



Meditation 1

Meditation is a very interesting activity,
It's a way to get rid of stinking negativity,
I shake my head and try to erase bad thought,
I'm trying for zero, heading down to naught.

I focus on the green spot within my brain,
I go there every time, the routine's the same,
I focus on the green and nothing else,
And wait for the debris to fly off the shelf.

I access the green spot with my eyes and ears,
I draw a line from each across the hemisphere,
And where they meet, I focus my attention,
And I take off flying to another dimension.

The green door opens. I walk on in,
My relaxation is about to begin,
There's a nice couch there to rest my head,
And the rest of me follows as if to bed.

But there's no sleep in this hidden room,
I remove neg thoughts with a handy broom,
And after the room has been all cleaned up,
The positive thoughts begin to line up.

I like to think of thoughts like toy soldiers,
Marching in, aligning, shoulder to shoulder,
But my thoughts aren't nearly that cooperative,
And not prone to order if they're innovative.

I emerge from the green room feeling refreshed,
No longer distressed or even close to depressed,
My green space has done it once again,
We've cleaned the detritus from within my brain.

I breathe in oxygen straight to my head,
I am one with all beings, tied by a thread,
There's a wholeness I perceive within the green room,
I like visiting there and will come back soon.

So welcome to Earth Church,
Pick yourself up a broom,
We'll join together
And sweep out your room.