

# Peace To My Mind

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Peace to my mind Let all my thoughts be still God is with me I live and  
move in God In my de fense less ness my safe ty lies Noth ing real can be threat ened Noth ing  
un real ex ists Here in lies the peace of God

Choose a partner, then all hold hands in one big circle.

1. **Peace to my mind, let all my thoughts be still** ~ Holding hands in one circle, rock gently side to side, to the right on "peace", left & right on "mind", left on "let", right on "thoughts", left on "be", and right on "still". As you sing "thoughts be still", slow down rocking to stillness and pause on "still"
2. **God is with me** ~ side step to the right at the tempo of the first rocking
3. **I live and move in God** ~ keep side stepping and raise arms slowly till hands are a little above shoulders
4. **In my** ~ put your hands on your heart and turn to partner
5. **defenselessness my safety lies** ~ with a sense of your open heart, bring your hands down and out from heart till arms are released to their relaxed full length and hands are at your side, open, palms facing forward. As our hands are connected to our heart chakra, since our arms are relaxed we can feel our heart in our hands.
6. **Nothing real can be threatened** ~ putting right hand on partner's heart and your left hand on top of you partner's hand on your own heart, turn half turn clockwise to progress, staying rooted in the truth of the unity of your own heart with your partner's heart
7. **Herein lies the peace of God** ~ turn to center of circle and pranam (with hands in prayer position, bow to the divine in all)