

# Sleep

**Beth Nielsen Chapman**

And sleep I think to myself  
For all of us, for all of us  
Beating fiercely against the wind  
Or lying there with broken hands  
Wondrous wings and blinded eyes  
That see even beyond seeing The same heart crushing sorrow  
The same unspeakable loveliness  
All at the same time  
How beautiful and sad And peace I think to myself  
For all of us, for all of us  
Each and everyone alone  
Reaching out form endless dreams  
With open hearts and fragile souls  
Like children always seeking home Where love is as easy as breathing  
And breath is as light as the atmosphere  
All at the same time  
How frightening and sweet it is The same heart crushing sorrow  
The same unspeakable loveliness  
All at the same time  
How beautiful and sad it is And sleep I think to myself  
For all of us, for all of us  
Sleep I think at last  
Oh, sleep in Heavenly peace

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