

On Self-Transformation

I've Got a River of Life (by Marcus & Marketo)

V1. I've got a river of life flowing within me;
It makes the lame to walk and the blind to see.
It opens prison doors, sets the captives free.
I've got a river of life flowing within me.

CHORUS:


Spring up, O well, inside my soul!

Spring up, O well, and make me whole!

Spring up, O well, inside my soul!

O I got the river of life flowing out of me.

V2. I've got a river of life flowing within me;
It started gushing up when Love set me free.
That I keep the flow is my only plea.
I've got a river of life springing within me.



**Rise like the clouds
They will continue to
form, rain, scatter, and flow
form, rain, scatter, and flow**



**EMPTY YOUR MIND,
BE FORMLESS, SHAPELESS - LIKE WATER.**

If you put water into a **cup**,
it becomes **the cup**.

You put water into a **bottle**
and it becomes **the bottle**.

You put it in a **teapot**
it becomes **the teapot**.

Now, water can flow
or it can crash.
Be water my friend.

- BRUCE LEE | TheMindsJournal

MINDJOURNAL

The River (by Garth Brooks)

You know a dream is like a river, ever changing as it flows.
And a dreamer's just a vessel; that must follow where it goes
Trying to learn from what's behind him
And never knowing what's in store
Makes each day a constant battle
Just to stay between the shores

CHORUS:

**And I will sail my vessel 'til the river runs dry,
Like a bird upon the wind; these waters are my sky
I'll never reach my destination - if I never try
So I will sail my vessel 'til the river runs dry.**

Too many times we stand aside; and let the waters slip away
'Til what we put off 'til tomorrow has now become today
So don't you sit upon the shoreline & say you're satisfied
Choose to chance the rapids & dare to dance that tide.

[BACK TO CHORUS]

And there's bound to be rough waters
And I know I'll take some falls
But with the good Lord as my captain
I can make it through them all

[BACK TO CHORUS]



**"LOVE, LIKE A RIVER, WILL CUT
A NEW PATH WHENEVER
IT MEETS AN OBSTACLE."**

-CRYSTAL MIDDLEMAS

Amos 5:24

"But let justice roll
down like waters,
and righteousness
like an ever-flowing
stream."

Isaiah 43:19

"Behold, I will do something new,
Now it will spring forth;
Will you not be aware of it?
I will even make a roadway in the wilderness,
Rivers in the desert.

As You Fly (Regina Price)

The pain subsides,
I'm mindful,
Days go by,
Like grains of sand,
From our hands,

*When you rise,
The sky will meet you,
And I close my eyes,
I always see you,
Free as you fly*

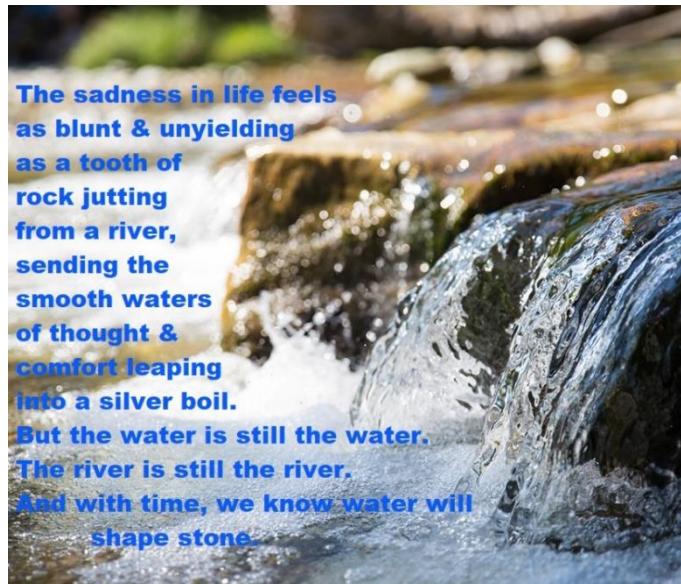
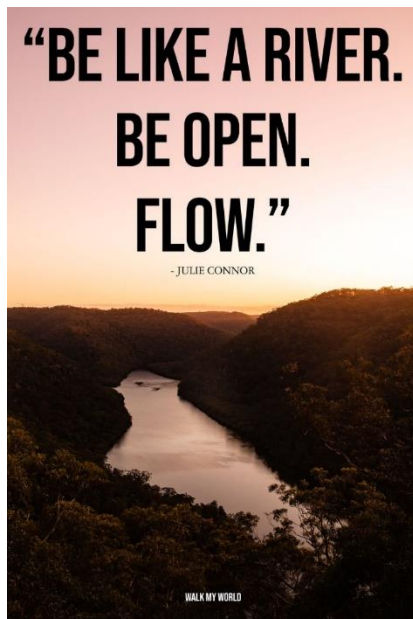
You held me close,
Lifted me high,
Now you can go,
Fast in to the good night,

*When you rise,
The sky will meet you,
And I close my eyes,
I always see you,
Free as you fly*

*When you rise,
The sky will meet you,
And I close my eyes,
I always see you,
Free as you fly*

We are all stars
We are all light
Ooh, make your way now

[CHORUS 2X]



The sadness in life feels
as blunt & unyielding
as a tooth of
rock jutting
from a river,
sending the
smooth waters
of thought &
comfort leaping
into a silver boil.
But the water is still the water.
The river is still the river.
And with time, we know water will
shape stone

Journey On

(Derrick Fox)

Journey on, my friend
We will surely meet again.
And as time moves on, keeps rolling along
we will write our own stories on.
We will write our own stories.
We will journey on.

Beauty lives in you.
Brings joy in all you do.
Take time to see the joy, the peace
by the light our world needs.

We will rise, we will soar.
We'll see all the places we've dreamed of before.
We'll be free as the breeze,
we'll write our own stories.
We will journey on.

Down to the River to Pray

(by Alison Krauss)

CHORUS

As I went down in the river to pray
Studying about that good old way
And who shall wear the starry crown
Good lord, show me the way

V.1

O sisters, let's go down
Let's go down, come on down
O sisters, let's go down,
Down in the river to pray

[back to Chorus]

V.2

O brothers, let's go down
Let's go down, come on down
O brothers, let's go down,
Down in the river to pray

[back to Chorus]

V.3

O siblings, let's go down
Let's go down, come on down
O siblings, let's go down,
Down in the river to pray [back to Chorus]

BLESSING (By John O'Donohue)

May there be kindness in your gaze
when you look within. May you
never place walls between the light
of wisdom 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.

Love is Here Today

(God, Hope, Light)

Love is here today
As certain as the air I breathe
As certain as the cloud that rises
As certain when I sing you hear my song
God is here today...
Hope is here today...
Light is here today...