

Breathe Through It
By Maya and David

Some days, I'm in a state
way too much stuff is going on
Look for my patience, but it's all gone
My mind is far away
I can so over complicate,
Just need 10 minutes to take a break

Feel myself stressin, swear my lid's flippin
Should be right here and now without judgement, mmm
Don't know why, but I can't control my mind
Got a technique to try. I learned it from mindful life

Mindful breathin' and breathin' and breathin' and breathin'
I know I gotta keep, mindful breathin'
Mindful breathin' and breathin' and breathin' and breathin'
I know I gotta keep, mindful breathin',

See your anger and your pain, don't define you
Your stress and anxiety, don't define you
Your sadness and depression, don't define you
So listen up right now, let me remind you
What you've done in the past, yeah that's behind you
You maybe made some mistakes, but you were kind too
And you're not alone you know, yeah I've been blind too
I know how hard it is to practice being mindful
Cuz stress can overwhelm emotions more than x2
Like there's no way out, you display doubt, and like it's time to
Just give everything up, no I'm not trying to
That's when the sadness can take over, yeah I cry too
But that's all good you know, just let the tears flow
Cuz when you do that's a release, just let your fears go
Take a nice big breath and take it real slow
All about inner transformation, how you heal and grow

Mindful breathin' and breathin' and breathin' and breathin'
I know I gotta keep, mindful breathin'
Mindful breathin' and breathin' and breathin' and breathin'
I know I gotta keep, mindful breathin', mmm, yeah

Mindful, mindful breath
Mindful, mindful breath
Mindful, mindful breath, mindful breath
Mindful, mindful breath
mindful, mindful breath
Mindful, mindful breath, mindful breath

Mindful breathin' and breathin' and breathin' and breathin'
I know I gotta keep, mindful breathin'
Mindful breathin' and breathin' and breathin' and breathin'
I know I gotta keep, mindful breathin', mmm, yeah

Feel myself stressin', swear my lids flippin'
keep mindful breathin'
Don't know why, but I can't control my mind
keep mindful breathin', mmm, yeah

S.I.T. (Skills In Transformation)

By David

This is what you call a sit
Mindfully we doin it
Calm it down we get a grip
So our lids we do not flip

Wow.... you haven't been calm in a while
Blowing your top, you just wanna stop
The number one question is, "How?"
How does it feel inside of your brain?
Fight flight or freeze? You feelin some pain?
How come you won't take a few breaths ?
I think you should? How 'bout you rest?
How 'bout you just get to the front PFC?
Prefrontal cortex so you could feel free?
Free of your stress and free of your worries
Slow it on down now there's no need to hurry
Haven't you heard? Of a mindful sit
Kids and adults everyone could do it
Feet on the floor and spine in a line
Heart to the sky now I'm closing my eyes

This is what you call a sit
Mindfully we doin it
Calm it down we get a grip
So our lids we do not flip

Now I'm in my mindful zone
Focus on presence my mind it does roam
Release the tension way down to my bones
Could do it together or do it alone
First now I focus on breath
Hand on my belly or hand on my chest
Intentional, normal attention, no less
With each exhale I'm feelin less stress
Next I can focus on sounds
Listen real close to the sounds that's around
Inside your home or outside in the town
Bring it attention a surprise will be found
Now I do a body scan
Release the tension inside of my hands
Loosen my shoulders, my jaw, that's the plan
My head is no longer spinning like a fan
Check my emotions and checkin my thoughts
Finding myself no longer feeling lost
All now because I decided to pause
Controlling myself now feeling like a boss
My anger so small like a baby

Respond not react now I'm calm and not crazy
I practice, I'm worth it I'm practicing daily
I practice I'm worth it I'm practicing daily

This is what you call a sit
Mindfully we do it
Calm it down we get a grip
So our lids we do not flip

PAST AND FUTURE THOUGHTS (Mindful Thinking)

By Somos One and Ida Jackson

My bad my bad for tripping on you.....
still makes me mad.
My bad my bad for tripping on you
Why I'm still sad.

I used to trip how strangers stared hard,
driving fast passed us playing in the yard,
they talked like my people made their lives hard,
wonder if they had a Mexican keep their yards,
and even if they didn't what did I have to do,
with all the painful hardships that they went through,
I was just a kid blessed with my own gifts,
but the neighbors acted dissed so I used to trip,

My bad my bad for tripping on you.....
still makes me mad.
My bad my bad for tripping on you
Trippin.....

Easy to trip on the final destination,
forget to pay attention to the scenery we're facing,
I never could choose only one path to race in,
said I'd never be that thirsty chump always chasing,
ain't exactly what you thought it would be,
you want the greener grass and a happier tree,
Millions of flowers and the mightiest bee,
butterfly from the sea to the shining sea

My bad my bad for tripping on you past and future thoughts
My bad my bad for tripping
Trippin...

I still trip off the things I've done wrong,
hard to let em go so I put them in a song,
no going back bruh them days are gone
self compassion helps keeps my heartbeat calm,
gratitude got me calling up mom,
PFC reminds me got an oyster in my palm,
choices I can make lanes I can create,
refuse to choose to see my mistakes as my fate,

My bad my bad for tripping on you.....
still makes me mad.
My bad my bad for tripping on you
Trippin.....

hard to wait so I'm practicing my patience
focus on the world outside and these sensations
the way my body reacts to situations,
A blessing and a curse my own imagination,
Worried 'bout tomorrow or the sorrows of the past
feeling no control rabbit holes and some traps
remember that it's natural to catch ourselves trippin,
But, it's easier if our practice is consistent

My bad my bad for tripping on you
past and future thoughts
My bad my bad for tripping...
Trippin...

Do Some Scanning

By David and Jason

Body Scanning one time on my right side
Body scanning two times on my left side
Body scanning three times get my feet right
Feeling safe in my body friendly flashlight
Feeling safe, Feeling safe,
Feeling safe, Feeling safe,
When I do a body scan with my spine up
Feeling good feelin safe
From my feet to my face
body scan for 5 minutes now my times up
Sit with me and do some scanning
Sit with me and do some scanning
Sit with me and do some scanning
Mindful Life let's do some scanning

Body Scanning I'm a mindful soldier, ay
Got lots of practice now that I'm older
Yeah I'm Scanning everyday and it's never over
Got my body feeling strong just like it's a boulder, ay
Always poppin'
With my body
Scanning often
Let me drop in
Feet to noggin
Tension soften
Ain't no stoppin
Body rockin'
I scan my body when I'm tired
Or when I'm feelin hot, on fire
Cooldown emotions feeling strong, perspire
Get out of my amygdala rewire

Body Scanning one time on my right side
Body scanning two times on my left side
Body scanning three times get my feet right
Feeling safe in my body friendly flashlight
Feeling safe, Feeling safe,
Feeling safe, Feeling safe,
When I do a body scan with my spine up
Feeling good feelin safe
From my feet to my face
body scan for 5 minutes now my times up

Sit with me and do some scanning
Sit with me and do some scanning
Sit with me and do some scanning
Mindful Life let's do some scanning

Feeling safe, mindful place, focus in concentrate
Feeling hot in my legs, going in, where's my gait?
Imma check what's in place, feeling tight in my face
Body scanning feel sensation redirection feelin straight
My alarms going off, what these sensations say
And my hands turn into fist, see emotions manifest
So what friend will help me out?...Body Scanning Sammy
Yeah these feelings I will see, with no judgment no attachment
Checkin in with my body, lets me know what's going on
Yeah I'm in my mindful zone, scanning from my head to toe
Let me see, mindfully, feeling love, from the heart
I'm connected to my body body scanning from the start

Body Scanning one time on my right side
Body scanning two times on my left side
Body scanning three times get my feet right
Feeling safe in my body friendly flashlight
Feeling safe, Feeling safe,
Feeling safe, Feeling safe,
When I do a body scan with my spine up
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Sit with me and do some scanning
Sit with me and do some scanning
Sit with me and do some scanning
Mindful Life let's do some scanning

The Present, An Investment

By Maya and David

Ay yo
I'm focusing on the present
I make sure to do so without judgement
I let my thoughts come and go
I make sure my mind don't go with the flow
But if does then I just say oh no
Like when I'm thinking about tomorrow
Or yesterday might make me feel sorrow
It is ok if this happens you know
Just make sure you are always bringing your mind back
And don't beat yourself up 'bout it cause that's wack
It's fine if you have trouble staying on track
Because that happens to everyone and that's facts

I'm mindful thinking, in the present
Focus on future, you be stressin
And past thinking, second guessing
Aye yo I'm here and right now, that's a blessing
Mindful thinking, in the present
What will happen, is too distant
What has happened, its unpleasant
Takin care of my thoughts now, an investment

Oh I get it
The more I focus on past and future
The more stressed, worried, sad, and angry I might be

I make a choice to focus on the present moment
And not just let it pass by but really own it
Give it all of my attention mindfully growing
My thoughts passing just like the wind yeah they be blowin
When my mind wanders you know I bring it back
Over and over now I know I can relax
I see a stressful thought and choose to let it pass
My mindful thinking helps me focus in the class
'Cuz our thoughts be, just like ping pong
Bouncin all over the place, yes like ping pong
So hard to keep up with them, just like this song
mindfully notice them, you can't go wrong
They might feel big and ugly, just like King Kong
In past thinking, feel depression
Future thinking, you be stresson
Can feel so overwhelming, here's the lesson

All we really have is the present moment
All we really have is the present moment
When you realize this, you can let go of all your stress and strong emotions

I'm mindful thinking, in the present
Focus on future, you be stressin
And past thinking, second guessing
Aye yo I'm here and right now, that's a blessing
Mindful thinking, in the present
What will happen, is too distant
What has happened, its unpleasant
Takin care of my thoughts now, an investment

Problems arise, I, I'm in my right mind
I enjoy my time, mindful lifestyle
Problems arise, I, I'm in my right mind
I enjoy my time, mindful lifestyle
I need to shine my, my friendly flashlight
On focus Freddy, because he's my ally

Thanks

By Jason and David

Yeah I'm sharing gratitude im not spreading hate
Never blame, kind words in a thankful state
Instead of feeling down yeah you know I'm feeling great
So I got a question what do you appreciate?
Is it little like when someone sends a smile your way?
Or when a friend, shows up, when you feel irate?
Maybe when they say "come on" when you want to play?
Are there folks that show you love every single day?
If you know what it is, just know you can
Say "thanks for, what you're saying"
And I see the world, and its elements
Earth, air, fire, and I love rain
MLP's a part of a generation
Filling up with kindness and appreciation
To yourself and all your friends
See what you're experiencing, Grateful Graciela saying

Thanks, thanks, man I'm feeling thanks
Thanks, thanks, can you feel the thanks?
Thanks, thanks, yeah I'm giving thanks
Gratitude, is all I gotta say
Thanks, thanks, man I'm feeling thanks
Thanks, thanks, can you feel the thanks?
Thanks, thanks, yeah I'm giving thanks
Gratitude, is all I gotta say

A lot of thanks from me, for the way you love me
Yeah I'm talking bout my mom dad friends and family
Mean words from me that's unlikely
I'm choosing kindness, don't need negativity
Aw, Let me let you in let's start practicing
Grab a pencil and some paper for some writing
Check in what you're thankful for and start listing
Gratitude list is what you are creating:
Air, sun, family, food
love, breath, life, shoes
Friends, animals, my crew
smiles, laughter, thank you

Thanks, thanks, man I'm feeling thanks
Thanks, thanks, can you feel the thanks?
Thanks, thanks, yeah I'm giving thanks
Gratitude, is all I gotta say
Thanks, thanks, man I'm feeling thanks
Thanks, thanks, can you feel the thanks?
Thanks, thanks, yeah I'm giving thanks
Gratitude, is all I gotta say

Yeah, Imma put my mind on thanks
Giving gratitude, you can imitate
Aye give me thanks, you don't have to hate
Slow pace in the brain, got these skills from J
Positivity, I'm tryin real hard
No negativity, stay far away like Mars
You can do it too, just focus on the target
Give love for what you got, and make sure that it's heartfelt
Appreciation for others and yourself
Giving gratitude is good for mental health
Practice daily, it'll make you feel good
Whether you're in your house, or in your neighborhood
And not just you, yeah everybody should
Helps you find yourself, not lost in the woods
And I got big thanks, don't make me spark it out 'cha
You gotta keep it in your pocket like a wallet
Like the way you show it, show it like your knowledge
Knowledge of self, like you went to mindful college
Appreciation, thanks, gratitude, that's what we call it
I'm rich in life thanks to Mindful Life Project!

Thanks, thanks, man I'm feeling thanks
Thanks, thanks, can you feel the thanks?
Thanks, thanks, yeah I'm giving thanks
Gratitude, is all I gotta say

Thanks, thanks, Carquinez can you feel the thanks?
Thanks, thanks, Rodeo yeah im giving thanks
Thanks, thanks, Antioch man I'm feeling thanks
Thanks, thanks, Richmond can you feel the thanks?
Thanks, thanks, El Sobrante yeah im giving thanks
Thanks, thanks, San Pablo man I'm feeling thanks
Thanks, thanks, Oakland can you feel the thanks?
Thanks, thanks, The whole bay yeah I'm giving thanks

Thanks, thanks, man I'm feeling thanks
Thanks, thanks, can you feel the thanks?
Thanks, thanks, Yeah I'm giving thanks
Thanks, thanks, Mindful Life keep on giving thanks

Open Up Your Heart (Show Heartfulness)

By Ida Jackson and Jason

Live mindfully
Live mindfully
Live mindfully
Live mindfully
Live mindfully

Love
Love

Done with the judgement,
I'm done with the hating
I show love instead,
Do it for fun
Don't take it personal,
If somebody is rude to you,
maybe they're going through something
Skrt skrt on mean words
Help out my teachers
Mindful Life taught me to
To keep my cool
Don't flip my lid when stuffs hard at school
Instead I say let's take a deep breath
Accept my feelings and then let 'em in
Then I show some heartfulness to myself and my friends
Because I'm so thankful for you and all that you do

Why you being mean if you know you wouldn't like it
Open up your heart now please don't fight it
Why you being mean when you know you know better
Know you know better
If we hanging know you can come to
Got me looking for ya
Got me looking for ya
I've been looking forward to hanging with you, you, you, you.

Yes I show heartfulness
Whenever I can
If I don't get it back it don't matter
I'll be the bigger person
Cause someone's gotta be
Leave it all up to me it's about

Love (long as we show)
Love (heartfulness)

Sending Heartfulness
Sending Heartfulness
Sending Heartfulness
Do mindfulness, I send some heartfulness
To all my friends, to all the rest
I can't forget, send some love to myself
May you feel happy inside
May you live a peaceful life
May you fill up with self pride
When you give your best and try, yeah
Love my mindful life and
Heartfulness wont let me slide, yeah
Makes me feel alright, yeah
Helps me get past all the strife, yeah
All this hating
Are the things that we are releasing,
Sending love's so real
Time to bucket fill, can you feel me?
I'm sending heartfulness sending heartfulness
Send love to my PFC

Love (long as we show)
Love (heartfulness)

I came in the classroom feeling ready feeling present in the here and in the now
Being kind to myself no judgement is found
Nothing is keeping me from being myself now, right now
(Love) sending a heartfulness blast sending a heartfulness blast yeah.

Body Scan Jam

By Ida Jackson

(Verse 1)

Feel your toes, and then your feet
And then your ankles, now we're in the flow,
Then it grows, to your shins, your not in, if you forget about them
If you please, notice your knees,
And then your thighs, and up to your belly,

(chorus)

Body scan! We're doing a body scan.
Body scan! We're doing a body scan.

(Verse 2)

Where were we, our belly
It lets us know, if we're hungry
Then move it on up, to your chest
Where your heart is, your hand can rest
And now my hands, and up my arms
With what we feel, it can't go wrong,

(chorus)

Body scan! We're doing a body scan.
Body scan! We're doing a body scan.

(Verse 3)

Now my back, and up my spine,
To my neck, I got em' in a line
And my shoulders, might need a press,
'Cause they rise, when i'm stressed,
And then my mouth, lips and nose and eyes,
And I can't forget about my mind,

(chorus)

Body scan! We're doing a body scan.
Body scan! We're doing a body scan.

(refrain)

Body scan! We're doing a body scan.

Heartfulness Is Power!

By Maya and David

Love, let's talk about love
Let's just fill our buckets and give each other that love
Heartfulness is that tool
Yeah it's for others and you

(Bridge)

Come do a mindful sit with me and you will know
Heartfulness is power, heartfulness is power, heartfulness is power
Come do a mindful sit with me and you will know
Heartfulness is power, heartfulness is power, heartfulness is power

(Verse)

Let me tell you what I do for me
Heartfulness ain't nothing new to me
You can bring a bully, mean words
Bring the drama, but you can't bring me down you see
I love myself too much no time for hating
And I always got a ton of patience
I recognize your pain I don't take it personal while you all up in your
conversation
I send some heartfelt thoughts no I don't mind you
Look at me crazy 'cause I act so mindful
Yeah you important
You deserve some more love, care, and understanding
And you know I don't wanna fight you
I'd rather show you loving kindness it's a gift
Instead of bringing you on down I uplift
Yo I ain't perfect you ain't perfect I don't trip
I fill your bucket fills my bucket
That's the power of what we call heartfulness

Love, let's talk about love
Let's just fill our buckets and give each other that love
Heartfulness is that tool
Yeah it's for others and you

Come do a mindful sit with me and you will know
Heartfulness is power, heartfulness is power, heartfulness is power
Come do a mindful sit with me and you will know
Heartfulness is power, heartfulness is power, heartfulness is power

Sending love and kindness is a practice of mindfulness
I can fill up your bucket I know I should 'cause it feels good
It's the way that it's making me feel like nobody can send heartfulness like I do I
do
I can send a blast of heartfulness to you even if you are rude
May you be full of love and (love and)

May you be full of peace and (peace and)
May you always be happy, and healthy, and strong in whatever you're doing
I send it all 'cause it feels good
I wouldn't do it at all if feels bad
put your hand on your chest
And send out lots of heartfulness

Love, let's talk about love
Let's just fill our buckets and give each other that love
Heartfulness is that tool
Yeah it's for others and you

Come do a mindful sit with me and you will know
Heartfulness is power, heartfulness is power, heartfulness is power
Come do a mindful sit with me and you will know
Heartfulness is power, heartfulness is power, heartfulness is power

Listening For Presence

By Maya and Jason

Ring, ring, ring, ring

(Hook)

When you hit that vibratone, oh, oh
I Listen to it ring, ring, ring, ring
'Til I don't hear the sound no more
I listen for that ring, ring, ring, ring

(Verse)

What skill should I use? I'm gonna try
To hear sounds, bout to catch a mindful ride
This mindful listening is what I get in touch with
No matter what sound I'm not placing judgment
Won't treat 'em like I put 'em on trial
Friendly flashlight I pay attention with a smile
Focus in, and that's it, I'm about to allow
Mindful listening to get me in the here and the now
Yeah you know I got hope
But I notice how it pushed me in the future though
Listening to the sounds that are around gotta make each moment last
gonna bring it back to sounds release the future and the past

(Hook)

When you hit that vibratone, oh, oh
I Listen to it ring, ring, ring, ring
'Til I don't hear the sound no more
I listen for that ring, ring, ring, ring

(Verse)

Now, listen see sounds are all around me
'Cuz I found the present moment, I'm experiencing
Mind is drifting bring it back to sounds im hearing
I'm just being mindful in my spot,
taking time to stop, and I drop in
Now we know the art of listening
Hearing everything you're explaining
Getting all the info call it 411
Use my mindful listening hearing everyone
Put down the phone, listening deeper
Judge or distract, I ain't gonna do either
Heard what you said, you are the speaker
Heard with my heart, mindful leader

(Hook)

When you hit that vibratone, oh, oh
I Listen to it ring, ring, ring, ring
'Til I don't hear the sound no more
I listen for that ring, ring, ring, ring

(Verse)

Mindful of the sounds I hear
Tune in to sounds that's near, yeah
What does that sound make me feel
Mindful listening helps me be in the present
I don't get caught up in my head, I make sure that my thoughts don't spread
When I know I am supposed to be here and now instead
I just name that sound, yeah
Just name that sound without me judging it yeah
I hear it around
I just let it be there, and listen for a bit
Said Listen with you, Listen with me, Mindful
Life teaches us

(Hook)

When you hit that vibratone, oh, oh
I Listen to it ring, ring, ring, ring (listen for that ring ring ring ring)
Til I don't hear the sound no more (yeah, yeah, oh)
I listen for that ring, ring, ring, ring (ring ring)

Feelings

By Mr. T

Emotions, do you love me?
mindful thinking,
I've been listening and breathing
Having gratitude
'cause I'm heartfelt
I touch my anchor
and hold it down for you always
Emotions, do you love me?
mindful thinking,
I've been listening and breathing
Having gratitude
'cause I'm heartfelt
I touch my anchor
and hold it down for you always

Feel, Feel, Feel, Feel, Feel, Feel, Welcome, Feel,
Feel, Feel, Feel, Feel, Feel, Feel, Welcome

I stay mindful all the time even when I'm in line,
always welcome my emotions what I'm feeling inside
I been drifting when I'm thinking coming back to thoughts,
to stay present when fading and I'm not feeling lost.
I can the feel anger creeping but I know he my friend,
he protect me and respect all I do is breathe in
One two one two, I got that mindfulness
I welcome all emotions even when my feelings trippin'
I was sad when I woke up and I was still and I listened,
Sad Salena came to visit I did sit she went missing

Feel, Feel, Feel, Feel, Feel, Feel, Welcome, Feel,
Feel, Feel, Feel, Feel, Feel, Feel, Welcome

Emotions, do you love me?
mindful thinking,
I've been listening and breathing
Having gratitude
'cause I'm heartfelt
I touch my anchor
and hold it down for you always
Emotions, do you love me?
mindful thinking,
I've been listening and breathing
Having gratitude
'cause I'm heartfelt
I touch my anchor
and hold it down for you always

No Blame

By Theresa and Jason

No judgment I got no shame
'Cuz mindful's how I'm living
Emotions I name to tame
I won't be placing no blame, no blame

Mindful dedication, mindful dedication
In the present moment cuz mindful's how I'm living, ah
And I'm living presently, ooh
I don't place judgment on me
Mindful dedication, mindful dedication
In the present moment cuz mindful's how I'm living, ah
And I know about you, ooh
I don't place judgment on you

I don't know, where Imma go
Love imma grow, and imma show
I see the most, I focus in 'cuz I'm in mindful zone
I got a inner critic keeps on trying to deceive me
Choose my inner friend cuz it speaks clearly
I'm livin Mindful, Life
I'm feelin good, alright
I got a friendly flashlight it helps my sight
I love it
I see it clearly it's so bright
I'm in the present with no judgment Mindful Life

I'm not gonna judge you (you're a friend to me)
I'm not judging myself (I live mindfully)
I'm not gonna judge you (I'm not gonna judge you)
I respect and see you
I am simply seeing (What is happening)
I am not reacting (I'm responding)
I will make my own choice (I will make my own choice)
So I can ride the waves

No judgment I got no shame
'Cuz mindful's how I'm living
Emotions I name to tame
I won't be placing no blame, no blame

Judgment free when I was young
Negativity grew when I got a bit older
No fun, I had issues and chips on both of my shoulders
Victimized by conditioning, this judgement it's leaving
And now I can see it with discernment I'm seeing
With my friendly flashlight, I choose kind compassion
These things will stay and they'll go, no they don't stay long

Respect your beautiful traits,
So why'd you act angrily
We all have flaws, imperfections, and insecurities
I know it's hard, sometimes, no matter how hard we try
I've got a choice, imma check in, this is my mindful life
I said may you be loved, heartfulness don't be stunned
With kind words, judgment free is the one,
You know I'll say

I'm not gonna judge you (you're a friend to me)
I'm not judging myself (I live mindfully)
I'm not gonna judge you (I'm not gonna judge you)
I respect and see you
I am simply seeing (What is happening)
I am not reacting (I am responding)
I will make my own choice (I will make my own choice)
So I can ride the waves

No judgment I got no shame
'Cuz mindful's how I'm living
Emotions I name to tame
I won't be placing no blame, no blame

Mindful dedication, mindful dedication
In the present moment cuz mindful's how I'm living, ah
And I'm living presently, ooh
I don't place judgment on me
Mindful dedication, mindful dedication
In the present moment 'cuz mindful's how I'm living, ah
And I know about you, ooh
I don't place judgment on you

It hit me like bang
I'm starting to judge it, I know I shouldn't
Then I, keep it mindful and stay focused with discernment
Yeah they're trying to judge me, emotions I'm naming
I'm not gonna spread the drama, judgement free
Tension, let you go, scan from head to toe
I'm accepting of myself and self love imma grow
I'm comparing to others and now my minds playing tricks
My inner friend won't let me slip

No judgment I got no shame
'Cuz mindful's how I'm living
Emotions I name to tame
I won't be placing no blame, no blame
No judgment I got no shame
'Cuz mindful's how I'm living
Emotions I will name to tame
I won't be placing no blame, no blame

Mindful Magic

By Mr. T

We back at it, MLP yeah we back at it
Breathe in and breathe out that's that mindful magic
we got that mindful magic, yeah we got that mindful magic,
we got that mindful magic, yeah we got that mindful magic,
we got that mindful magic, yeah we got that mindful magic,
breathe in and breathe out like a baby dragon

Breathe in breathe out like a baby dragon,
first day of school - first day I'm back at it.
Mindful Life Project in the building right now,
show 'em how breathe, show 'em how to pipe down
We take no Ls so we never do the loser dance,
I'm present like when playing fortnight with my friends
I pay attention to my body, like a body scan,
and breathe and breathe out so I'm not upset
Mindful Life Project, coming with that mindfulness ,
and if you feeling down get into your mindful sit
I do the floss on the blacktop and break it down,
& do the orange justice breathe and breathe out
It's a tool that you use if you're nervous,
It's a tool that you use if you work it,

I got that mindfulness, yeah got that mindfulness
I got that mindfulness, yeah got that mindfulness
I got that mindfulness, yeah got that mindfulness
I got that mindfulness, yeah got that mindfulness

We back at it, MLP yeah we back at it
Breathe in and Breathe out that's that mindful magic
we got that mindful magic, yeah we got that mindful magic,
we got that mindful magic, yeah we got that mindful magic,
we got that mindful magic, yeah we got that mindful magic,
breathe in and breathe out like a baby dragon

I do the floss on the blacktop with my buddies,
and mix the mindfulness in when feeling lovely
Mindful skills deals with stuff when it gets bumpy
I take a breath when it's rough and I'm feeling funny
My anchor spots on tummy and my chest,
I put my hand in front of my nose when I'm not my best
Now I'm feeling
the breath all over my body
You know I like it,
it got me feeling cool!