

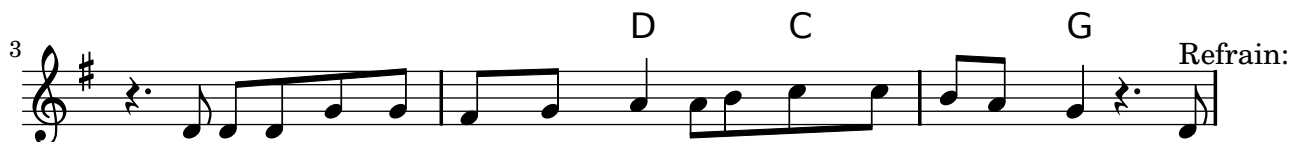
# Quelle der heiteren Gelassenheit

Text: Adi-Shradda

Melodie: Adi-Shradda



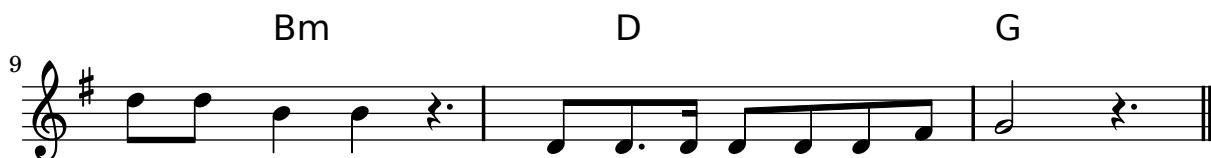
E - gal ob Freu - de mich ent-zückt, o - der Trau - er mich be - drückt.  
E - gal ob Hoff - nung mich er - hellt, o - der Sor - ge mich noch quält.



Egal ob friedlich mein Herz pocht, oder Är - ger in mir kocht. Ich  
Egal ob Lie - be mich er - füllt, oder Gier bleibt un - ge - stillt.



bin die Quel - le der hei - te - ren Ge - las - sen - heit, Ich



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I met Evelyn Beumkes (who wrote many of the Plum Village songs) at the retreat for „Joy of Walking“ in Waldbröl in March 2010. During a singing session I told her that her „Happiness is here and now“ is my favourite song and showed her my German text. As I explained, that I only write lyrics and no music, she asked me, whether she should tell me how to find a melody. „Yes - of course!“ I answered, and so she told me I should take one sentence that is very important to me, and then see whether there is a melody - „The melody is already there“ - she said - „It only has to be discovered“.

The issue about „Heitere Gelassenheit“ („Happy equanimity“) was my koan over the last 20 years. I had read it in a book, where they gave the advice to have a state of mind like this, however they didn't tell how to achieve it! For the ceremony of the five mindfulness trainings I was encouraged to suggest a name for me, and after some time of thinking, I chose. „Quelle der heiteren Gelassenheit“ („Source of happy equanimity“), which meant not only to achieve this state of mind for myself, but to also help others to achieve it. Although I received an other name, it still serves as a guideline for me.