

Peace and Serenity

A Switchwords Poem

by Kat Miller

HELP OPEN UP
HELP OPEN UP
HELP OPEN UP
REJOICE RESTORE then STRETCH
REJOICE RESTORE then STRETCH

TOGETHER UNCLE UP
TOGETHER UNCLE UP
TOGETHER UNCLE UP
PEACE REJOICE WITH LOVE
PEACE REJOICE WITH LOVE

SLOW BE ALONE
SLOW BE ALONE
SLOW BE ALONE
WATCH PEACE and REJOICE
WATCH PEACE and REJOICE

SLOW LOVE LEARN
SLOW LOVE LEARN
SLOW LOVE LEARN
RESTORE LOVE WITH PEACE
RESTORE LOVE WITH PEACE

CRYSTAL REACH LOVE
CRYSTAL REACH LOVE
CRYSTAL REACH LOVE
BUBBLE UP and MOVE ON
BUBBLE UP and MOVE ON

CRYSTAL HORSE BUBBLE
CRYSTAL HORSE BUBBLE
CRYSTAL HORSE BUBBLE
MAGNANIMITY UNCLE TOGETHER
MAGNANIMITY UNCLE TOGETHER

FORGIVE forget FOREVER
FORGIVE forget FOREVER
FORGIVE forget FOREVER
REACH LOVE through PEACE
REACH LOVE through PEACE

BETWEEN CRYSTAL LISTEN
BETWEEN CRYSTAL LISTEN
BETWEEN CRYSTAL LISTEN
TAKE DIVINE PEACE FOREVER
TAKE DIVINE PEACE FOREVER

DUCK ELATE GIGGLE
DUCK ELATE GIGGLE
DUCK ELATE GIGGLE
CANCEL CLEAR CONCEDE and CONFESS
CANCEL CLEAR CONCEDE and CONFESS

TOGETHER FOREVER LOVE
TOGETHER FOREVER LOVE
TOGETHER FOREVER LOVE
ON PERSONAL and SWEET
ON PERSONAL and SWEET

JUDGE ACT REJOICE
JUDGE ACT REJOICE
JUDGE ACT REJOICE
LEARN LIGHT WITH LOVE
LEARN LIGHT WITH LOVE

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A Switchwords Poem
(with definitions)
by Kat Miller

HELP OPEN UP

(Decide to allow the blues to dissipate)

HELP OPEN UP

(Decide to allow the blues to dissipate)

HELP OPEN UP

(Decide to allow the blues to dissipate)

REJOICE RESTORE then STRETCH

(Release jealousy, restore fairness and extend the bliss)

REJOICE RESTORE then STRETCH

(Release jealousy, restore fairness and extend the bliss)

TOGETHER UNCLE UP

(Become single-minded, dispel apartness and be in high spirits)

TOGETHER UNCLE UP

(Become single-minded, dispel apartness and be in high spirits)

TOGETHER UNCLE UP

(Become single-minded, dispel apartness and be in high spirits)

PEACE REJOICE WITH LOVE

(Reclaim stability, release jealousy, and harmonize with love)

PEACE REJOICE WITH LOVE

(Reclaim stability, release jealousy, and harmonize with love)

SLOW BE ALONE

(Be wise, be at peace and in health, nurture yourself)

SLOW BE ALONE

(Be wise, be at peace and in health, nurture yourself)

SLOW BE ALONE

(Be wise, be at peace and in health, nurture yourself)

WATCH PEACE and REJOICE

(Learn stability and release jealousy)

WATCH PEACE and REJOICE

(Learn stability and release jealousy)

SLOW LOVE LEARN

(With patience, accept love and rejuvenate)

SLOW LOVE LEARN

(With patience, accept love and rejuvenate)

SLOW LOVE LEARN

(With patience, accept love and rejuvenate)

RESTORE LOVE WITH PEACE

(Restore fairness, radiate love, immerse in stability)

RESTORE LOVE WITH PEACE

(Restore fairness, radiate love, immerse in stability)

CRYSTAL REACH LOVE

(Look to the future and find love)

CRYSTAL REACH LOVE

(Look to the future and find love)

CRYSTAL REACH LOVE

(Look to the future and find love)

BUBBLE UP and MOVE ON

(Expand into high spirits and increase energy and mobility)

BUBBLE UP and MOVE ON

(Expand into high spirits and increase energy and mobility)

CRYSTAL HORSE BUBBLE

(Improve self-worth, expanding beyond perceived limitations)

CRYSTAL HORSE BUBBLE

(Improve self-worth, expanding beyond perceived limitations)

CRYSTAL HORSE BUBBLE

(Improve self-worth, expanding beyond perceived limitations)

MAGNANIMITY UNCLE TOGETHER

(End pettiness and apartness, become single-minded)

MAGNANIMITY UNCLE TOGETHER

(End pettiness and apartness, become single-minded)

FORGIVE forget FOREVER

(Release desire for revenge, forget it and leave it silent)

FORGIVE forget FOREVER

(Release desire for revenge, forget it and leave it silent)

FORGIVE forget FOREVER

(Release desire for revenge, forget it and leave it silent)

REACH LOVE through PEACE

(Find and accept love through ceasing all hostile feelings)

REACH LOVE through PEACE

(Find and accept love through ceasing all hostile feelings)

BETWEEN CRYSTAL LISTEN

(Increase psychic awareness, access Universal Knowledge, and get in touch with self and nature)

BETWEEN CRYSTAL LISTEN

(Increase psychic awareness, access Universal Knowledge, and get in touch

BETWEEN CRYSTAL LISTEN	with self and nature) (Increase psychic awareness, access Universal Knowledge, and get in touch with self and nature)
TAKE DIVINE PEACE FOREVER	(Become a good leader, increase personal ability to reclaim stability and keep silent about the woes)
TAKE DIVINE PEACE FOREVER	(Become a good leader, increase personal ability to reclaim stability and keep silent about the woes)
DUCK ELATE GIGGLE	(Dispel hypersensitivity, transform setbacks into uplifts and enjoy the tasks at hand)
DUCK ELATE GIGGLE	(Dispel hypersensitivity, transform setbacks into uplifts and enjoy the tasks at hand)
DUCK ELATE GIGGLE	(Dispel hypersensitivity, transform setbacks into uplifts and enjoy the tasks at hand)
CANCEL CLEAR CONCEDE and CONFESS	(Eliminate negativity, dispel anger and resentment, stop arguing and end aggression)
CANCEL CLEAR CONCEDE and CONFESS	(Eliminate negativity, dispel anger and resentment, stop arguing and end aggression)
TOGETHER FOREVER LOVE	(Become a master of keeping silent about any woes and generating, accepting, experiencing and radiating love)
TOGETHER FOREVER LOVE	(Become a master of keeping silent about any woes and generating, accepting, experiencing and radiating love)
TOGETHER FOREVER LOVE	(Become a master of keeping silent about any woes and generating, accepting, experiencing and radiating love)
ON PERSONAL and SWEET	(Nourish ambition, become a success and be caring and soothing to others)
ON PERSONAL and SWEET	(Nourish ambition, become a success and be caring and soothing to others)
JUDGE ACT REJOICE	(Improve comprehension, transition to releasing jealousy)
JUDGE ACT REJOICE	(Improve comprehension, transition to releasing jealousy)
JUDGE ACT REJOICE	(Improve comprehension, transition to releasing jealousy)
LEARN LIGHT WITH LOVE	(Rejuvenate, be inspired, and harmonize with love)
LEARN LIGHT WITH LOVE	(Rejuvenate, be inspired, and harmonize with love)