

lundi 28 août 2023

As I relax

by Lyndsey Scott



lyrics

As I relax
I know my needs are met
And I live my life
in joyous anticipation
This draws in
what I most desire
So I can live my life
in full-on participation

I'm alive to the life in me
I'm alive to the Mystery
ready ready ready Growwwwwww

I let it happen to me
I let it happen through me
I'm molting
unfolding
Open

I can feel the future calling drawing dreaming pulling me towards it
I'm letting this Be

credits

from [Well Held](#), released June 1, 2022

"As I relax, I know my needs are met, And i live my life in joyous anticipation"

~Carolyn Griffeth

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Music and lyrics by Lyndsey Scott © 2022
Arrangement: Lyndsey Scott & Michael Linder
Recorded & mixed by Michael Linder at HatPineapple
Background vocals & harmony support: Michael Linder
Percussion: Michael Linder

about

My soul sister and visionary dreamer Carolyn Griffeth dosed me with this affirmation once upon a spiritual direction session: “As I relax, I know my needs are met - and I live my life in joyous anticipation!”

Loved it, needed it, and so I made a poster & hung it by my toilet to memorize it. It immediately latched on to this melody and grew a second half, and was initially shared as part of Lisa G. Littlebird’s first community playlist project, The World we Are Dreaming (fall 2020).

As songs do, it kept working on me and grew the 2nd & 3rd layers as I was recording this spring and preparing to live into the shifts that the pandemic portal has opened for me. Linder suggested the melody for the 4th part and i loved it but couldn’t find words... until one day after listening to Orland Bishop on youtube -- the lyrics for that melody arrived intact: “i can feel the future calling drawing dreaming pulling me towards it -- i’m letting this be.”

I love this song as a prayer for interbeing, surrender, curiosity, alignment, emergence. May it nourish your relaxed “full participation” in this all hands on deck moment on Spaceship Earth Xx