

## I am Finding You (Attaining Samadhi)

Music and Lyrics by Marie Nordeng

I am finding you

With gentle words and careful moves

*(Ahimsa – Non-harming in thought, word or deed)*

That sift me through the lies to find my truth

*(Satya – Truthfulness in thought and word)*

And I am finding you

The life I want to grab that's always out of reach

Doesn't hold the lesson life has got for me

*(Asteya – Non-stealing/coveting/desiring)*

And I am finding you

The drive I have, the loves I love (a little too much)

*(Brahmacharya – God-like/Moral responsibility)*

The dreams I hold, the things I own, the things I don't, I release

*(Aparigraha – Non-attachment/possessiveness)*

And I am finding you

Well I'll purify my heart

*(Saucha – Purity/Cleanliness of body and mind)*

And smile all my days

*(Santosa – Contentment/Satisfaction with what one has)*

And keep my body still to still my mind

*(Tapas – Heat/Body discipline to obtain mental control)*

And I am finding you, finding you

And I learn, and I learn, and I turn it all within

*(Svadyaya – Self-study/Study of scripture)*

And surrender to you all I am

*(Ishvara Pranidhana – Offering/surrender to God)*

And I am strong and balanced, calm and ready

*(Asana – Physical postures to preserve health and prana)*

Feeling steady as I breathe

*(Pranayama – Control of breath to steady body and concentrate)*

And I'll flow with all as all flows with me

*(Pratyahara – Withdrawal of senses from external objects/Releasing the idea of separateness)*

And I set my sights

*(Dharana – Concentration/Focus of mind on one object)*

As my thoughts sit tight

*(Dhyana – Meditation/Undisturbed flow of thought around object of meditation)*

And I am finding you, for I am you.

*(Samadhi – Spiritual enlightenment / Oneness and unity with supreme consciousness)*