

01 // Dear Friends - Prelude

Music: Ansgar Üffink, lyrics: Stephanie Hundertmark & Ansgar Üffink.

Let me say, dear friends / That the moment has come / To give thanks / The time is right / To let you know / How important you are / In every sense / Let me say, dear friends / When at times it was hard / For me to see / You were there constantly / Your compassion and patience / Carried me /

Thank you / Thank you / Thank you / Thank you /

Let me say, dear friends / You forgave when I hurt you / Carelessly / I rely, rely on you / To keep me grounded and yet / Inspire me /

Thank you / Thank you / Thank you / Thank you /

Let me say, dear friends / I wouldn't be what I am / If not for you /

02 // Your love - Interlude

Music & lyrics: Ansgar Üffink.

Every flower / Becomes a being / Every being / Becomes a friend / Every friend / Becomes a universe / And the universe / Your love / Peace begins within us /

03 // Slowdive

Music: Ansgar Üffink & Sebastian Döppe, lyrics: Ansgar Üffink.

Come, come everyone / Slow it down / Slow down your run / Come, come, one by one / Relieve your mind / It's only begun / Smile, smile / And rest a while / Spread the love / And reconcile / Free, free / Be glad to be / Come truly alive / You still own the key /

Slowdive / Within your mind / No trouble at all / Smiling / You realize / Freedom means letting go /

Stay, stay / Don't move away / Hear the words / I have to say / Turn, turn / It's not too late / To heal the world / To change our fate /

Slowdive... /

04 // So Sensual

Music: Ansgar Üffink, Christian Frank & Sascha Hohn, lyrics: Ansgar Üffink & Stephanie Hundertmark.

Close my eyes / Look inside / Realize / The endless space / Behind my eyes is shining / A mighty bright light / Rises out of my heart /

I'm gliding / Through boundless space / I'm guided right from above / By
your love /

**So sensual / Surrounded by your tenderness / Sensational / So sensual
/ Enchanted by your soft caress / Sensational /**

Gentle touch / I'm sound and safe / Filled with such / An overwhelming
happiness that's shining / A mighty bright light /
Rises out of my heart / I'm gliding / Through boundless space / I'm guided
right from above / By your love /

So sensual... /

05 // You're Not Alone

Music & lyrics: Timm Kellett, Taylor Firth, Robin Anthony. © 1996 Lillie
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In a way it's all a matter of time / I will not worry for you / You'll be just fine /
Take my thoughts with you / And when you look behind / You will surely see
/

A face that you recognize /

**You're not alone / I'll wait 'til the end of time / Open your mind / Surely
it's plain to see / You're not alone / I'll wait 'til the end of time for you /
Open your mind / Surely there's time to be with me /**

It is the distance / That makes life a little hard / Two minds that once were
close / Now so many miles apart / I will not falter though / I'll hold on 'til your
home /

Safely back where you belong / And see how our love has grown /

You're not alone... /

06 // Warriors

Music: Ansgar Üffink, lyrics: Dan Millman & Ansgar Üffink.

The most precious thing to me will always be the present moment /

Dive down into the deep / Backward through the haze / There is a mighty seed / That's attracted you since everlasting moments /

Jump into the abyss / To the bottom of your soul / Dig up what there is / A sleeping giant waiting to awake /

**Calling the warriors / Now is the time for us / Release the warriors /
Conceive the genius in you /**

*The peaceful warrior's way is founded not on my opinion or a set of beliefs
but rather on reality as it unfolds.*

*It's not about morals or moral concepts. It's about action and consequence.
It takes courage to live in this world, and it takes courage to love in this
world.*

*That's why I describe all of us as peaceful warriors in training in the school of
daily life /*

/

*Instantly you feel / That you are not alone / Arising from the unreal / Is an
army of lovers standing by your side /*

Calling the warriors... /

*I once saw a little man on a bullet train on a train station in Japan, and his
job was to clean the platform. And I saw him polishing the railing,
and he took such pride in doing this work that most of us would con- sider
not very creative work, but he was like a zen master. This was his
service, and it is no less important and no lower status than an author,
musician, doctor, lawyer. As long as we do what we do well, and we
remember that we're doing it for these other parts of ourselves we call other
people, to me that is the important thing /*

Calling the warriors... /

*One of the most interesting definitions of enlightenment I've ever heard and I
never forgot; enlightenment was described as: having one's
heart and mind rise to the heights of ecstasy and then sink to the depth of
despair alternating at the speed of light between the two /*

The world is unfolding perfectly – just as it is /

07 // Celebrate Goodbye

Music: Ansgar Üffink, lyrics: Ansgar Üffink & Stephanie Hundertmark.
Do you feel strange / And weary / And in a way / Dissatisfied / Something's
not right / You're tired / What is the problem /
You don't know why /
Say, are you sad / Ungrounded / Do you feel scared / And left behind /
Those demons you see / Do they haunt you /
Now is the moment to say goodbye /

**Come on, celebrate, / Celebrate goodbye / Come on, recreate / And
liberate your mind / Now the time is right / Break the habit /
Try to untie / Come on and celebrate / Welcome back to life /**

There are many ways / Of growing / If you only trust / The voice within /
There is your path / Before you /
Your aspirations / Are leading the way /
You lighten up / In wonder / With beauty and joy / Spreading out / The secret
of / Peace and love /
Of giving and sharing / The here and now /

Come on, celebrate... /

08 // The Meaning of Life

Music: Ansgar Üffink & Chris Zippel, lyrics: Ansgar Üffink. I am the
consequence / Of my past / All I did in history / Built my cast /
An endless number of scenes / When I turn and I'm looking back / Like a
long train of lives / Riding on my soul's own track /

**Somebody told me 'to live' / Would be the meaning of life / Somebody
said 'just to be' / Would be the meaning of life /
If there's a meaning of life / There is no one but you / To give your
presence a sense / The creator is you /**

I am the architect / Of my fate / What I choose is what will come / I create /
An endless number of scenes / When I stop and I look ahead / Like a long
train of lives / Riding on my soul's own track /

Somebody told me 'to live'... /

09 // Precious Part One

Music & lyrics: by Ansgar Üffink.

Bonheur / Tendresse / Joie / Paix /

Ce sont les vraies qualités de l'âme humaine / Elles existent toujours / Elles
sont les éléments de l'être humain /
Elles sont naturelles et dans chaque créature / Toujours /
Se sentir comme une plume / Volant doucement dans la brise du vent / Plein
de sérénité et de joie / Know you are precious /

Bonheur... /

Si nous sommes conscients de ces qualités / Si nous apprenons à vivre
avec /
Si elles deviennent un part de nos pensées / De notre façon de parler /
De notre attitude / Nous recevrons tellement plus / Partout / De tous /

10 // One Language

Music: Ansgar Üffink & Timm Korth, lyrics: Ansgar Üffink.

Pictures in my head / A certain feel / It seems so real / Wond'ring how to get
/ This special feel / A magic deal /

**Talking one language / Love is the message / We are talking one
language / There is one way to survive /
To discover our common mind /**

This is how I feel / A connected kind / Of common mind / Peace and love are
real /
So keep in mind / Your heart will find /

Talking one language... /

11 // Precious Part Two

Music: Ansgar Üffink, lyrics: Ansgar Üffink & Stephanie Hundertmark.

A prayer by the Apollo 8 astronaut Frank Borman on the first manned flight to the lunar orbit in 1968:

Give us the faith to trust thy goodness in spite of our ignorance and weakness. Give us the knowledge that we may continue to pray with understanding hearts.

And show us what each one of us can do to set forward the coming of the day of universal peace /

Out of the dark / Moving towards light / Since ages we're traveling / Driven by a force arcane /

Out of the least / Blowing to max / Forming shapes and colors / That change and change and change and change /

Dust from a star / That's what we are / We are travelers in space / Related in faith / Child of a star / How precious you are / You are free to be free / Simply to be /

Out of the calm / Into the sound / Of countless waves and echoes / Ready for life to begin /

Out of the cold / Into the glow / A fragment of fragments / To change and change and change and change /

Dust from a star... /

Se sentir comme une plume / Volant doucement dans la brise du vent / Plein de sérénité et de joie / Know you are precious /

12 // Dear Friends - Reprise

Music: Ansgar Üffink, lyrics: Stephanie Hundertmark, Ansgar Üffink & Duncan Wong.

*...so, do you have an answer for that? You don't have to impress anybody.
You only need to be impressed /*

Let me say, dear friends / That the moment has come / To give thanks / The
time is right / To let you know / How important you are / In every sense /
Let me say, dear friends / When at times it was hard / For me to see / You
were there constantly / Your compassion and patience / Carried me /

Thank you / Thank you / Thank you / Thank you /

Let me say, dear friends / You forgave when I hurt you / Carelessly / I rely,
rely on you / To keep me grounded and yet / Inspire me /

*For me it is life that is precious. And to recognize the inner command as a
yogic love warrior:*

*To protect all that is living. To be the guardians of peace. And for our own
personal precious practice:*

*To embrace death as the true practice of yoga, until we recognize the truth,
being that...there is no death. That it's just a continuous journey.*

*And to live in that light without fear...and feel the love, which is... pure radiant
energy /*

Let me say, dear friends / I wouldn't be what I am / If not for you /