

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.