

# CHANTS

## Chant #1

Be still \* relax, pay attention \* let everything be \* let everything go \*

Be still \* relax, pay attention \* let everything be \* let everything go \*

Be still \* relax, pay attention \* let everything be \* let everything go \*

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## Chant #2

Sitting still \* relaxing deeply \* alert and awake \*

I let everything be \* exactly as it is \*

With no problem \* no expectation \* and no struggle \*

I meditate with infinite patience.

With nothing to do \* nothing to change \* nothing to achieve \*

Free \* from identification \* with the arising of thought \*

I simply rest \* as Consciousness itself \*

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## Chant #3

Sitting still \* relaxing deeply \* alert and awake \* Let everything be \* as it already is \*

With no problem \* no expectation \* and no struggle \*Let everything \*be as it already is \*

With nothing to do \* nothing to change \* nothing to achieve \*

Free\* from identification\*with the arising of thought \*

Let everything be as it already is \*

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### Chant #4

I rest \*

I rest in the truth of who I am \*

Thoughts arise \* I rest \*

Sensations arise \* I rest \*

Fear arises \* I rest \*

Bliss arises \* I rest \*

I rest in the truth of who I am \*

With nothing to do \* Nothing to prove \* Nothing to change \*

I simply rest in the truth of who I am \*

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### Chant #5

The fire of my heart must burn brightly \*

That fire \* will give me all the energy \* intention \*

and strength of character \* to bear with \* understand \*

and ultimately see through \* my own mind \*

That fire \* will be my meditation \*

And In that fire \* my ignorance \* which is all my wrong ideas \* will burn \*

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### Chant #6

Risk is commitment to Living Life \*

Leaning forward\*

Slightly off balance \*

At all times \* In all places \*

Through all circumstances

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### **Chant #7**

*First half hour chant:*

To be free mean \* to have nothing \*

To be free means \* to know nothing \*

To be free means \* to be no one \*

*Second Half chant:*

To be free means \* to face everything \*

To be free means \* to avoid nothing \*

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### **Chant #8**

Meditation takes us back to zero, and creates the space for the ever new beginning that is the essence of enlightened awareness.

Time and time again, we have to let everything go until there is no question that whatever life confronts us with, we will respond before thought, from the very best part of ourselves from our Authentic Self, the Evolutionary Impulse, that infinite possibility that burst out of nothingness and became the whole universe.

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### **Chant #9**

"In letting go, we discover that which was never bound.  
In meditation, we discover an infinite reservoir of Being.  
In dissolution, we discover a higher order of relatedness.  
May our noble effort give us strength and wisdom,  
May our noble effort be of benefit to the cosmos and all within it

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### Chant #10

"In meditation, become porous to the Mystery,  
to the always unknown and unknowable. »

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### Chant #11

In letting go, we discover that which was never bound, which has no limits, no  
separation, no defilements, no malice.

In meditation, we discover an infinite reservoir, through which a way of harmony and  
compassion is revealed.

In dissolution, we discover a higher order of connectedness with all of the cosmos, with  
its currents, elements, and beings.

May our noble effort give us strength and wisdom,

May our noble effort be of benefit to the cosmos and all within it.

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### Chant #12 - Chant at the start of the day

The foundation of spiritual life is clarity of intention.

Do I want to become a liberated vessel for the Evolutionary Impulse. We have to decide,  
what is most important to me.

Once the intention is clear, the mind becomes focused.

When the mind is focused there is one-pointedness.

When there is one-pointedness, the Evolutionary Impulse will guide us. Through  
remaining true to our highest intention again and again,  
we will discover spiritual strength,

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the inspired courage to take responsibility for ourselves,  
for our culture, and ultimately  
for the destiny of the evolutionary process itself.

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### **Chant #13** - Chant at the finish of the day

We must be ready to face and accept the consequences of taking a stand in the Absolute.

We must be firmly rooted in this.

Be like a strong tree that can't be moved

Be like a strong tree that can't be moved.