

Am G Am
No matter where you go there you are(2)
Am + Am G + + Am
No matter where you go there you are (2)

Words of Wisdom – Bernie Heideman

G+d G+c G Am G
Spir it ual progress is like detoxification,
G+d G+C G Am G C G+d Am+d Am +d Am G Am
Things have to come up to be released Once we have asked to be healed,
Am-c Am +d +f Am G+d G+c G
Then our unhealed places are forced to the surface

Am+g F F C G+d Am F Am +d
In a controversy the instant we feel anger We have already ceased
F Am +d Am Am -- Am -- F Am G C
striving for the truth, And have begun, striving for ourselves

Am G Am G Am
Anger is an acid that can do more harm to the vessel in which it is stored,
F Am G Am
Than to anything on which it is poured.

Dm F C Dm C Dm
I notice triggers in my life. Where I resist what I don't like.
Bb C Dm Dm--a Dm Bb C Dm
This is the cause of stress and strife. I offer them up to the light.
Bb C Bb C Dm
Ya fatah, ya fatah, ya fatah, ya nur.

Am Em Am G Am Am F Am
Wrath springs from thwarted desires (2) I do not expect anything from others.
G Am G Am
So their actions can not be in opposition to wishes of mine.
F Am
I would not use you for my own ends.
Am G Am G Am
I am happy only in your own true happiness (2)
Am F Dm G Am
Yeah Yeah Yeah Yeah Yeah Yeah Yeah Yeah (2)

Am G Am G Am G Am
However many holy words you read, however many you speak
Am +f Am +d Am Am -c Am G Am
What good will they do, If you do not act upon them

Am G Am E
[Awake be the witness of your thoughts](2) You are what observes,
Am
not what you observe

Am G Am Em7 Am G Am
All you have to do is say yes, just say yes, just say yes, just say yes, just say yes
Dm Am G Am
You don't even know what it means to say yes, but say yes anyway.
Am G Am Em7 Am G Am
All you have to do is say yes, just say yes, just say yes, just say yes, just say yes
Dm Am G Am
You'll never know what it means to say yes, but say yes anyway
E Dm Am G Am
[Freedom and love arise when you die, into the unknown mystery of being](2)

G C Bb G FG Bb G
When I look at someones face. I look beyond that face.
G Dm-e Bb Am Bb F G F G F G
And in to the cellular memory in my heart that says.
G Bb G Bb Am G
Finally we meet again and now we must find out why.

G F Am G Am Em G Am
Take your life in your own hands, and what happens, a terrible thing
G
no one to blame

Am Em Am G Am
The secret of health for both mind and body is not to mourn for the past.
G+d G—c Em Am G Am
Not to worry about the future and not to anticipate troubles.
Em Am Am G Am
But to live in the present moment, wisely and earnestly.
Em Am G Am
Om mane padme hum Om mane padme hum Om mane padme ho oo oom hri

C F C F G C G C F G
True sacred relationship with this moment flowers. When you are not asking it
C G G C G C
to be other than it is. Then the beauty blossoms.
Am -c Am E Am Am E Am
But if we ask the smallest thing of this moment we start to miss the beauty.

Am Em Am
If you hold onto, any experience,
Am -c Am Dm7 E
you will experience suffering as soon as it passes

D C G A
[And the day came, when the risk to remain tight in a bud
G A G A G A G A
became more painful than the risk it took to blossom] (2)
A G D A A G D A
oh ho oh ho oh oh ho oh ho oh ho oh oh ho

G C G D G C D G
Love is what we were born with, fear is what we learned here. The spiritual
C G D C D G
journey is unlearning fear and the acceptance of love back into our hearts.

Am **G C G Am**
The beginning of love is to let those we love, be perfectly themselves.
G+d +c E Am
And not to twist them to fit our own image
Am+d/Aml-c Am --c E Am
Otherwise we love only the reflection of ourselves we find in them
Ab a b b c b a

C Fmaj7 Dm G C Em Dm G
The inner smile is a choice to make if you notice you have forsaken it
C Dm G C Em G+d G7
Open up to the glow of your divine being in the flow.

G+d G F C
As we let our light shine, We consciously give other people
G F C G
permission to do the same. As we are liberated from our own fear.
F C G C
Our presence actually liberates others.
Am G C G Am G+d G+c G Am G
[And we can liberate from our fear by telling the truth about ourselves.](2)

C G D Em C
Your playing small doesn't serve the world,
g f e
G F F C D
there's nothing enlightened about shrinking
C G C G Am
so that other people won't feel insecure around you
Am -- C G Am
We are all meant to shine (3)

Am G Am Em Am G +e Am G Am
This is the time, this is the place, this the vastness, right here is paradise.
G Am C G Am G Am
Always, Always, always.

Am Em Am G Am Dm
Just like a sunbeam can not separate from the sun, and a wave can not
Am G Am Dm Am Am
separate from the ocean. We can not separate ourselves from one another we
G Am G Am
are all part of a vast sea of love. One indivisible divine mind.

D G C D G A
 Giving and getting is the natural flow, Giving and getting is a whole
D G C D C D
 when its unbalanced it distorts our life, Until we can heal the flow.

Em A D Bm Em A D
We can heal ourselves, we can heal the world, we can heal ourselves, heal the world
Em A D Bm Em A D
We can heal ourselves, heal the world, we can heal ourselves heal the world.

D G C D G A
 When we examine the American dream Our getting is on overload
D G C D C D
 The world's resources cannot keep up With our getting and throwing away

D G C D G A
 Our lives are dependent on cheap foreign oil, Our suburbs, our food, what we use every day
D G C D C D
 this keeps us from finding sustainable ways, to live more in harmony.

D G C D G A
 This getting is cheap because it doesn't really pay for the consequences of its use
D G C D C D
 worker exploitation, greenhouse gas, unrestricted waste, pollution injustice are just a few

D G C D G A
 human population is out of control, its an issue we must deal with soon
D G C D C D
 all species on this planet are worthy of life, we can't take up all the room

D G C D G A
 Our food is one gateway to good health, how whole, how fresh, how close to you
D G C D C D
 healthy plants and healthy animals really make sense, they make for a healthier you

D G C D G A
 We need to recycle all of our waste, the garbage the trash, the waste heat
D G C D C D
 start getting our energy the natural way, and using our hands and our feet

D G C D G A
What we do to this earth we do to ourselves, What we do to each other we do to the earth
D G C D C D
ask how can I help us adjust and survive heed what answers come to you

D G C D G A
begin to be grateful, begin to be kind, love and take care of each other
D G C D C D
share what you learn and let joy in, and let smiles fill your days