

Song 352

<http://unimedia.unitarius-halo.net/page.php?43>

Find a stillness, hold a stillness, let the stillness carry me  
Find the silence, hold the silence, let the silence, carry me  
In the spirit, by the spirit, with the spirit giving power  
I will find true harmony

Seek the essence, hold the essence, let the essence carry me  
Let me flower, help me flower, watch me flower, carry me  
In the spirit, by the spirit, with the spirit giving power  
I will find true harmony



Mehg pee-heh-nee, meg nyoo-goh-dnee  
Mehrt uh huh-rts-buhn oo-yahb ehr-öt

Hozahd jöttünk, eeshtehnünk  
Chuck te-nah-luhd leh-heh-tünk

Bü-nösh feh-yünk pohr-bah hay-tva, mehg-reh-mehg-veh

Sh meg-nyoo-gohdva. Te-keen-tünk rahd Eesh-te-nünk

Here is an attempt at a literal translation. It's fairly different from the song in the songbook. One can see similarities and common themes but the feel of it is very different.

To rest, to become calm  
We approach you our lord  
With our sinful heads bowed in the dust  
Trembling and calmed, we gaze upon you our lord

Because in the struggle fresh strength  
derives only from you  
With our sinful heads immersed in dust  
Trembling and calmed, we gaze upon you our lord