

# Openness and Joy

*(Lyrics ©2018 • Stephen Bloodsworth)*

When we are infants Joy is always  
Present around us when we are young  
Sooner or later shades of the prison  
Start to close 'round us stealing our fun  
Through every contraction, and every constriction  
This Openness shrinks and soon we're alone  
But Joy is always there in the background  
Waiting for windows to bring us back home

Hallelujah Hallelujah  
Joy brings to ya, Hallelujah

Yes we have allowed our joy to be buried  
To be restricted, to be defined  
Deeper and deeper it sinks in the body  
We feel like fragments of the Divine  
But then through a window joy comes rising  
Bringing us back to Truth and to Peace  
Rest in this moment return to it often  
A choir is singing to you and to me

Oh what joy can bring It's a lovely thing  
Watch your burdens fade away  
Oh what joy can bring such an opening  
In your heart it's always Spring