

# Namaste

## Yoga Music

A butterfly floats on the breeze of a sun lit day  
As I feel this reality gently fade away  
Riding on a thought to see where it's from  
Gliding through a memory of a time yet to come  
Smoke paints the air swirling images through my mind  
Like a whirlpool spin beginning to unwind  
And I stand at the edge cautiously awaiting  
As time slips by carefully navigating by the stars in the sky  
And I sit and I think to myself  
And on the horizon the sun light begins to climb  
And it seems like it's been so long since he shined  
But I'm sure it was only yesterday  
Namaste  
A cold chill of fear cut through me  
I felt my heart contract  
To my mind I brought the image of light  
And I expanded out of it  
My fear was just a shadow  
And then a voice spoke in my head  
And she said, "Dark is not the opposite of light  
It's the absence of light"  
And I thought to myself  
She knows what she's talking about  
And for a moment I knew  
What it was all about

Lyrics provided by

<https://damnlyrics.com/>