

HAPPINESS

Lúcia de Carvalho

Topic: *Feeling Happiness as a deep Peace, an outstanding Beauty. Everything is as it should be, with the most imperfect perfection. Ups and downs are part of the natural circle of life. Separation is an illusion. Love shows the way to the unity.*

Happiness fills in the air with Peace
Everywhere Beauty is the masterpiece
It's so fine to feel so much Love inside
So take your time and sow what your soul longs for

Happiness is just a way of being
Your essence, Dark and Light in Harmony
It's alright to feel sad and cold sometimes
But never mind... your soul knows that you're made for

Every moment you grow, you fall, you laugh and cry
It's the circle of Life, Death, Rebirth in Light
Let yourself go with the flow... the beat, the riddim, the feeling, the breath.... ooh

Oooh, Happiness !

Kutana-o nzana = to be happy
kukina-o nzana = to dance
kuimba-o nzana = to sing
kudila-o nzana = to cry