

At Ease – What it is (lyrics)

Hook:

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Verse:

Liftin' ourselves up today prayin' out loud some verses

For Higher Spirits Round of Applause ourselves not the curses

I'm ok you're ok get with it mines and yourses

Team respect listen together one truth for sureses

Out of the static stress mess births the new paradigm

At ease friends while we pull the arm on scary times

Thousands of years in the making here we are a million rhymes

Building to be born not Fame by dis we realer shines

(Sometimes Folks who are new to the story, or who are getting interested about our collective story, wonder why there is all this talk. It's basically a love versus scarcity deliberation...also a Spiritual lesson that has roots in Brotherhood and Sisterhood, that most People will not understand, and many are not supposed to, or it wouldn't be delusion. What is the Collective "B" story?...It's about the People, though many tried to make it seem like it's a scarcity assertion...a Dialectical historical process regardless...Thousands of years In the making.....Twins, Brothers and Sisters...We pray for the Families...recognizing that love is all that is needed to create healing...it's a phenomenon to many....we want to welcome our new Friends...we need U...depth of Friendship does not depend on length of acquaintance...Well, it's a conversation that has been going on many decades, so let's be kind to new People, and also respect the decades of love that has brought us all together during this new tech time one Earth?)

Sometimes the cross talk makes a heavy channeling ("cross talk" is an AA term for commenting on someone else's sharing while sharing their own...or talking across a group about someone else...and it projects onto someone else...true respect and humility doesn't allow that)

Center of attention share the air ready plan'll wing (skyhighatry)

Immediate surrounding safe Zone love mentality

Lighten up us people song and dance into reality

(it's about feeling better, not how the accent of the rhymes sound. So :o) That is a verrrrrry important message we are sharing...cool...peace)

Life force "Good Going You Guys" Earth Unified

Focus on the little things day a time "Man if I'da" (don't give energy to regret, we gotta be encouraged today)

Let It Go allow the flow life is living moments glide

Along peace a song Spirit Long how we realize (peace a something, peace an email, peace a smile, peace a hello to a Friend, peace a thank you card, peace a text with a heart, peace a.... :o)

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"Cool cool cool" :o)

Nice n' easy Peoples Nation

Chill no forcing flesh identities what ya makin' (often when a person claims an identity to feel included in this often non-inclusive world----it's natural to want to project the identity that creates "belonging" onto someone else. There is a lot of confusion going on in the new tech reality, and we have to communicate acceptance wherever People are "at"...Projection of identity onto someone else actually makes the world a lonelier place....Sometimes the arguments seem like just a bunch of identity claiming...and so much Human doings, not Human Beings.....Everybody is special....the World needs that.....We have to just let each other Be, and join together....)

All together looking from space we all human racin'

Slow it Up calm down chill peace is waitin'

We mean it Infinite Labs Chill Peace Team Patient

Legal cultures rounding corners teachin' all the liars hating  
 Sneaky hidy lies ear-to-ear we caught them trippin' snakin'  
 Wake it up n' welcome to all who care to revelation

Let the people have the dignity however they might  
 We are each other Special Needs and sure call us Genius Types  
 Balance day to day confident one inclusive likes  
 So, be careful give us a break you never know who shines the lights

The past is not all proudest moments grateful for each other  
 Survived the persecution bonded peace for Sister Brother  
 Hope beyond the nope gotta laugh and eat to discover (Rap G's say It's "eat or get ate up"---our mind is  
 who are...stand for something or we fall for anything...Build or destroy)  
 We're the future one peace, so we teach like no other

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Outro:

Love to "Genki Friend" :o) .....(slow n easy steady stable....)

Let's keep our joy One day at a time

Peace to "Song n' Dance". Way ta' go! We'll keep workin' to lift Spirits

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