Stop.
It's 3:15
You have one minute.
Are you ready?

Now think of all things created Think of those that you care for Think of what you've been blessed with And everything that makes you afraid

Wish for anything Let yourself dream Wish for things to get better Until 3:16

There's a stone in my garden that keeps me committed And close to the ground when I feel I should run There's a branch in my window that helps me remember To reach out my arms and touch the sun..

There are two million ants that live in my sidewalk Working together to nurture and feed And the old TV set, with the sad evening news So I never forget how much love we need

Home-made religion (In my kitchen)
Home-made religion..

Think of how you've been feeling And how you've made others feel Think of what you've been given And what you need to heal

Wish for anything..

Try to keep still

Wish for things to get better

And maybe they will

There's a plant in the corner that helps me remember All of the beauty that grows from a seed And the old TV set, with the sad evening news So I never forget how much love we need

Home-made religion (In my kitchen)
Home-made religion..

Stop.