You, Inside

Deepak Subburam
(c) 20081117

I am you

Freely

Spoken: Allow me to introduce myself

A truer version of you

With your dreams and talents

undiluted by life's dischord

and it's clamor for your attention

To find the trail that leads to me

look inside yourself

Voice

Piano

Freely

Spoken: Allow me to introduce myself

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To find the trail that leads to me

look inside yourself

Voice

Piano
Close your eyes perk up your inner ear And observe

your mind's chatter Talk show surfing Roving voices in your head
they gossip about yesterday tomorrow and never day

Direct your thoughts to the task at hand
And let go do not follow

vagrant musings

Practice
4

31

Al-low what is
Prac-tice find-ing that e-lu-sive

34

eye of the storm
Si-lence Calm
Focus

Lightning without

thunder

A flapping butterfly

In

vacuum cannot cry

Stray thoughts caught and released leaves you on-
with right now

Find yourself and say here is where I am

Walk your day with this new found focus And observe
Now you notice what's out there

Look inside Ask yourself what is that taking the notes

To-find the spy clear everything else And be patient he will show up
like Superman
Allow

it to happen

Be hold suddenly the e phant
becomes the room

Pure and clear the mind is

ready

Paucity for any purpose

Tranquil alertness

Panic in reverse

Voc

AbM7

F5add7

AbM7

F5add7

EM7

E7
Every mind's image once denoised becomes plain

For human-kind one mind fits all

spoken: Everyone

is a version of me

each a spark
of consciousness

from the one foundry

To gain the strength of purpose first, understand yourself

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