

## Sitting

Sitting Still, sitting ~ still <sup>CU</sup> A-1 A-2  
Sitting until told to move A-1 A-2  
Found a spot, vacant lot B-1 B-2=B7  
Mind emptied, nothing to do C-1 C-2 (C D)

Where I've been and going now  
No place certain, don't know how  
I'll get there since I've no idea  
Empty mind no clearer

Does one find peace of mind  
So many say they do  
Thought flood all the silence  
Thoughts see me through

Choose the tree, the rock, the beach  
Sit or stand, walk, look, see  
The tunnel becomes too clear  
The light faced, no need to fear.