

## **PLEASE BLESS ME NOW**

My mind is jittery and scattered

My nerves are frayed and tattered

when will I find that peace?

when will the craving cease?

Ah, but you have gone beyond sorrow

you don't wait for tomorrow,

Please bless me now.

My mind is so easily excited  
a slave to the karmic deeds ignited  
when will I steady my pace  
and abandon the concept race?  
Ah, but you have no worldly feeling  
beyond the realm of six sense reeling.  
Please bless me now.

If I let deeds go in their own time  
they always turn out just fine  
Intellecting causes much pain  
I remind myself again and again  
Ah, but you have all let go  
and you abide in true nature's flow  
Please bless me now.

If they do black deeds, let it be  
I can't let their poison poison me  
because one black thought of mine  
harms the world til the end of time  
Ah but you have the non-dual I  
you let grasping and clinging go by  
Please bless me now.