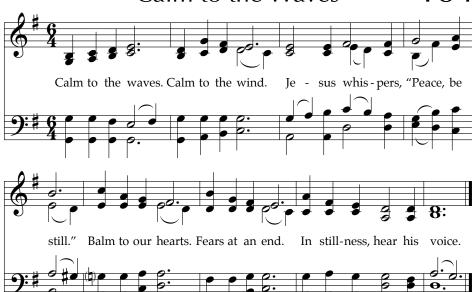
Calm to the Waves



The first half of this refrain text deals with the external environment, while the second half concerns our interior response. Similarly, the first half of the music gradually moves upward, while the direction of the second half is downward, enhancing a sense of centeredness.