

# Just Being



Giuntru

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**Tracks:** *It Happens, Staying, No Grip, Space Opening, Upright, Enough, Still Here, Just Being.*

**Stores:** Amazon, Anghami, Apple Music, MediaNet, Boomplay, Deezer, Instagram/Facebook, Adaptr, Flo, YouTube Music, iHeartRadio, Claro Música, iTunes, Joox, Kuack Media, NetEase, Qobuz, Pandora, Saavn, Spotify, Tencent, Tidal and TikTok & other ByteDance stores.



## *A Note That Was Already There*

Some sounds do not begin.  
They do not rise, do not search for shape,  
do not ask to be heard.

They are simply there,  
like breath before you notice it,  
like the quiet presence of a room  
waiting without intention.

This album was not written to take you somewhere.  
It does not open doors, does not promise change,  
does not reach for transformation.

It rests.

Each track is a space where nothing needs to happen,  
where rhythm exists without urgency,  
where motion lives inside stillness.

You may hear echoes of movement, a beat that walks,  
a voice that speaks, a pulse that holds its ground,  
but none of it asks you to follow.

It only remains.

These songs do not guide you forward.  
They sit beside you.

Not as answers, not as maps,  
but as quiet companions  
to whatever moment you are in.

Here, nothing is missing.  
Nothing is becoming.  
Nothing is being prepared  
for what comes next.

There is only presence, unfolded, unforced,  
complete without effort.

If you listen closely,  
you may notice  
that the stillness is not empty.

It breathes. It adjusts.  
It holds you without holding at all.

And perhaps, without trying,  
you will recognise what was already there  
not inside the music, but inside yourself.

## *It Happens*

It happens  
Before the thought  
Before the shape  
Before the name

A look  
That doesn't ask  
A pause  
That holds

No reason  
No direction  
Just a moment  
Opening

It happens  
In the quiet  
Between  
What was  
And what stays

Breath stops  
Then moves again  
Something shifts  
Without a sound

No plan  
No promise  
No need  
To follow

It happens  
And nothing changes  
Except  
Everything feels  
A little wider

## *Staying*

I don't move  
Not because I can't  
But because  
There's nothing  
Pulling me away

The moment doesn't close  
It breathes  
I stay with it

No edge  
No rush  
No sign  
To follow

I stay  
Not to keep, not to prove

Time passes  
I don't mark it  
It passes through, like air

I feel the shift  
Before it shows  
A weight  
That moves  
Without a sound

Hands open  
Just enough  
Not holding  
Not letting go

I'm staying

The ground adjusts  
I answer without thinking

No tension  
No release  
Just balance  
Learning me

I'm staying

Nothing to fix  
Nothing to chase  
Nothing asking For more

I stay  
Inside the moment, while it changes

The world tilts  
A fraction  
At a time

I don't lean  
I don't lock  
I stay upright

Breath finds space  
Again, again

I'm not holding  
I'm not letting go  
I'm staying

Still  
With it

Still  
Here

## No Grip

I don't reach  
I don't close my hand  
I let the space  
Stay open

No grip, No grip

You move  
I don't follow  
I stay where  
I can feel

No grip, No grip, No grip, ...

I'm close  
Not inside  
I'm here  
Not in the way  
Breath comes  
Breath goes  
I don't stop it  
I don't ask

No grip, No grip

I feel the moment  
Holding itself  
Without pressure  
Without need  
I don't fix  
I don't frame  
I don't turn  
This into mine

No grip, No grip

I stay near but not around you  
I stay open but not empty  
You shift  
I don't chase  
I adjust  
Enough

No grip, No grip, No grip, ...

I stay near but not around you  
I stay open but not empty

No grip, No grip

Still open, still here  
No grip

Still open, Still here  
No grip

## Space Opening

I don't push, I don't arrive  
The space opens by itself

I'm here and there's room  
Without asking for more

Something shifts around me  
Not away, not toward

Space opening quietly  
Wide enough to breathe

I don't step forward  
I don't step back  
The space adjusts while I stay  
Nothing taken, nothing lost  
Just distance finding shape

Space opening without sound  
I feel it  
Not as absence, but as room  
The air moves  
The beat stays  
I remain inside it

Space opening, still opening  
I don't fill it, I don't leave  
I let the space do its work

Space opening, still here, still open  
I don't fill it, I don't leave  
I let the space do its work

Space opening, still here, still open  
I don't push, I don't arrive  
The space opens by itself  
I don't push, I don't arrive  
The space opens by itself  
I don't push, I don't arrive  
The space opens by itself

I don't push, I don't arrive  
I don't fill it, I don't leave  
I let the space do its work

I don't push, I don't arrive  
The space opens by itself

## *Upright*

I don't lean, I don't lock my knees  
I stay where the weight can move  
The ground shifts  
I don't fight it, I answer without thinking

Upright, upright

Breath adjusts before I know  
Hands open just enough

Upright

No tension, no release  
Just balance learning me

The world tilts  
A little at a time

I don't brace, I don't fall  
I stay with it

Upright, upright

Nothing held, nothing dropped  
The body knows what to do  
I feel the pull, then the correction  
Quiet, immediate

Upright

No effort, no collapse  
No stiffness, no sway

I stay aligned, without fixing  
Without force

Upright, upright

The ground moves  
I remain inside the motion

Small shifts all the time  
Keeping me here

Upright

No pose, no control  
Just standing as I am  
The beat goes on  
I don't rush, I don't stop, I remain

Upright

Still upright, still here

## *Enough*

I don't add, I don't reduce  
Nothing here, needs more

Enough, already enough

I don't reach, I don't improve  
I stay where it is full

Enough

No push, no pull  
No hunger to fill

What is here Is here  
Enough, already enough

I don't chase a better shape  
I don't polish what is whole  
No edge to smooth

Enough

Breath comes  
Goes, without asking  
Time moves  
I don't follow

Enough, still enough

Nothing missing, nothing extra  
Nothing calling from outside  
I stand inside the whole

Enough

No next, no more  
No after to reach  
What is  
Is complete

Enough, already enough

I stay here  
Not holding  
Not needing  
Not wanting

Just full  
Just here

Enough  
Still enough

## *Still Here*

Nothing to add, nothing to hold  
The room is quiet, still open

Still here

Breath moves without asking  
Light rests on the walls

Still here

No need to begin again  
No need to complete  
What is, remains

Still here

Time passes, softly  
I don't follow, I don't resist

Still here

The beat moves far below  
I stay above the need  
No rush, no edge

Still here

Nothing calling from ahead  
Nothing pulling from behind  
Only this unfolded space

Still here

I don't mark the moments  
I don't hold their shape  
They pass, I remain

Still here

No tension to release  
No fullness to protect  
Just presence unclaimed

Still here

The sound fades, returns  
Without asking for meaning

Still here

No arrival, no departure  
No center to defend  
Only this unbroken staying

Still here, still here

## *Just Being*

No need to stay  
No need to hold  
What is here, is not moving

I don't keep it, I don't lose it  
It stays without me  
Breath comes and rests  
Time passes softly

Nothing pulls, nothing calls  
No balance to manage  
No space to open  
No fullness to defend

Just being

I don't remain, I don't arrive  
I don't follow, I don't wait  
What is, is enough  
Without saying so

The ground is quiet  
The air is wide  
I don't stand, I don't rest  
I simply am

Just being

No center, no edge  
No effort, no release  
No movement to maintain

Just being

Still  
Without trying  
Here  
Without staying

Breath  
Again  
Soft  
Again

Nothing held  
Nothing lost

Nothing added  
Nothing reduced

Just being  
Just being