

Opening Up Chant

Author Unknown

I am opening up in deep surrender

To the luminous love light of the One (repeat)

I am opening

I am opening

I am opening

I am opening

I am opening up in deep surrender

To the numinous darkness of my shadow (repeat)

I am opening

I am opening

I am opening

I am opening

I am opening up in deep surrender

To the powerful wholeness of myself (repeat)

I am opening

I am opening

I am opening

I am opening