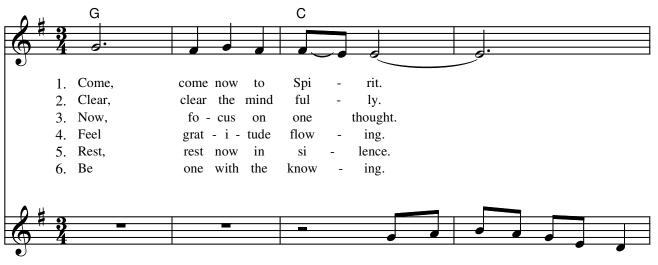
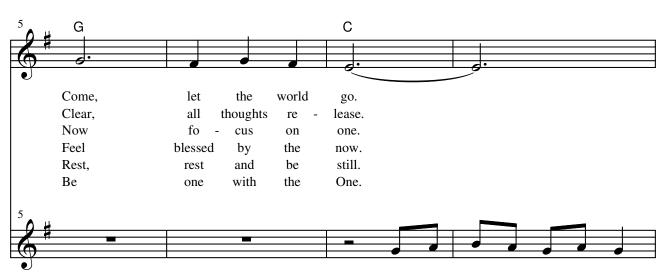
Rest In The Now

Words and Music by Jeanne Loehnis (*)

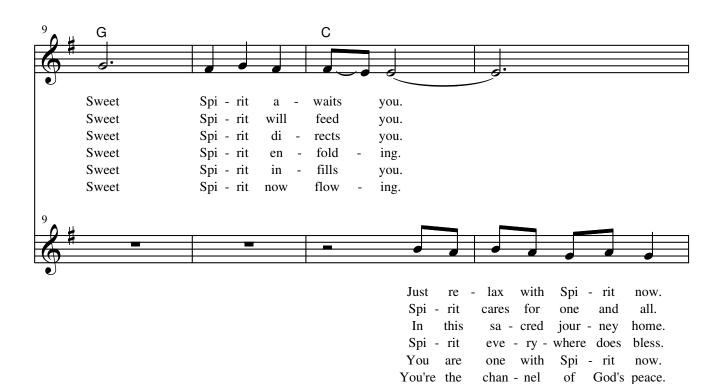
Gentle and flowing, as a meditation

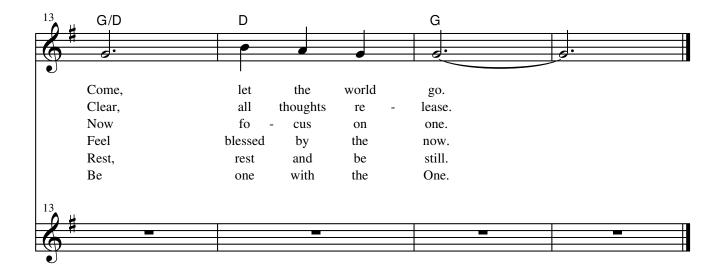


- 1. Bring your bod y, mind and soul.
- 2. Now re lease pain and con cern.
- 3. Let one gift fill eve ry thought.
- 4. Through your heart and mind and soul.
- 5. God is pres ent as you now.
- 6. God is Source for one and all.



In the sa - cred place you know. Leave all world - ly cares be - hind. Bound - less eve - ry gift of Love. All know is sa - cred - ness. Know the one - ness and the peace. God is ev - er pres - ent now.





(*) This piece was inspired by the 5 steps to meditation by Rev. Carol Williamson of Vision of Unity. Read about this ministry at www.visionofunity.com.