

**Thema: ‘rust’**

The musical notation consists of three staves of music in G major, 6/8 time. Each staff contains three measures of notes. The lyrics 'Sha-lom.' are repeated three times, with the third stanza ending with a double bar line.

1  
Sha-lom. Sha-lom. Sha - lom.  
2  
Sha-lom. Sha-lom. Sha - lom.  
3  
Sha-lom. Sha-lom. Sha - lom.

*‘Rust en stilte zijn nodig om te weten wat je werkelijk wilt.’*

**Vrede**

*‘Kon ik af en toe de stilte maar wat harder zetten...’*

**Return again**, return again, return to the home in your heart. 2x

Return to your breathing, return to your walking, return to this moment, return to the home in your heart.

*‘Stilte is een creatieve bron.’*

**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!

*‘Soms is stilstaan een hele vooruitgang.’*

**Feel the blessing**, as it pours through you,  
feel the blessing, nothing more to do,  
feel the blessing, in the core of you.  
Nothing that you need, nothing that you need, nothing that you need to do(2x).

*‘Uit rust komt kracht.’*

**Let go**, let go, surrender and flow. (3 stemmige canon)