In the stillness of the silence
I am One with perfect Life.
I am healed; I live in freedom.
Joy now fills me, thrills me,
mind and heart.

In the stillness of the silence
I am One with Light and Love.
I am wise, my thoughts are loving.
Peace now fills me, thrills me,
mind and heart.

In the stillness of the silence
I am One with God the good.
I am trusting as I listen.
Faith now fills me, thrills me,
mind and heart.
In the stillness of the silence

I am One with perfect Life.

I am healed; I live in freedom.

Joy now fills me, thrills me, mind and heart.

In the stillness of the silence
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