

BePeace Anthem & Children's Peace Songs

BePeace Anthem

Peace, Peace, Peace today to the children of the earth, to the children of the earth
Before directing the lightning in the sky, harness the storms in your hearts.

Chorus: Peace Is, BePeace. Peace Is, BePeace.

Rasur came and taught us peace, compassion, wisdom weave, within the heart we breathe.
The darkest secrets of our parent's pain were healed and new innocence gained.

Chorus: Peace Is, BePeace. Peace Is, BePeace.

Quizur became a paradise of creativity and joyous harmony.

Our hidden hopes now living in the light and everyone safe at night.

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Peace Is, BePeace

Peace.....

Feelings and Needs

I guess you're feeling

Angry and sad,

And then, on another day

Joyful and glad.

You need what I need,

Yes, we found a way

To connect heart to heart

While we work or we play.

Quick Coherence

I go to my heart

And breathe in the air,

Feel a deep, happy smile

Oh I want to stay there.

Heart Guidance

Everyday life brings me difficult choices,

But I know what I need to do.

I go to my heart, and breathe in and out

And choose to be happy anew.

Then I ask my heart for the wisdom to know,

and the answer I need comes through.

I thank you, my compass, for all that you show,

Your directions are clear and true.

Empathy-Honesty

Empathy first, honesty follows

This way our connection succeeds,

You tell me your story

And I get to guess

What's under your feelings and needs.

Did I guess right? Could there be more?

Tell me and I'll understand.

I give you empathy,

then get your honesty.

I love being your friend.

Being Peace

What needs peace in me right now?

I find time to go apart,

to look inside my feelings and needs

and soon the confusion departs.

I feel the joy within my heart,

And ask for what I need to see.

Its whisper of wisdom is my delight,

I know what to do and am free!

Mediation

When we aren't getting on and can't find a way

Mediation reminds us just what to say

Is this what you're feeling?

Is this what you need?

Then our hearts give us the wisdom to see.

Now we're connected and storms are at rest

We'll make our requests and seek that sweet "yes".

I'm willing to change

Are you willing too?

Peace is the art of changing my view.

Wisdom and Compassion Chant

Connection takes me home to my compassion.

Coherence takes me higher with sweet wisdom.

So I dance all day as these partners weave and sway

to a song of peace in my heart.

Stand-up Honesty

At times I'm scared to say my part

When something's alive down in my heart,

But I dare to say what's true for me,

And find that it often sets us free.

When I stand up, it shows I care.

I'm willing to risk, in order to share.

Our feelings and needs are a gift to each other.

Honesty clears the path to another.