

Be calm, be strong

Be calm, be strong, be grateful, be grateful.

Become a lamp full of light, that the darkness of sorrows be annihilated,

Be calm, be strong, be grateful, be grateful.

Become a lamp full of light, that the darkness of sorrows be annihilated,

And let the sun of everlasting joy arise,
from the dawning-place of,
heart and soul,

shining brightly, shining brightly, shining brightly,
shining brightly, shining brightly, shining brightly,

