

## Uit hart en ziel, zang en stilte

14 juni 2021

*'stilte'*

Be still 3x and listen to your heart.

Breathing in, I go back to the island within myself. There are beautiful trees within the island, there are clear streams of water there are birds, sunshine and fresh air, breathing out I feel safe. I enjoy going back to my island.

Deep peace of the running wave to you, deep peace of the flowing air to you, deep peace of the silent stars to you, deep peace of the quiet earth to you.

Listen to the silence in your mind. Listen to the silence inside, all things reflect the one-in-all, when you listen to the silence in your mind.

Peace. Peace. Peace comes from within. (2x) Peace comes from within.

Vrede

Vrede, vrede. Stilte in mijn hart. Vrede. Vrede stroomt door mij heen.

Wherever you go, whatever you do, just let the love that you are keep shining through.

Wherever you go, whatever you do, just let the love that you are shine through.

