

## Just Breathe

My eyes are closed,  
my breath is deep,  
as I sit here on this seat;  
alone in a room of Buddhas-to-be  
transcending tingling feet.

The incense burns,  
it's smoky-sweet  
as I slowly count to three.  
Nothing can distract me now –  
'til I hear my neighbour sneeze!

Chorus: When will these thoughts  
ever settle down?  
When will this monkey mind  
stop runnin' round?  
When will I find peace, be at ease?  
When will I find peace, when I breathe?

So one more time,  
I count my breath,  
though my mind seems such a mess.  
For six whole breaths my mind is clear  
and I count that a success.

It's one by one,  
it's breath by breath,  
yeah, that's how I progress.  
One day I will clearly see –  
I'm just not there quite yet.

When will these thoughts  
ever settle down?  
When will this monkey mind  
stop runnin' round?  
When will I find peace,  
be at ease?  
When will I find peace,  
when I breathe?

Sometimes it seems  
an impossible dream –  
but the sages all teach  
that it's in reach.

Yeah – sometimes it seems such  
an impossible dream.  
But the sages, they all teach –  
that it's in reach.

So yes, I will find peace,  
I will find ease.  
And yes, I will find peace  
if I breathe,  
just breathe.

*-- C.R. Nunamaker  
Ukiah, California, 2004*

