

## **Spiritual Peace and Happiness – Calm Energy, Pure Love, Deep Peace**

\_\_\_\_\_ your eyes, \_\_\_\_\_ it in

Let the stillness begin

Feel the light in your chest

\_\_\_\_\_ your soul \_\_\_\_\_ rest

You've been chasing, always \_\_\_\_\_

Running fast, but never finding

What was waiting deep inside

A \_\_\_\_\_ that never hides

No more fear, no more \_\_\_\_\_

Just the calm of endless light

When you let go, you'll see

The \_\_\_\_\_ that sets you free

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It's not \_\_\_\_\_ there, it's within your chest

When you stop the noise and listen close

You'll find the truth your spirit \_\_\_\_\_

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You were \_\_\_\_\_ with all of this

Let the light wash over you

And feel your heart renew

Walk slow, breathe deep, stay \_\_\_\_\_

Leave the heavy world \_\_\_\_\_

Every tear, every scar

Led you right to where you are

You don't need to prove your \_\_\_\_\_

You've been magic since your birth

Every moment, every breath

Is love that never \_\_\_\_\_

[Refrain]

Let go, be free, let your soul \_\_\_\_\_

You're \_\_\_\_\_ by design

Every step, every smile, every day

Peace and happiness will stay.

## **Vocabulary**

- ✚ to align your soul
- ✚ to breathe in
- ✚ by design
- ✚ to chase (something)
- ✚ to find rest
- ✚ to leave (something) behind
- ✚ to lead you right to...
- ✚ to let go
- ✚ to let the stillness begin
- ✚ to listen close
- ✚ out there
- ✚ to prove your worth
- ✚ to set someone free
- ✚ to wash over (someone)
- ✚ within your chest

## **Fill in the gaps with the expression in correct form**

1. Close your eyes and slowly \_\_\_\_\_ the fresh air.
2. When everything feels overwhelming, sit quietly and \_\_\_\_\_.
3. After years of anxiety, she finally managed to \_\_\_\_\_ and feel peaceful.
4. He spent most of his twenties trying to \_\_\_\_\_ success and recognition.
5. Sometimes the only way to heal is to \_\_\_\_\_ and move forward.
6. Forgiveness doesn't excuse the past, it helps \_\_\_\_\_ you \_\_\_\_\_.
7. Stop looking for happiness \_\_\_\_\_; it has always been inside you.
8. The answer you're searching for is already \_\_\_\_\_.
9. If you want to understand the message, \_\_\_\_\_ and don't interrupt.
10. A deep sense of gratitude began to \_\_\_\_\_ as she watched the sunset.
11. Moving abroad helped him \_\_\_\_\_ his painful memories \_\_\_\_\_.
12. You don't need to constantly \_\_\_\_\_ to anyone.
13. Meditation can help you \_\_\_\_\_ and feel balanced again.
14. I don't believe it was an accident, it happened \_\_\_\_\_.
15. Every mistake you made \_\_\_\_\_ exactly where you needed to be.

**Match the expressions (1–15) with their definitions (A–O)**

1. to breathe in
2. to let the stillness begin
3. to find rest
4. to chase (something)
5. to let go
6. to set someone free
7. out there
8. within (your chest)
9. to listen close
10. to wash over (someone)
11. to leave (something) behind
12. to prove your worth
13. to align your soul
14. by design
15. to lead you right to...

- A. To release emotional attachment or stop holding on to something.
- B. Located inside you; internally rather than externally.
- C. To intentionally cause or allow a feeling of silence and calm to start.
- D. To pursue something eagerly, often in an abstract sense (success, dreams, approval).
- E. To show others that you are valuable or capable.
- F. To carefully and attentively pay attention to what is being said.
- G. To experience a strong feeling that gradually spreads over you.
- H. Not by accident; intentionally planned or meant to happen.
- I. To free someone emotionally or physically from control or resentment.
- J. Somewhere outside yourself; in the external world.
- K. To inhale air into your lungs.
- L. To abandon the past and move forward.
- M. To reach a state of inner peace and calm.
- N. To bring your inner self into balance and harmony.
- O. To guide you exactly to a specific result or situation.