

DENTRO (PT)

Lúcia de Carvalho

De fora pra dentro é muito movimento,
Não tem cabimento, parece loucura
De dentro pra fora, toda hora é hora de viver feliz aqui no agora
De fora pra dentro é desinformação, confusão, desunião
É o dentro que inspira a beleza, magia, constância da essência

Paracundé aé ohaia
lé éé oé ohaia

De fora pra dentro tem medo, tem inimigo, tem ego, tem falso abrigo
Contudo fica atento : pois além do conhecido, existe um mundo lindo !
Explora o além do teu abismo
Encara o infinito

Inside it's.... outside it's....

Por isso fica no olho do ciclone
Que esse mundo não para de girar
E a tormenta leva de là pra cà
Fica no olho do ciclone..... teu centro é a Amor, fonte de acalmaria
(Uhum anhan - aaaaa)

Aceita a paz que te habita...
Respira....

lé éé hoé ohaia.....
É o sol da ilusão do fora e dentro !

Paracundé aé ohaia
lé éé oé ohaia

Guia a atenção, guia a intenção, ligeiro o teu astral

Inside it's.... outside it's....

INSIDE (translation EN)

Topic : *Wondering how I can do to be aware of the daily life hard realities and still keep the peace inside and see the beauty of the world.... I read a sentence in a book saying something like « you don't have to pay attention only to what comes from the world outside into you. Concentrate more on what you give to world, on what comes from you the world ».*

So this song is an ode to our inner world whose frame depends on us and can give/show us beauty, strength and so many things if we take care of it.

From outside to inside, it's a lot of moves, there's no coherence, things look crazy
From inside to outside, every time is the right time to be happy in the here and now
From outside to inside there's disinformation, confusion, disunity
The inner side inspires the beauty, the magic, consistence of the essence

Paracundé aé ohaia lé éé oé ohaia

From outside to inside there's fear, there are supposed enemies, there's ego,
there's fake safety
Still be aware : because beyond the unknown there's a beautiful world.
Go beyond your own abyss
Face the infinite

Inside it's.... outside it's....

So stay in the eye of the cyclone
Because the world never stops turning round and storm makes you wander here
and there
Stay in the eye of the cyclone. Your center is the Light, source of quietness
Accept the peace that lives in you.... breath in...

lé éé oé ohaia

Enlighten the illusion of inner and outside

Paracundé aé ohaia lé éé oé ohaia

Guide your attention, guide your intention, keep your spirits light

Inside it's.... outside it's....