

## Mediation

## Pete Townshend

SSSSSettle, settle, settle, dim out to black. Blackness blackness blackness!!  
Blackness backlash. Body banish. Settle body scratch itch body settle!  
Settle Settle. Banish Body. Be gone duality. Beyond Time. It is time for som  
ething divine, a reaching beyond the world of confusion, for something divin  
e  
Object of..... perfection.

God? God? Find the rhythm in a whisper

Baba Baba Baba Baba Baba Baba Baba Baba Baba Baba... don't look.... hold on, keep it going, Baba Baba Baba, no distractions, Baba, don't let it drift, I know the tricks, Baba Baba Baba Baba Baba Baba Baba Baba

Zzzzzzzzzzzzzzzzzzzzzzzzzzzzzzzzzzooom, Baba Baba, don't' be distracted, Baba Bab  
a , don't let it drift, Baba Baba Baba  
Zzzzzzzzzzzzzzzzzzzzzzzzzzzzzzzzzaap zzzzzzzzzzzzzzzzzzippp zzzzzzzzzzzzzzzzooom,  
mind rocket! zing!

Baba wow! Baba Baba Baba Baba Baba Baba baba, don't let it drift, Baba baba, drift, baba, drift, Baba baba, drift? Baba Drift? drift? drift? drift? drift? drift? drift? Drift? drift?

And I said why? And he said why not? And I said maybe, and he said perhaps, and I said yes, but what about, and he said yes, but what about, And I said yes, but what about, and he said yes, but what about, and I said yes but, and he said yes but, and I said yes but, and he said yes but and we both said Why can't you understand stand stand stand stand? Dammit!

Back here comes, brooooooooooooooooooooooooooooooooooom!! Baba Baba Baba Baba Bab  
a  
Why does it happen?  
Baba Baba Baba Baba Baba Baba Baba Baba Baba Baba Baba Baba Baba Baba Baba b  
aba  
Who am I? What??? Baba Baba Baba  
Who am I? What?? Baba Baba Baba Baba

Who am I? What? Who am I? What? Baba!! Who? What? Who. I. Am. Who Am I. Who?  
What? Who? What? Who am I? Who am I? Who am I? Who am I? Who am I? Who am I  
? Who am I? Who am I?  
I am God! I am God! I am God! I am God! I am God! I am God! I am God! I am G  
od! I am God! I am God! I am God! I am God! I am God!

I end up, No I'm not, yes I am, no I'm not; yes I am; no I'm not; yes I am a  
m am am am am am am ammmmm Yes I Am! No no no no no no no no no no no n  
o. They tell me I'm God; I don't know I'm God; they say I am God; the real m  
e is God; I am God, they say; God says I'm God; I should know I'm God; I don  
't know I'm God; I don't FEEL like God!

Every second slipping by, the inside, the outside of the inside, insight, whirlpool, spiralling upwards...to where am I going going going going going? Na usea... going going going going going going? Fast! Faster! Faster! Going fast! To where? Gross world! Gross gross gross gross gross gross gross gross world! Persists! Yes? Yes? Yes? Yes? No no no no no no no! Who am I? Who? Confused, confused, confusion, confusion, confusion. Help!! Who needs help? Who is confused? Who is the I? Who doesn't feel like God? The I? The one asking the question? The I? The Me? Where are you? Stand still. It's still the one trying to understand. The I, the me. There it is, over there! Poof! It's gone

e! Over there! Glab! No! Over here! There! Yoo hoo, here I am! No, it's here  
, there, here, there, here there, here, Grab!! No use. Here I am! Here Here  
Here Here, now hear this, here I go! Zzzzzzzzzzzzzzzzzzzzzzzzzzzzzzz oh my, mi  
nd rocket! Who? Me. Who? Me. Who? Me. Who? Me. Who? This. What? This. Who? T  
his. What? This. Who? What? That. This. What? Who? Nothing Nothing Nothing N  
othing Nothing Nothing Nothing Nothing Nothing

I am Nothing Nothing Nothing Nothing Nothing. No Thing!!

Nausea! Illusion!

What?

What the Hell? What the Hell am I doing?

Back! Back! Back! Back! Back! Back! Back! Back! Back! Back! Back!

Baba Baba Baba (whew!) Baba Baba Baba Baba Baba Baba Why? Baba Why does  
it happen? Baba Baba Baba Baba Baba Baba Control! Baba Focus! Baba Bab  
a Baba That's Better! Baba Baba Baba Baba

Itchy Nose! Baba Baba Oh No! Itchy nose! No no! Baba Itchy nose! Itchy nose!  
Itchy nose! Itchy nose! Itch Itch Itch! Don't twitch! Don't twitch! Whateve  
r you do, don't twitch! Don't twitch! Don't twitch the itch!! Hee hee! Don't  
twitch the itch! Don't twitch the itch! Don't twitch the itch! Don't twitch  
the itch! Don't twitch the itch! Don't twitch the itch! Itchy twitchy fitch  
y fitchy fidget nose! Twitch nose, don't fidget! Figifigifigifigifigifigi nose!  
No fidget, no nose ha! gone!  
And! Onward!!

Baba Baba Baba Baba Baba Baba Baba Baba Baba Baba

Oh No! Baba Oh No! Baba Oh No Itchy Toe! Oh No NOOO! OOOOOOOH!!

Twitchy Toe! Don't twitch; no twitch; don't twitch, the call of the scratch.  
Ooh!

Meditate on itches, essence of itch. The toe, the itchy toe, concentrate on  
the toe, the toe, the toe, the toe, the toe! Toe Toe Toe Toe Toe Toe Go! Itc  
h Go! Toe Go! Go Go Toe! Go Go Toe! Go! Go into whirlpool, think dance capta  
in wheel, think rocket, mind spark with a mix of space, color, impregnated  
blackness of song, sing the question. Tra la la, the question mystery, the q  
uestion the rhythm. And the question, the breath, the rhythm of OUT, the que  
stion, the breath, the rhythm, the question, the Who Am I question mystery,  
OUT! I don't know, and yet I feel. The breath out, and the whisper, who? Me,  
I don't know. Who? I don't know, and yet I feel. Who? The question, the mys  
tery, the breath rhythm. Rhythm question who what question rhythm is who wha  
t it is. It is time; it is time to; it is time to return, to return

To return to return return return return. Baba Baba Baba Baba Baba Baba  
Baba baba

This time, babab Baba

This time, Baba Baba Baba Baba Baba Baba Baba Baba

Back on course Baba Baba

Gone off course Baba Baba

Love the course Baba Baba

Love the source Baba Baba Baba Baba Baba Baba Baba Baba baba

Air is. Water is. Fire is. Earth is. Lightt is. Darkness is. Stone is. Iron  
is. Vegetation is. Insect is. Fish is. Bird is. Beast is. Man is. Good is. B  
ad is. Pain is. Pleasure is. Until nothing is. And then God is God is God is  
God is God is Baba is God is Baba Baba, Meher Baba . Baba Baba, Meher Baba.  
Don't worry; be happy, Baba Baba. Baba loves you mroe than you can love you  
rself, Baba, Baba, Baba loves you more than you can love yourself, Baba. Don  
't worry, be happy; don't worry, be happy; Baba loves you more than you can  
love yourself, Baba loves you more than you can love yourself, Baba Baba, Ba  
ba loves you more than you can love yourself. Don't worry, be happy. Be Baba  
; don't worry! Baba loves you, loves you, loves you! Love Baba! Be Baba! Bab  
a loves you! Don't worry, love Baba! Love Baba, be happy! Be happy! Baba is  
love is you is all is he is we is you is he is love is love is love is love

is love is LISTEN!!!

Listen to the sound of Baba. Listen!  
Listen. To the sound of Baba.  
Listen. Listen. Listen to the sound of Baba.  
Listen. Don't speak.  
Listen.