

Dwelling in the present moment I know this is the only moment.  
Breathing in I calm body and mind, breathing out, I smile, I smile.  
(Song by Laurence Cole; Words by Thich Nhat Hanh)

**Peace All Around**  
(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.

**Be empty of worrying.  
Think of who created  
thought! Why do you  
stay in prison When the  
door is so wide open?**

RUMI

# The Beginner's Mind

## BLESSING

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 together you, mind you, and embrace you in belonging. AMEN.

(By John O'Donohue)

## Come to the Living Waters

Come to the living waters (3x)  
Together at the well!

## SERENITY PRAYER

(by Reinhold Niebuhr)  
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  
moment at a time

## Empty Me

(by Jeremy Camp)

Holy Fire, burn away  
My desire, for anything  
That is not of You  
And is of me  
I want more of You  
And less of me  
  
Empty me, empty me  
Fill, wont you fill me  
With You, with You

## All Around Everywhere (3<sup>rd</sup> Fr)

All around	As with me
Everywhere	So with you
All around everywhere	As with me, so with you
Holy holiness	Holy holiness
In the highest sky	In this bread
In the deepest sea	In this cup
In the highest sky, in the deepest sea	In this bread, in this cup
Holy holiness	Holy holiness
In my heart	In the light
In your soul	In the dark
In my heart, in your soul	In the light, in the dark
Holy holiness	Holy, holiness
In all we do	All around
In all we are	Everywhere
In all we do, in all we are	All around everywhere
Holy holiness	Holy holiness
Every step	
Every breath	
Every step, every breath	
Holy holiness	

## I STILL HAVEN'T FOUND WHAT I'M LOOKING FOR (by U2)

... I have climbed highest mountains  
I have run through the fields  
Only to be with you (2X)  
I have run  
I have crawled  
I have scaled these city walls  
These city walls  
Only to be with you  
... **But I still haven't found what I'm looking for**  
**But I still haven't found what I'm looking for**  
... I have kissed honey lips  
Felt the healing in her fingertips  
It burned like fire  
This burning desire  
... I have spoke with the tongue of angels  
I have held the hand of a devil  
It was warm in the night

I was cold as a stone  
**REFRAIN**  
... I believe in the kingdom come  
Then all the colors will bleed into one  
Bleed into one  
But yes I'm still running  
... You broke the bonds  
And you loosed the chains  
Carried the cross  
Of my shame (2X)  
You know I believe it  
**REFRAIN**

## THIS IS HOME (by Sophia Efthimiou)

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)

Emptiness is the pregnant void out  
of which all creation springs. But  
many of us fear emptiness. We  
prefer to remain...surrounded by  
things...we imagine are subject to  
our control.

— Wayne Muller —

When you finally let go of who you believe yourself to be  
and all concepts are abandoned entirely, your beautiful  
presence of emptiness can be realized at once.

Emptiness isn't the emptiness that one might imagine,  
for in truth, it lacks no-thing. To be empty is to be filled  
with absolute and infinite potentiality, which is the  
essential essence of your true Self.

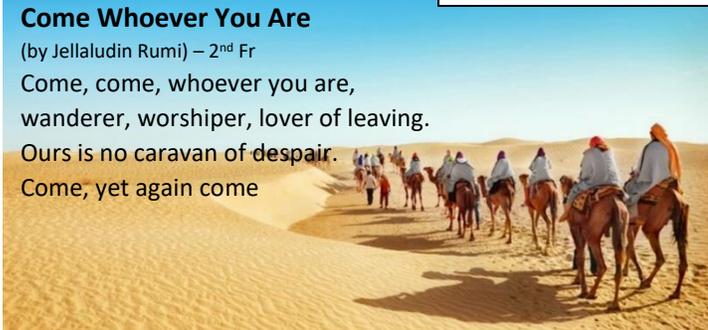
*You are this emptiness;  
an absolute presence of blissful nothingness.*

*Unbound and Free.*

## Come Whoever You Are

(by Jellaludin Rumi) – 2<sup>nd</sup> Fr

Come, come, whoever you are,  
wanderer, worshiper, lover of leaving.  
Ours is no caravan of despair.  
Come, yet again come



## FREE MIND (by Tems)

Yeah, yeah my mind

Yeah, yeah my mind

V1. I said, "five in the morning"

I wake up to fight for my earnings

The fear in my mind is a warning

Praying to the one you rely on

I've been wandering all day

I try to be fine but I can't be

The noise in my mind wouldn't leave me

I try to get by but I'm burning

**CHORUS: And behind my mind it runs**

**All these thoughts have troubled me**

**Fighting to give up my pain**

**Fighting to be on my lane**

**My mind running to the other side**

**When it's time to live my life**

**Then it tries to take me out**

**Tell you what I need right here**

*I really need, I really need time now*

*I really need, I need a free mind now*

*I really need, I really need mine now*

*I really need, I need to free my mind now*

*I really need, I really need time now*

*I really need, I need a free mind now*

*I really need, I really need my mind now, oh yeah*

V2. This is the peace that you cannot buy

Send me a love that you cannot mix

One is the joy that you cannot waste

And the other one price that you cannot fix

This is the peace that you cannot buy

Finding a way when you cannot see

Man will desist if he cannot pray

I need to find release

**[BACK TO CHORUS]**

V3. To set me free

Freer than the open mind

Farther than the eyes can handle

Freer than the ocean now yeah, yeah

So set me free

Now I need to find release

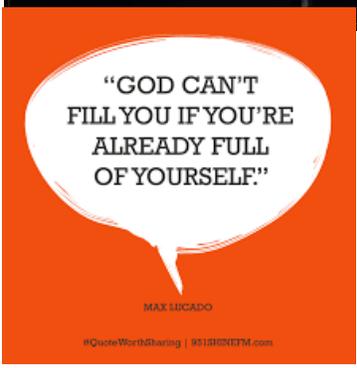
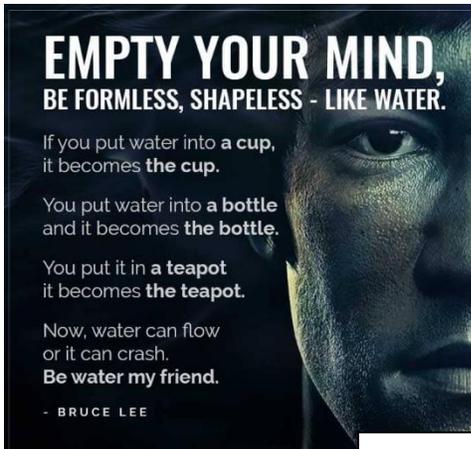
Set me to the open sky

Now I need to free my mind yeah, yeah

Your life has **PURPOSE.**  
Your story is **IMPORTANT.**  
Your dreams **COUNT.**  
Your voice **MATTERS.**  
You were born to make an **IMPACT.**  
all-greatquotes.com

a part of healing is being willing to (un)learn why you keep choosing what you've already learned isn't a fit.

Yasmine Cheyenne



**Philippians 2:7**  
[He] emptied Himself, taking the form of a servant, being made in human likeness.



Learn who you are.  
Unlearn who they told you to be.  
— s. mcnett



"Half of life is lost in charming others. The other half is lost in going through anxieties caused by others. Leave this play. You have played enough."  
— Rumi

**Let It Go**  
(Sung by Idina Menzel; lyrics by Kristen Anderson-Lopez/Robert Lopez)  
The snow glows white on the mountain tonight  
Not a footprint to be seen  
A kingdom of isolation  
And it looks like I'm the queen  
The wind is howling like this swirling storm inside  
Couldn't keep it in, heaven knows I've tried  
Don't let them in, don't let them see  
Be the good girl you always have to be  
Conceal, don't feel, don't let them know  
Well, now they know  
**Let it go, let it go**  
**Can't hold it back anymore**  
**Let it go, let it go**  
**Turn away and slam the door**  
**I don't care what they're going to say**  
**Let the storm rage on**  
**The cold never bothered me anyway**  
It's funny how some distance makes everything seem small  
And the fears that once controlled me can't get to me at all  
It's time to see what I can do  
To test the limits and break through  
No right, no wrong, no rules for me - I'm free  
**CHORUS**

**And A Meadow Lark Sang**  
Ravindra Kumar Karnani  
The child whispered, "God, speak to me!"  
And a meadow lark sang.  
The child did not hear.  
So the child yelled, "God, speak to me!"  
And the thunder rolled across the sky  
But the child did not listen.  
The child looked around and said,  
"God let me see you" and a star shone brightly  
But the child did not notice.  
And the child shouted,  
"God show me a miracle!"  
And a life was born but the child did not know.  
So the child cried out in despair,  
"Touch me God, and let me know you are here!"  
Whereupon God reached down  
And touched the child.  
But the child brushed the butterfly away  
And walked away unknowingly.