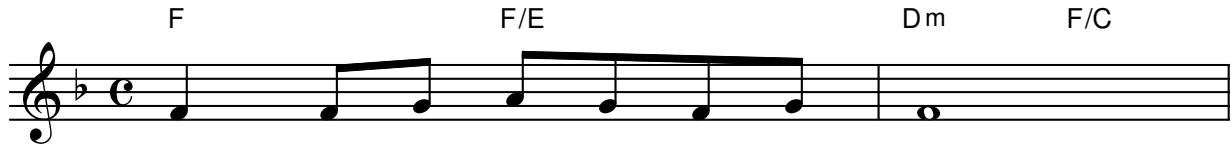


Meditation

Words and Music by Jeanne Loehnis

♩ = 110



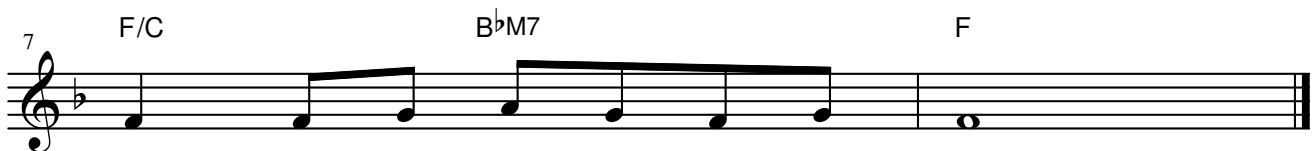
1. First I re - lease and I let go.
 2. I fo - cus on - ly on the Truth.
 3. God is the on - ly power that is.
 4. I am a chan - nel for all good.



First I re - lease and I let go.
 I fo - cus on - ly on the Truth.
 God is the on - ly power that is.
 I am a chan - nel for all good.



First I re - lease the prob - lems I per - ceive to be.
 I fo - cus on - ly on the Truth of God in me.
 God is the on - ly power and I am one with God.
 I am a chan - nel for sweet Spi - rit on the Earth.



First I re - lease and I let go.
 I fo - cus on - ly on the Truth.
 God is the on - ly power that is.
 I am a chan - nel for all good.