



Old Man - by Janet Swain

**Old man sitting
Don't ask why
Everything's unfolding
By and by
Alleluia
Om Namaha Shiva**

I wrote this song - or rather it kind of came to me - when I was staying in an old farm house and I was sitting under a huge fig tree, watching the river, watching nature just being, doing, changing, shifting, living. A leaf floated down from the tree, a spider web revealed itself in the sun, a duck landed heavily in the river.

Later at home I was researching the words Alleluia and Om namaha shiva - which led me to a poem by Mooji - Kissed From Within - which kind of summed up how it all felt on that summer morning under the tree.

KISSED FROM WITHIN (Mooji)

*Since I received your first kiss
It feels as if I never danced before
As if I've never even sung before
As if I've never walked the streets of this world*

As if I died and was reborn yesterday

*Since I met your loving eyes
It feels as if I've never seen the sun shine
As if I've never felt the wind caress my skin
As if I've never been alive before*

As if I died and was reborn yesterday

*Since You have entered my Heart
I know no pleasure that doesn't come from
my peace of Being
I know no music that doesn't rise from
the silence within*

*As if I died and was reborn yesterday
Now that I've been kissed from within*