Reflecties op de Groote Heide

Meditatieve inspiratie liedjes

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Inhoudsopgave

1. *Breathe in, breathe out*
2. *Peace in me*
3. *Vlinder Vrij*
4. *Ups and downs*
5. *The joy of life*
6. *The willow*
7. *Omhul mij*
8. *Queen of hearts*



Mantra

Breathe in, breathe out
Go with the flow
Open my lungs and let it go

Breathe in my freedom
that makes me whole
Breathe out my sorrow
that troubles my soul



Peace in me (lullaby)

Light as a feather
Aglow as the moon
Sparkling like stars above
Now I feel
Peace in me

Wings of an angel
Protect me in my sleep
Silver as moonlight beams
now I feel
Peace in me

No more shadows
No more sorrows
No more sadness in My heart

Only love, light and hope
Now i feel peace in me
Now i feel peace in me



Vlinder vlinder vlinder vlinder vrij
Vlinder vlinder vlinder maak mij blij

Spelend uit de heldere hemel kom je aangevlogen
Met kleuren die beschilderd zijn door regenbogen

Vlinder vlinder vlinder vlinder vrij
Vlinder vlinder vlinder kom bij mij

Herinneringen lokken jou hier naar beneden
Onze zielen zijn verweven in elkaars verleden

Vlinder vlinder vlinder vlinder vrij
Vlinder vlinder vlinder, wie ben jij ?

Dankbaar voor jouw vleugels die mij zachtjes strelen
Jouw vlinderliefde laat mij hart weer helen

Vlinder vlinder vlinder vlinder vrij
Vlinder vlinder vlinder vlinder vrij
Vlinder vlinder vlinder, ik laat jou vrij

Vlinder Vrij



Ups and downs (Circle Song)

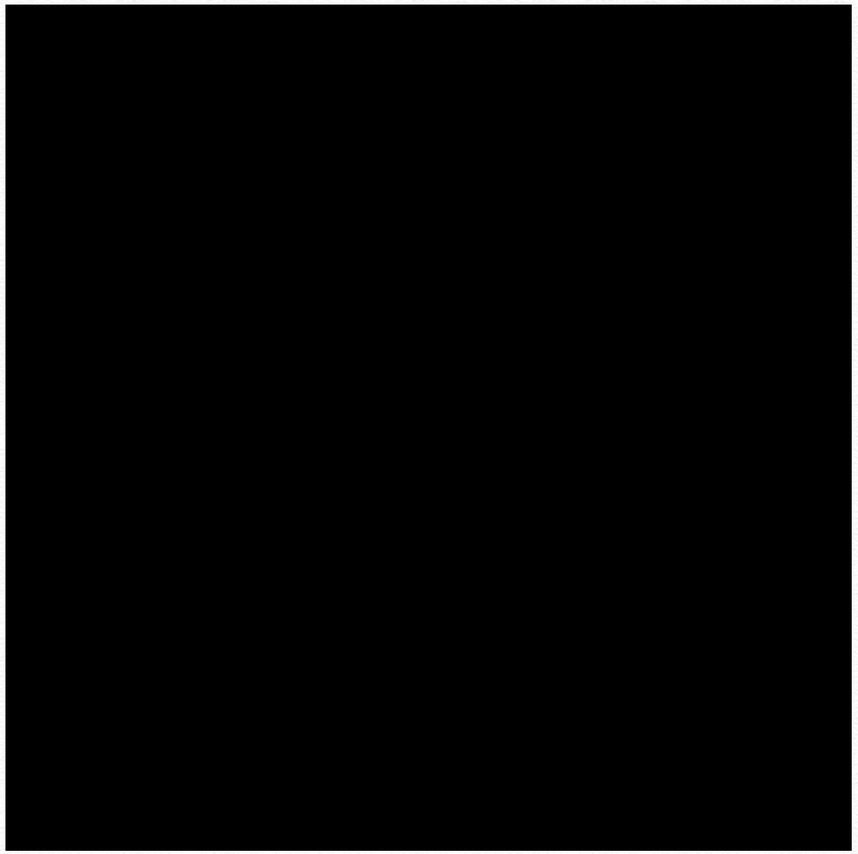
Ups and downs
Ups ups and downs

When you live your live

Ups and downs
Ups ups and downs

When you're going up
Sometimes you go down

Ups and downs
Ups ups and downs



The Willow-1

The willow in the middle of a meadow
Gives me shelter with his long umbrella leaves
The willow in the middle of a meadow
Bends over me, helps me to face my grieves

Sometimes you think the pain will last forever
And your tears will never stop to dry
Sometimes you feel there is no ending or new beginning
And you just rest your soul to cry

The willow in the middle of a meadow
Stands firm in storms of life and love
The willow in the middle of a meadow
Moves with the wind to clear the air above

Sometimes you think the pain will last forever
And your tears will never stop to dry
Sometimes you feel there is no ending or new beginning
And you just rest your soul to cry

Trombone solo (Ruud Steegers)



The Willow -2

Sometimes you think the pain will last forever
And your tears will never stop to dry
Sometimes you feel there is no ending or new beginning
And you just rest your soul to cry

The willow in the middle of a meadow
Helps me to mourn my deep loss and pain
The willow in the middle of a meadow
Gives me faith to find my way home again

Now I know the pain won't last forever
And my tears will stop and dry up in a while
There's always hope and a chance
of a new beginning
And now I just rest my soul and smile

The willow in the middle of the meadow
Weeps for me and whispers:
' don't you cry '



The Joy of life

Joy Joy Joy
Joy of
Joy Joy Joy
Joy of Life

Sometimes I'm happy
Sometimes I feel so blue
But I try to keep my spirit strong
As life goes on

Living life with a joyfull heart
Keeps my spirit young and free
Letting go and holding on
Is my recipe

For a Joy Joy Joy, joyfull Life
A Joy Joy Joy, joyfull Life

Joy Joy Joy
Joy of Life
Joy Joy Joy
Joy of Life

Joy will set my soul on fire
Burn out my fears
Light up my darkness
And dry my tears

Living my life in harmony
Brings me inner peace
Helps to release my mind
And receive

A Joy Joy Joy , joyfull Life
A Joy Joy Joy , joyfull Life

Joy Joy Joy
Joy of Life
Joy Joy Joy
Joy of Life

I keep my spirit moving
I keep my spirit grooving
I keep my spirit high
I keep my spirit happy

For a Joy Joy Joy, joyfull Life
For the Joy Joy Joy, Joy of Life



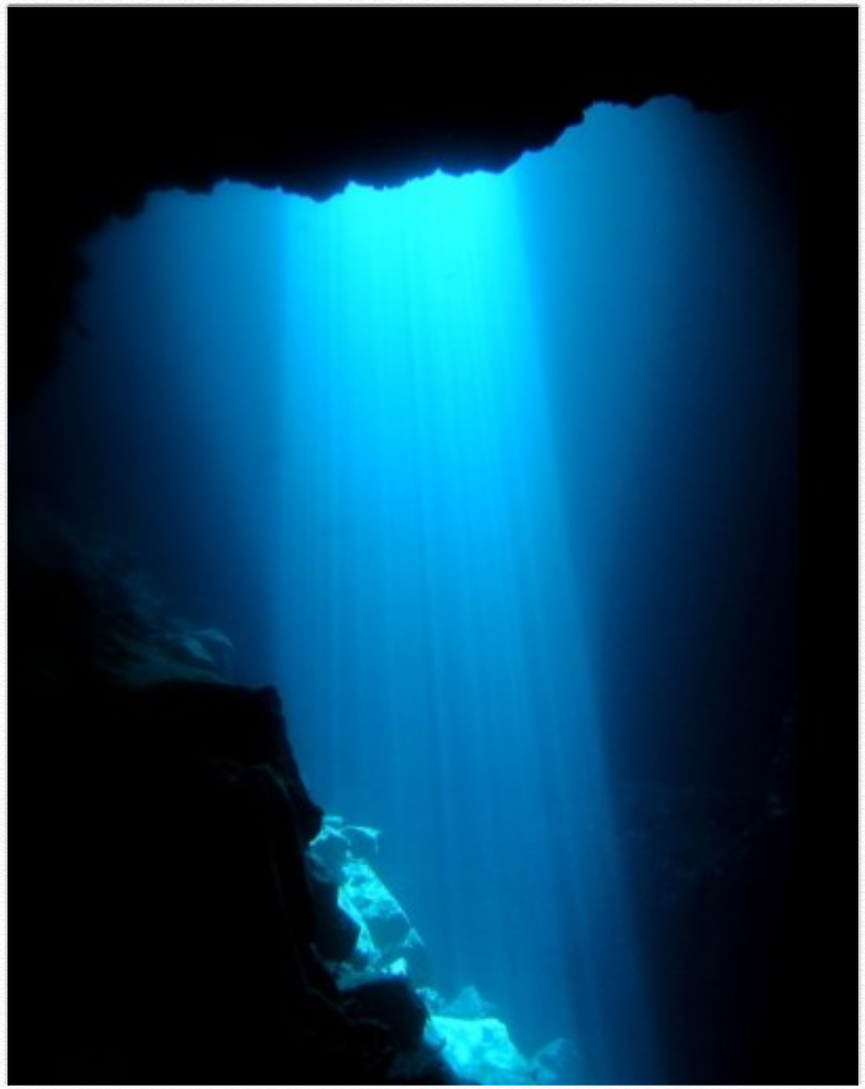
Omhul mij

Mantra voor bescherming

Omhul mij met een mantel
Een mantel van blauw licht

Boven mij straalt de zon
zijn warmte stroomt in mij

Onder mij voedt de aarde mijn
wortels, diep gegrond



Queen of hearts

Walking down the streets one day
Saw so many faces who hide their smiles away
What happened to the world when there is so much pain ?
We need more sunshine and less rain.

Is there enough love to share in our hearts?
Is there enough joy in our deck of cards?
Put your smile on the table
And show them that you're able to join a little game of life

'Cause your smile makes my heart singing
Your smile makes my heart singing
If you get rid of that sadness
and fill your heart with gladness
Your smile will make my heart singing

Give me some love and I'll give you my queen of hearts
Give me some courage and I'll give you my queen of spades
Give me some joy and laughter and I'll give you my queen of diamonds
I'll give my joker if you show me your lovely smile

Your smile makes my heart singing
Your smile makes my heart singing
If you get rid of that sadness
and fill your heart with gladness
Your smile will make my heart singing
Your smile will make my heart singing

