



## **MEDITATION IS THE MEDICATION**

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In this moment everything shows up  
Everything presents itself just as it is  
And when you slow down, let it all happen  
Something fantastic, magic happens in you

When you breathe in it's like we're all listening  
To an echoing of our own souls  
And when you breathe out it's just like a raincloud  
Relief it comes pouring down on a thirsty world

Meditation is the medication to cure the illusion of a separation  
Meditation is the medication to cure the illusion of a separation, a separation

To a mind that's still becomes a cup that's filled  
With effervescence, ever-presence, and a heart that swells  
And when you drink from this, it's a never-ending peacefulness  
Don't have to believe in this, it's a story that tells itself

When you breathe in, it's like we're all listening  
To an echoing of our own souls  
And when you breathe out it's just like a raincloud  
Relief it comes pouring down on a thirsty world

Meditation is the medication to cure the illusion of a separation  
Meditation is the medication to cure the illusion of a separation

We are one when we are all together, we are one when we are all alone  
We are one when we are all together, we are one when we are all alone

Have you ever been here? Have you ever stayed here?  
Have you never left here for more than a glance?  
Have you ever faced this? Have you ever tasted this?  
There's a relief in the sweetness, every moment is another chance

Just breathe in, it's like we're all listening  
To an echoing of our own souls  
And when you breathe out it's just like a raincloud  
Relief it comes pouring down on a thirsty world

Meditation is the medication to cure the illusion of a separation  
Om namah shivaya, Om namah shivaya  
We are one when we are all together, we are one when we are all alone

