

# BE THIS

*Lyrics by Anne Hills • Music Allen Power*

Speak honestly, that's what it teaches  
slow down, listen, open your mind from the start  
then speak with kindness, speak first from the heart  
speak honestly, that's how it reaches

time passes, this is revealing  
be here, seeing, open your eyes to it all  
when you watch it unfold, hear every bird call  
time passes, this can be healing

the other is you reflecting your fear  
your anger, your sorrow, your joy, your desire  
you frighten yourself and get burned by the fire  
you weep for your losses, and lose what is here

live gratefully, change how you see this  
be still, quiet, open yourself to what's there  
every breath you are breathing, just notice the air  
live gratefully try this, then be this

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