



PLEASE BLESS ME NOW

My mind is jittery and scattered
My nerves are frayed and tattered
When will I find that peace?
When will craving cease?
Ah but you have gone beyond sorrow
Please don't wait 'til tomorrow
Please bless me now

My mind is so easily excited
A slave to 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 help 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"
And you let grasping and clinging go by
Please bless me now