

Content

Pete Townshend

I am ready to learn and to grow
I am alone with the truth
I am brave, what is there to fear?
I am strong, God supports me

I am patient, each moment of eternity
I am able to help when necessary
I am happy, singing in the arms of God

I am balanced, keeping mind and heart equal
I am complete when I forget myself
I am receptive to each message of love
I am responsive to all that lives
I am happy, singing in the arms of God

Enough, I am content
I am content