

Rest In The Now

Words and Music by Jeanne Loehnis (*)

Gentle and flowing, as a meditation

1. Come, come now to Spi - rit.
 2. Clear, clear the mind ful - ly.
 3. Now, fo - cus on one thought.
 4. Feel grat - i - tude flow - ing.
 5. Rest, rest now in si - lence.
 6. Be one with the know - ing.

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.

5
 Come, let the world go.
 Clear, all thoughts re - lease.
 Now fo - cus on one.
 Feel blessed by the now.
 Rest, rest and be still.
 Be one with the One.

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

9

G C

Sweet Spi - rit a - waits you.
 Sweet Spi - rit will feed you.
 Sweet Spi - rit di - rects you.
 Sweet Spi - rit en - fold - ing.
 Sweet Spi - rit in - fills you.
 Sweet Spi - rit now flow - ing.

9

Just re - lax with Spi - rit now.
 Spi - rit cares for one and all.
 In this sa - cred jour - ney home.
 Spi - rit eve - ry - where does bless.
 You are one with Spi - rit now.
 You're the chan - nel of God's peace.

13

G/D D G

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 Clear, all thoughts re - lease.
 Now fo - cus on one.
 Feel blessed by the now.
 Rest, rest and be still.
 Be one with the One.

13

(*) 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.