

THE BREEZE WITHIN

STOP

CAN YOU HEAR THE WIND?

TAKE HEART

AND

STOP

IT IS A GENTLE BLOW

LIKE A SUMMERS BREEZE

FOLLOW IT

RIGHT HERE, RIGHT NOW

IT LIBERATES

I KNOW ME

WHERE ARE YOU RUNNING?

WHY NOT STOP?

THE RIGHT HERE

THE RIGHT NOW

IS LONGING YOU TO

BE STILL

AND KNOW YOURSELF

SET ME FREE

BOUNDLESS

WITHOUT LIMITS

I YEARN FOR FREEDOM

OF MYSELF

I HOLD MY STARS

A HOSTAGE

AGAINST MY WILL

ELECTRIFY ME

SET ME FREE

HOW MUCH?

THE POWER AND
THE LIGHT
THE POTENTIAL
WITHIN ME
WITHIN YOU
BLOWS MY MIND
LIKE A SURGE
RUNNING THROUGH

HOW MUCH?

YOU ASK
-NOT A PENNY,
YET PRICELESS

DEEP DIVE

WHAT IF I DOVE
IN
AND
FOUND MYSELF
INVESTING
INTO MY INNER WORLD
CUTTING THROUGH LAYERS
LIKE A MINER
SEARCHING FOR
THE TREASURES
IN DARKNESS
WOULD I GET LOST
OR IS THERE A CHARTED WAY?
THROUGH THE VALLEYS LOW
THE MOUNTAINS HIGH
THROUGH THE DARK PAIN
THROUGH THE STUBORN CLOGS
WILL I FIND BACK TO LIGHT?

ONENESS

I AM IN YOU

YOU ARE IN ME

YET

WE LIVE LIKE

WE DON'T SEE EACH OTHER

WE LIVE LIKE

WE DON'T HEAR EACH OTHER

I AM YOU

YOU ARE ME

SAME MATTER

YET

WE DON'T FEEL EACH OTHER

DON'T UNDERSTAND EACH OTHER

ONLY WHEN I AM

BOUNDLESS

FULL OF LOVE AND LIGHT

I DISTICT ME

TO BE ME

IN YOU

YOU TO BE YOU

IN ME

BREATH

THE VIBRATIONS
THE FREQUENCY
THE WARMTH
THE DEPTH
OF MY BREATH
IN THE CYCLE
OF LIFE AND DEATH
OH SO FRAGILE
I AM
BUT CAN'T CONTROL
THE DELECACY
OF THIS INTELLIGENT
MACHINERY
LET IT FLOW
AND
FOLLOW

WOULD YOU BELIEVE?

WHAT IF I TOLD YOU?
YOU COULD EXPLODE
INTO ATOMS AND ELECTRONS

IN ANY MOMENT,
WOULD YOU PAY
MORE ATTENTION
TO YOU?

WHAT IF I TOLD YOU?
YOUR BEST LIFE IS
INSIDE YOU
WOULD YOU GO LOOK FOR IT?

WHAT IF I TOLD YOU?
YOU ARE EVERYTHING
YOU DESIRE TO BE
WOULD YOU BELIEVE ME?

NOW

AS A CHILD

I RAN WITH MY SHADOWS

AS A YOUTH

I RAN FROM MY SHADOWS

AS AN ADULT

I CHASED MY SHADOWS

NOW

I AM INDIFFERENT

AND

I DISSOLVE

EQUANIMITY

THE YING AND THE YANG
THE BALANCE OF THE
BODY AND SOUL
THROUGH
THE VEHICLE OF BREATH
MY SPIRIT

GUIDE ME OH BREATH
INTO
THE BLISS OF
EQUANIMITY