

meditate on feeling

by brian michael tracy

I

Meditate on feeling
The heart has its own song
Meditate on feeling
You are right where you belong
Contemplate believing
Trust day's recurring night
Contemplate believing
Your inner vision is your light
Reflect upon receiving
Open to your grace
Reflect upon receiving
The wine is there to taste

II

Meditate on feeling
The heart has its own shore
Meditate on feeling
Bring the water to your oar
Gaze into the present
Through the prism of your eyes
Gaze into the present
For there is no more disguise

Chant into the darkness
Let your voice return its calm
Chant into the darkness
The sound will be your psalm

III

Meditate on feeling
The heart has its own poem
Meditate on feeling
Feel it rise from the unknown
Slow the running stream
Just sit and let it pool
Slow the running stream
To hear the whispers of the soul
Empty out your thoughts
Let the bowl become the meal
Empty out your thoughts
Let the nothing touch the real

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