1 DWELLING IN THE SELF, I AM A SEED.
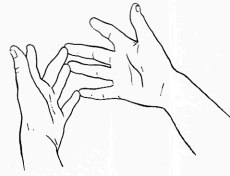
2 PULLED TOWARD THE WORLD
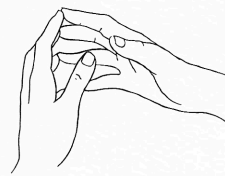
3 I SEPARATE FROM THEE.

4 EXPANDING,

5 I EXPERIENCE

6 THE VARIOUS

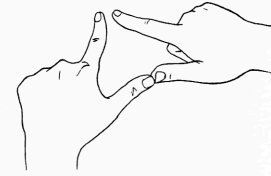*7* ASPECTS

8 OF LIFE.

9 NOW I WITHDRAW MY MIND

10 FROM THE FLOW OF THE WORLD

11 AND I OFFER MY LIFE TO THEE

12 SO YOU WILL FLOW THROUGH ME
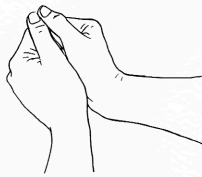
13 REVEALING THE REALITY OF BIRTH AND DEATH

14 AND THE BONDAGE OF MAYA.

15 I EMPTY MYSELF TO BE FILLED BY THEE.

16 I RELINQUISH THE WORLD
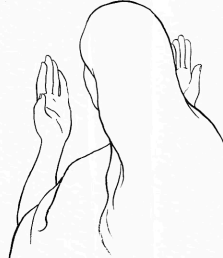
17 AND TAKE REFUGE IN THEE.

18 YOU GUIDE THE WAY,

19 GIVING STRENGTH

20 AND SUPPORT.

21 I SHUT OUT THE NOISE OF THE WORLD

22 SO I MAY HEAR THY VOICE.

23 YOU PROTECT ME AND DISPEL MY FEARS,

24 ILLUSION FALLS AWAY.