

# 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