

# All Alone (On Eilean Shona)

## 1 Giant Leap

If you stay, or if you go  
I won't try, I won't hope  
'Cause if you stay  
Or if you go

If you stay, or if you go  
I won't try, I won't hope  
'Cause if you stay, or if you go  
I won't try, I won't hide  
'Cause if you stay...

Despair  
Depression  
Feeling abandoned  
Lonely  
Worthless  
Frustrated  
Worry  
Doubting  
Vulnerable  
Forgetful  
Losing self confidence  
Heavy  
Irritable  
Fear of the future  
Obsessed with possessions  
Meaninglessness  
Friendlessness  
Fear of being penniless  
No-one to touch  
Lost of psychological power... because there is change afoot.

Be with the changes, and at the same moment, cultivate equanimity, spaciousness, emptiness, awareness,  
clarity... may it be so.

If you stay, or if you go  
I won't try, I won't hide  
'Cause if you stay, or if you go  
I won't lie, I won't try  
'Cause if you stay

'Cause if you stay...

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