

I AM Awake!

Awake in the Presence and focused in the Now,
I keep my vision on my holy vow.
I shake my spear; I draw forth light
And put my doubts and fears to flight!

I am in my heart, mental mind forsake,
I give my ego a shake, shake, shake!
I love my Presence, so for goodness' sake,
Now keep me alert, awake, awake!