

# **"Calm Abiding"**

Shadowlands

Breathe into the silence, breathe into the spaces  
Breathing in with kindness; warm inviting faces  
Know that you are welcome here, a sheltering oasis  
Free of judgment free of fear; in gentleness and patience

We take refuge in the truth, refuge in the Dharma  
Refuge in the Path of Peace, refuge in the Sangha  
Show your shadow without shame, there's no need for hiding  
Shine the light of clarity, rest in calm abiding

Let compassion be our guide we will be protected  
Open hearts and open minds, intertwined, connected  
One by one the circle grows, vast and ever widening  
Shine the light of clarity, rest in calm abiding

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