

Peace Across the Planet  
Open Mind Center Shiva Lingam Listening March 2009

“Calm yourself

*Your world overflows with excitement and struggle.  
You love them  
yet they fritter away your finest inspirations.*

Calm yourself

*In peace, you simply be.  
All things are answered  
because you need no questions.*

Calm yourself.

*When you relax  
despite your aching defenses,  
breath invigorates you,  
it re-invents your dreams.*

Calm yourself

*All life watches you  
and freely reflects you:  
stormy or still.*

*You choose.*

Calm yourself.”