

## Lovely Ease

I close my eyes  
bring peace to rise  
to all the noises in my head  
to all the hard words that are said.

Sence open wide  
awareness bright  
I drift into the spaciousness between in- and outside.

Peace, lovely peace  
my mind is still and full of love.  
Ease, lovely ease  
my mind is still and full of love.

Eyes open now  
brings peace to grow  
millions of peaces become one  
focus and void, both just begun .

Sence open wide  
awareness bright  
I drift into the spaciousness between in- and outside.

Peace, lovely peace  
my mind is still and full of love.  
Ease, lovely ease  
my mind is still and full of Love.