

# Jeg ligger i min stol

Frank Colding 2023

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♩=152

Jeg lig - ger i min stol og ba - der i lyk - sa - lig - he - dens

The first system of music consists of two staves: a treble clef staff and a bass clef staff. The key signature is one sharp (F#) and the time signature is 6/4. The melody in the treble staff begins with a quarter note G4, followed by quarter notes A4, B4, and C5. The bass staff provides a harmonic accompaniment with chords and single notes.

6 hav, mens him - lens hjer - te - sol for -

The second system of music continues from the first. It features a treble clef staff and a bass clef staff. The melody in the treble staff has a rest for the first measure, then continues with quarter notes. The bass staff continues with a steady accompaniment. The system ends with a double bar line.

11 lø - ser ang - sten i mit ån - de - drag.

The third system of music continues from the second. It features a treble clef staff and a bass clef staff. The melody in the treble staff has a rest for the first measure, then continues with quarter notes. The bass staff continues with a steady accompaniment. The system ends with a double bar line.

16 In - tet skal jeg gø - re, ba - re sa - ligt væ - re. La - de

The fourth system of music continues from the third. It features a treble clef staff and a bass clef staff. The melody in the treble staff has a rest for the first measure, then continues with quarter notes. The bass staff continues with a steady accompaniment. The system ends with a double bar line.

21 var - men rø - re ver - den og det næ - re.

The fifth system of music continues from the fourth. It features a treble clef staff and a bass clef staff. The melody in the treble staff has a rest for the first measure, then continues with quarter notes. The bass staff continues with a steady accompaniment. The system ends with a double bar line.

Jeg ligger i min stol,  
og bader i lyksalighedens hav,  
mens himlens hjertesol  
forløser angsten i mit åndedrag.  
Intet skal jeg gøre,  
bare saligt være.  
Lade varmen røre  
verden og det nære.

Mon dette hjertebål,  
og denne indre virksomhed så mild,  
er rejsens endemål;  
Det Ene Store Liv af Ånd og Ild?  
Tankerne opildner.  
Solen går bag skyer,  
mens jeg langsomt stilner  
sindets fredsforstyrrelser.

Jeg ved, der er en fred,  
som kendes i vort indre hjerterum.  
Guds fred, vi kalder ned  
i dagliglivets kamp og trummerum.  
Stråler vi fra hjertet,  
bliver folk på gaden  
ikke mere sværtet,  
smiler i arkaden.

Går atter til min stol  
og bader i lyksalighedens hav,  
mens Jordens indre sol  
opstiger dybt fra kernens gyldne marv.  
Intet skal jeg gøre,  
bare saligt være.  
Lade varmen røre  
verden og det nære.

Frank Colding 14. maj 2023