Pete Townshend, Mediation

SSSSettle, settle, settle, dim out to black. Blackness blackness blackness!!
Blackness blacklash. Body banish. Settle body scratch itch body settle!
Settle Settle. Banish Body. Be gone duality. Beyond Time. It is time for something divine, a reachin
object of..... perfection.

God? God? Find the rhythm in a whisper

Baba Baba Baba Baba Baba Baba Baba Baba Baba Baba Baba... don't look.... hold on, keep it goi

zzzzzzzzzzzzzzzzzzzzzzzzzzzzzzzooooom, Baba Baba, dont' be distracted, Baba Baba , don't let it drif
zzzzzzzzzzzzzzzzzzzzzzzzzzzzzzzaaap zzzzzzzzzzzzzzzzzzippp zzzzzzzzzzzzzzzoooooom, mind rocket!

Baba wow! Baba Baba Baba Baba Baba Baba baba, don't let it drift, Baba baba, drift, baba, drift, B

And I said why? And he said why not? And I said maybe, and he said perhaps, and I said yes, but

Back here comes, brooooooooooooooooooooooooooooooom!! Baba Baba Baba Baba Baba
Why does it happen?
Baba Baba Baba Baba Baba Baba Baba Baba Baba Baba Baba Baba Baba Baba Baba baba
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? Wh
I am God! I am God! I am God! I am God! I am God! I am God! I am God! I am God! I am God! I am

I end up, No I'm not, yes I am, no I'm not; yes I am; no I'm not; yes I am am am am am am am am

Every second slipping by, the inside, the outside of the inside, insight, whirpool, spiralling upwards.

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 Baba Why? Baba Why does it happe

Itchy Nose! Baba Baba Oh No! Itchy nose! No no! Baba Itchy nose! Itchy nose! Itchy nose! Itchy no
And! Onward!!

Baba 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,

to return to return return return return. Baba Baba Baba Baba Baba Baba Baba Baba baba
This time, babab Baba
This time, Baba 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

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.