

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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