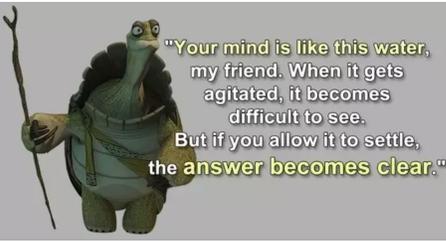


Our Search for Inner Peace



"Your mind is like this water, my friend. When it gets agitated, it becomes difficult to see. But if you allow it to settle, the answer becomes clear."

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.

FEELINGS COME AND GO LIKE
CLOUDS IN A WINDY SKY.
CONSCIOUS BREATHING
IS MY ANCHOR.

- THICH NHAT HANH -

Beautiful Ordinary Life (By LR Knost)

Life is amazing. And then it's awful. And then it's amazing again. And in between the amazing and the awful it's ordinary and mundane and routine. Breathe in the amazing, hold on through the awful, and relax and exhale during the ordinary. That's just living. Heartbreaking, soul-healing, amazing, awful, ordinary life. And it's breathtakingly beautiful.

Slow breathing is like an anchor in the midst of an emotional storm: the anchor won't make the storm go away, but it will hold you steady until it passes.

RUSS HARRIS

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Holy Holiness

(by Ellen Allard)

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

Dwelling in the Present Moment

(By Laurence Cole; words by Thich Nhat Hanh)

Dwelling in the present moment I know; this is the only moment. (Am-Em-Am; D-G-Em-Am)

Breathing in I calm body and mind; breathing out, I smile, I smile. (Am-G-Am; F-G-Em-Am)

It's OK (by NightBirde)

I moved to California in the summer time
I changed my name thinking that it would change my mind
I thought that all my problems they would stay behind
I was a stick of dynamite and it was just a matter of time, yeah

All day, all night, now I can't hide

Said I knew myself but I guess I lied

It's ok, it's ok, it's ok, it's ok

If you're lost, we're all a little lost and it's alright

It's ok, it's ok, it's ok, it's ok

If you're lost, we're all a little lost and it's alright

It's alright, it's alright, it's alright, it's alright

I wrote a hundred pages but I burned them all (Yeah, I burned them all)

I drove through yellow lights and don't look back at all (I don't look back at all)

Yeah, you can call me reckless, I'm a cannonball (uh, I'm a cannonball)

Don't know why I take the tightrope and cry when I fall

Blessing

Holy One, you guides us towards inner peace, watch over us who are in this circle; bless and guide us wherever each of us may be:

- Blessed be your feet: may they keep you standing even when the terrain of the life you stand on is unsteady.
- Blessed be your hands: may they always find hands to hold especially during moments when you feel alone & isolated.
- Blessed be your breath – may it anchor you in the present moment.
- Blessed be your eyes: may they show you grace & more beauty around you.
- Blessed be your mind: may it dream new dreams.
- Blessed be your heart: may it be brave & not afraid.
- Blessed be your body: may it find healing, purpose and rest. May peace, hope, and compassion that your one sacred body gives all flow back to you and hold you in gentle embrace & belonging. AMEN.

This is Home Where I Belong

(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 (C)

I Am Sending You Light (By Melanie DeMore)

I am sending you Light, To heal you, To hold you

I am sending you Light, To hold you in Love

I am sending you Light, To heal you, To hold you

I am sending you Light, To hold you in Love

No matter where you go
No matter where you've been
You'll never walk alone
I feel you deep within

No matter what you feel or what you choose to show
I'm always there for you
And so I want you to know
That ...

I walk the path with you
Go slow dear one don't hurry
I'll go just like you need to go
There is no need to worry
Cause ...