

Slow Down © 2011, Cynthia R. Crossen

Slow down, **A**
Walk with your bare feet on the grassy ground, **A**
Squat down beside the box turtle **E**
And go that slow and grow like a wild flower, **D - A**

Just be, **A**
Lie underneath a canopy of green, **A**
And breathe with the forest **E**
Til you are one with song like a woodthrush, **D - A**
 Dragonfly flits from now to now, **F#m - B - E**
 Purposeful and yet somehow **A - Bm - E**
 Wrapped in the moment, **G - E**

Take time, **A**
Gather from the well & drink it down, **A**
Shower in its coolness **E**
And in the sun be one with the wind's kiss, **D - A**

Just be, **A**
Open to the earth and receive, **A**
Green peas from the garden, **E**
Oh how sweet, to breathe this peace, **D - A**

Slow down..... Slow down.... **A**