



Lyrics for Heart Mantra (each spoken through by Steve twice subliminally)

- I am whole, I am complete, I am alive, I move and flow freely in this world, all illusions, all restrictions are easily and effortlessly dropping away.
- I am whole, I am alive, alive within myself, within every cell of my body, the vitality of life flows, flows freely.
- I am complete, there is nothing lacking in my being, all answers are within me.
- I am whole, and I experience life as a gentle dance, I feel the dance, I flow with this dance.
- I am complete, this dance of awakening is graceful, grace is my true nature, I was born in grace, I move and dance through this world in grace, I shall leave this world in grace.
- I am whole, for I am the dance I am held, I am held with love, I am held in grace.
- I am complete, I have travelled far, through many lifetimes I have existed, through many lifetimes I have grown,
- I am whole, in this dance of life there is a flow, there is a rhythm, I feel this flow, I feel this rhythm, I am held in this flow, I delight in this rhythm.
- I am complete, for my heart knows the way, the way is calling me, calling me now.
- I am truly whole, I am truly complete, my heart knows the way, the true way is calling me, this song is calling me now.

(Then spoken once more)

- You are whole, you are complete, you are alive, you move and flow freely in this world, all illusions, all restrictions are easily and effortlessly dropping away.
- You are whole, you are complete, you are alive, within yourself, with every cell of your body, the vitality of life flows, flows freely.
- You are complete, there is nothing lacking in your being, all answers are within you.
- You are whole, and you experience life as a gentle dance, you feel the dance, you flow with this dance.
- You are whole, this dance of awakening is graceful, grace is your true nature, you were born in grace, you move and dance through this world in grace, you shall leave this world in grace.
- You are complete, for you are the dance you are held, you are held with love, you are held in grace.
- You are complete, you have travelled far, through many lifetimes you have existed, through many lifetimes you have grown,
- You are whole, in this dance of life there is a flow, there is a rhythm, you feel this flow, you feel this rhythm, you are held in this flow, you delight in this rhythm.
- You are complete, for your heart knows the way, the way is calling you, calling you now.
- You are truly whole, you are truly complete, your heart knows the way, the true way is calling you, this song is calling you now.

(Then spoken once more).

