

MEDITATION by Indra Lyons

Open your mind
Open your heart
Breathe in with courage
Breathe out with pride
Find yourself deep within
Only you can tell yourself to hide

Ease Yourself
Sit up straight
Circle your fingers
And clamly meditate

Say Farwell to your wondering thoughts
Think from your passion
Think of your clock
Think of how fortunate you are
Think of how father you can go than far

If you're having a day that you hate
Just sit down and meditate