

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

Spiritual peace and happiness
It's not _____ there, it's within your chest
When you stop the noise and listen close
You'll find the truth your spirit _____

Spiritual peace and happiness
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	A. To release emotional attachment or stop holding on to something.
2. to let the stillness begin	B. Located inside you; internally rather than externally.
3. to find rest	C. To intentionally cause or allow a feeling of silence and calm to start.
4. to chase (something)	D. To pursue something eagerly, often in an abstract sense (success, dreams, approval).
5. to let go	E. To show others that you are valuable or capable.
6. to set someone free	F. To carefully and attentively pay attention to what is being said.
7. out there	G. To experience a strong feeling that gradually spreads over you.
8. within (your chest)	H. Not by accident; intentionally planned or meant to happen.
9. to listen close	I. To free someone emotionally or physically from control or resentment.
10. to wash over (someone)	J. Somewhere outside yourself; in the external world.
11. to leave (something) behind	K. To inhale air into your lungs.
12. to prove your worth	L. To abandon the past and move forward.
13. to align your soul	M. To reach a state of inner peace and calm.
14. by design	N. To bring your inner self into balance and harmony.
15. to lead you right to...	O. To guide you exactly to a specific result or situation.