

KEY: Am Call **Echo chorus** bpm: 46

Dee Wirak

Call & Echo choruses, with **solo versing**

CALM

I am calm. I'm at peace.
I'm feel deep_gratitude

I am calm. I'm at peace.
I'm feel deep_gratitude

Moment to moment in stillness I find
my thankful spirit soothes my mind
Coherent compassion is balm of the soul
I hear it say, "Be present. Be kind.
You're connected and Whole.

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I'm feel deep_gratitude

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When calls choas I'm calm instead.
Breath sacred and stable.
I bring calm to my body, calm to my head.
I'm anchored. I'm able.
I relax. I refresh.

I am calm. I'm at peace.
I'm feel deep_gratitude

I am calm. I'm at peace.
I'm feel deep_gratitude