dream; You chase, you plead..
A story in these scars, are never gone
And you're lost and found, I'm here and now..
And underneath these stars, I see just who you are

[CHORUS]

Don't you worry tonight, I will hold you
Don't you worry my child,
I will stay by your side
In the middle of it
In the middle of it
I will hold you, hold you, hold you tight

[Bridge]

You don't have to worry; you don't have to hide
I know you're weary, weary from the fight
You don't have to fear now; 'm here by your side
And I'm gonna wait here, wait with you tonight

[BACK TO CHORUS]

Hope is Deeper Than Despair

(by David Poole)

Hope is deeper than despair,
wait for the rising sun
Hope is deeper, wait for the light

PEACE ALL AROUND US

(by David Haas)

Peace before us
Peace behind us
Peace under our feet.
Peace within us
Peace over us
Let all around us be peace

HUMAN (Rag'n'bone Man)

Maybe I'm foolish, maybe I'm blind
Thinking I can see through this and see what's behind
Got no way to prove it so maybe I'm blind
But I'm only human after all, I'm only human after all
Don't put your blame on me (2X)
Take a look in the mirror and what do you see
Do you see it clearer or are you deceived in what you believe
Cos I'm only human after all, you're only human after all
Don't put the blame on me (2X)

[Chorus]

**Some people got the real problems
Some people out of luck**

**Some people think I can solve them
Lord heavens above**

I'm only human after all, I'm only human after all

Don't put the blame on me (2X)

Don't ask my opinion

don't ask me to lie

Then beg for forgiveness

for making you cry, making you cry

Cos I'm only human after all, I'm only human after all

Don't put your blame on me, don't put the blame on me

[Chorus]

Some people got the real problems

Some people out of luck

Some people think I can solve them

Lord heavens above

I'm only human after all, I'm only human after all

Don't put the blame on me (2X)

I'm only human I make mistakes

I'm only human that's all it takes to put the blame on me

Don't put your blame on me

[Bridge]

I'm no prophet or messiah

Should go looking somewhere higher

[Chorus]

I'm only human after all, I'm only human after all

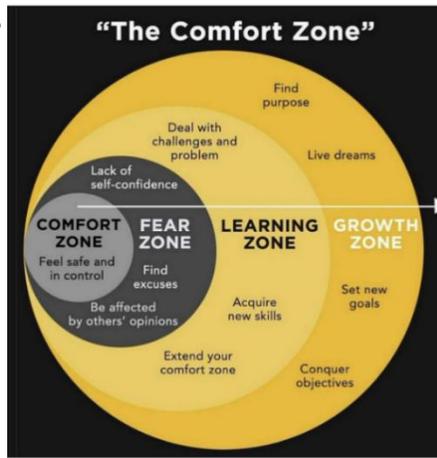
Don't put the blame on me, don't put the blame on me

I'm only human I do what I can

I'm just a man, I do what I can

Don't put the blame on me

Don't put your blame on me



SOUL SEARCHING (by Glenn Frey)

The time is coming, to do some soul searching
No more running, no more bridges burning
The time is comin for you and me
To take a look inside no matter what we see
Let's do some soul searchin, just you and me

The time keeps passing, and the clock is running
But the river is flowing, and the rain keeps coming
Let's join our hands before we're washed away
Time to leave the pain of yesterday
Let's do some soul searching, just you and me

Our lives are changing, this old world is turning
We sit here wondering, what we're learning
We can help each other, we can be a friend
Let's be true to each other the best we can
Let's do some soul searching, just you and me

The time is coming, to do some soul searching
No more running, no more bridges burning
It's time to stop pretending that we're somebody else
Perhaps you can't change this world, but you can change yourself
Let's do some soul searching, just you and me

The wind is blowing, the season's passing
The sun's brightly shining, the sea is rising
We're gonna change our lives, and drop our foolish pride
We're gonna to make amends, and we're not gonna hide
Let's do some soul searching, just you and me

Broken hearts are beating, our feet are walking
Our bodies breathing, our arms are carrying
It's time for all of us to build a new life together
Working hand in hand, & helping each other
Let's do some soul searching, just you and me

TURN (CHURN)

(by Chaplain Donnel)

Churn my heart
Churn my soul
Lead me from dark to light
Make me whole

Churn my mind
Churn my feet
Guide each step
To the sacred beat

Churn my voice
Churn my ear
So I may sing your song
Without fear

Churn our words
Churn our breath
Bless our body
Towards good health

COME HEALING BREATH

(by Chaplain Donnel)

Come healing breath

Come heal my mind

Come heal my heart

Come heal my soul

Come heal the world

The Guest House

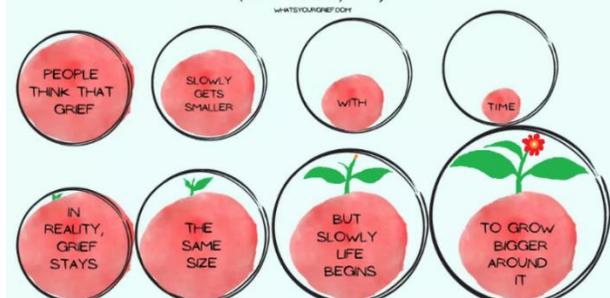
(by Jellaludin Rumi)

This being human is a guest house.
Every morning a new arrival.
A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.
Welcome and entertain them all!
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still treat each guest honorably.
He may be clearing you out
for some new delight.
The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.
Be grateful for whoever comes,
because each has been sent
as a guide from beyond.

'GROWING AROUND GRIEF'

(LOIS TONKIN, 1996)

WWW.TONYGRIEF.COM



Wanda: "I'm so tired. It's just like this wave washing over me, again and again. It knocks me down, and when I try to stand up, it just comes for me again. It's going to drown me."



Vision: It can't all be sorrow.
But what is grief, if not love persevering.

