

## PEACEFUL MEANS - LYRICS SHEET

### 1. PEACEFUL MEANS

written by Heather Pierson

What does it mean to be peaceful?  
What does it mean?  
What does it mean?  
What does it mean to be peaceful?  
What does it mean?  
What does it mean?

Does it mean that I'll never get angry  
or not feel hopeless when push comes to shove?  
No - it means that I know I am walking  
on a path that is lit by love

What does it mean to be grateful?  
What does it mean?  
What does it mean?  
What does it mean to be grateful?  
What does it mean?  
What does it mean?

Does it mean that I'll never go hungry  
or never feel tempted by greed?  
No - it means that I know I am living  
in a world where I have all I need

Peaceful means - walking in love  
Grateful means - seeing abundance  
Peaceful means - walking in love  
Grateful means - seeing abundance everywhere

What does it mean to be joyful?  
What does it mean?  
What does it mean?  
What does it mean to be joyful?  
What does it mean?  
What does it mean?

Does it mean that I'll always be happy  
or never feel jealous or sad?  
No - it means that I know I am able  
to let go and just be glad

Peaceful means - walking in love  
Grateful means - seeing abundance  
Joyful means - shining with gladness  
Grateful means - seeing abundance everywhere

What does it mean to be mindful?  
What does it mean?  
What does it mean?  
What does it mean to be mindful?  
What does it mean?  
What does it mean?

Does it mean that I won't get distracted  
or always be focused somehow?  
No - it means that I know I am able  
to be here now  
(be here now)  
Be here now  
(be here now)  
Be here now  
(be here now)

Peaceful means - walking in love  
Grateful means - seeing abundance  
Mindful means - being here now  
Grateful means - seeing abundance everywhere

## 2. BE REAL TOGETHER

written by Leah Boyd and Heather Pierson

Can I see you? Can I hear you?  
Even though we don't agree?  
Can I open up and try to understand  
That everything we say and do  
Comes from something deeper in me and you  
And we're doin' the best we know  
Just doin' the best we know

In this heart of mine is a longing  
To relax and let you in  
And the deepest fear of just what that may mean  
If I think about what matters to you  
Will I still to my own self be true?  
And we're doin' the best we know  
Just doin' the best we know

And I just want to be real together  
Whatever that may look like as we bump along this road  
And I just want to be real together  
Whatever that may look like  
Whatever that may be

Can you see me? Can you hear me?  
Even when the stakes are high?  
Can we be present no matter what may come?  
Everything we need and feel  
Is connected to what's true and real  
And we're doin' the best we know  
Just doin' the best we know

And I just want to be real together  
Whatever that may look like as we bump along this road  
And I just want to be real together  
Whatever that may look like  
Whatever that may be

I just want to be real together  
Doin' the best we know  
Doin' the best we know  
Whatever that may look like  
Whatever that may be

Can we see now? Can we hear now?  
Can we take a look inside  
together at whatever it may be?

### 3. EMPATHY SHUFFLE

written by Leah Boyd

So much time is spent looking for the answers  
So much time is spent trying to figure it out  
When all we really want is someone to listen  
Someone to get how we feel

Oh, empathy, empathy  
I hear you and you hear me  
Welcoming each other to simply be  
Hanging out together in empathy

We all have times when our road is hard to travel  
We all have times when don't know where to turn  
We all want someone to walk along beside us  
So we're not walking alone

Oh, empathy, empathy  
I hear you and you hear me  
Welcoming each other to simply be  
Hanging out together in empathy

We are alive and we have so many feelings  
We are alive and we have so many needs  
We are connected, we all are breathing  
And we're all in this together

Oh, empathy, empathy  
I hear you and you hear me  
Welcoming each other to simply be  
Hanging out together in empathy

4. BEAUTY OF THE NEED  
written by Heather Pierson

Welcome yourself home  
Set yourself a place at the table  
Notice what you notice and feel what you feel  
And only do as much as you're able  
The body and the mind can both be freed  
When we connect with the beauty of the need

Welcome yourself here  
Treat yourself with kindness and care  
Notice what's around you and inside you too  
And slowly turn towards what you find there  
We can turn up fertile soil and plant a seed  
When we connect with the beauty of the need

Needs are beautiful  
Needs are universal  
Feelings point the way  
From the dark of the night into day

Welcome yourself home  
Set yourself a place at the table  
Notice what you notice and feel what you feel  
And only do as much as you're able  
The body and the mind can both be freed  
When we connect with the beauty of the need

Needs are beautiful  
Needs are universal  
Feelings point the way  
From the dark of the night into day

Welcome yourself now  
Take a breath and let it all go  
Notice what's alive inside you now  
And let yourself remember what you know  
That the body and the mind can both be freed  
When we connect with the beauty  
When we connect with the beauty  
When we connect with the beauty of the need

## 5. MORE THE SAME

written by Leah Boyd

We all see the same sun  
And we all see the same moon  
And we all feel the earth beneath our feet

And we all breathe the same air  
And we all share the same world  
And we're all more the same than we are different

So let's hold each other gently  
And teach each other softly  
And heal each other lovingly  
And let's start giving

Oh, let's hold the mother gently  
And teach her children softly  
And heal our world completely  
And let's start living

'Cause we all see the same sun  
And we all see the same moon  
And we all feel the earth beneath our feet

And we all breathe the same air  
And we all share the same world  
And we're all more the same than we are different  
Yes we're all more the same than we are different

## 6. THE GREATEST GIFT

written by Heather Pierson

The greatest gift we can give  
To ourselves and each other  
Is to listen, to listen

When we lead with our hearts  
Nothing can keep us apart

How do I feel and how do you feel?  
And what do I need and what do you need?

When we lead with our hearts  
Nothing can keep us apart

Love and care and kindness  
And curiosity, curiosity

When we lead with our hearts  
Nothing can keep us apart

The greatest gift we can give  
To ourselves and each other  
Is to listen, to listen

7. BREATHE IN, BREATHE OUT  
written by Leah Boyd

Breathe in  
Breathe out  
Feel your feet on the ground  
What do you feel in your body?  
And for what does your heart yearn?

Breathe in  
Breathe out  
Feel your feet on the ground  
You belong in this moment  
And the earth will hold you here

Breathe in  
Breathe out  
Feel your feet on the ground  
To the center of your center  
Calling yourself home



## 8. FOR LOVE

written by Heather Pierson

I think I heard you say you're in a lot of pain  
I think I heard you say you need to draw the line  
I think I heard you say that you need another day  
I think I heard you say that you need some time

So take your time  
Take it easy  
Let your body and your mind remember what they're here for  
They're here for love  
It's all for love  
We're all here for love

I think I've heard you say in about a thousand ways  
That the only thing you need  
Is a time and place to feel like you've been heard  
Without another word from me  
A time and a place to just be

So take your time  
Take it easy  
Let your body and your mind remember what they're here for  
They're here for love  
It's all for love  
We're all here for love

We're all here for love

I think I heard you say you're in a lot of pain  
I think I heard you say that you need some time

So take your time  
Take it easy  
Let your body and your mind remember what they're here for  
They're here for love  
It's all for love  
We're all here for love

## 9. LET IT BE SO

written by Leah Boyd and Heather Pierson

May I awaken in this moment  
May I remain awake  
May I use this awakening  
For all my relations' sake

May I live a long life  
in equanimity  
May I bring into this world  
Peace and harmony

Let it be so  
Let it be so  
May I give the gifts I came to give  
Let it be so

Love in our hearts  
Love in each action  
Hope for our future  
Hope for each new day

Let it be so  
Let it be so  
Let it be so

May you awaken in this moment  
May you remain awake  
May you use this awakening  
For all your relations' sake

May you live a long life  
in equanimity  
May you bring into this world  
Peace and harmony

Let it be so  
Let it be so  
May you give the gifts you came to give  
Let it be so

Joy in our movement  
Joy in every step  
Compassion for all people  
Compassion in every word

Let it be so  
Let it be so  
Let it be so

May we awaken in this moment  
May we remain awake  
May we use this awakening  
For all our relations' sake

May we live a long life  
in equanimity  
May we bring into this world  
Peace and harmony

Let it be so  
Let it be so  
May we give the gifts we came to give  
Let it be so

Peace for our planet  
Peace in every breath  
Peace in our lifetime  
Peace in every moment

Let it be so  
Let it be so  
Let it be so