

Observe the Train

Leprous

Quieting the inner voice
Do not reject
But keep on breathing
Observe the train
Then see it leaving

Breathe in
Breathe out
Release
Let it all out

Simplicity of being here
Without attachment
The senses are freewheeling
Allow the body to receive it
Acceptance is the treatment

Breathe in
Breathe out
Release
Let it all out

Don't force it
The goal is not to feel electrical
Angelical
Let it flow
The change won't be radical
It's gradual

Never let it get to you
Just start again
And keep on breathing
Inhale, exhale
Breathing
Go where it's leading

Breathe in
Breathe out
Release
Let it all out