

Högni Egilsson:

TOUCHED BY LIFE

A MUSICAL REFLECTION

36

P. 90 - 91 **SLEEP**

Gateway to the song:

Sleep is not an enemy of life. It is just as important part of living as our waking hours.

In sleep we renew our contract with life again and again.

In a very important sense we're even more intensely alive in sleep than awake,
as we are invited to enter the overwhelming universe of dreaming.

(36) SLEEP

Close your eyes, now it's night
and the cares of the day
are just memories lost in a cloud.
Dream along, little one,
and your sleep is a song,
and your breath is a music to fly you away.
Now your body is still,
but your soul's roaming free
in a search for a light that may follow you home.
Close your eyes, now it's night
and the world is at peace.
You shall wake to a morning to call your own.

Sleep

Arr.:
Eðvarð Lárusson

Words and music:
Högni Egilsson

Close your eyes, now it's night and the cares of the day are just
mem - o - ries lost in a cloud. Dream a - long, litt - le
one, and your sleep is a song, and your breath is a
mu - sic to fly you a - way. Now your bod - y is
still, but your soul's roam - ing free in a search for a
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