

Sunrise

The sunrise warms my body & soul
As Spirit connects and makes me feel whole
The blessing it shares has no strings attached
It's a gift filled with grace, that's truly unmatched

It doesn't want payment from you or from me
It doesn't insist on bended knee
It simply displays every morning anew
Spirits' unending love for me and for you

So, if the sun comes up at the start of your day
Remember...you're perfect, in every way
With nothing to do, and nothing to gain
By trying so hard, and playing 'the game'

That says 'You must this' and says 'you must that'
And would have you believe...that's where it's at
The truth is...you don't...and neither do I
Our reminder is there, every day in the sky

So wake up and smile, feel the joy in your heart
That's always been yours, right from the start
You don't need to strive, you don't need to strain
Just be your true self, and play in the rain