

Mindful Life Hip Hop

“Here in the Now”

1. Take a Breath (Mindful Warriors) by Dover Elementary Rise-Up Students

We all mindful warriors the squad won't loose
We all do a sit and we all be cool

I name it to tame it so it won't be crazy
I don't get out bed a cause be always lazy

Open the gum ball and taste me mindfulness
I do mindful moving because it keeps me kindness

Clear my head and I focus on my breath
Sit wit my anger for a little when I rest

Breathe in breathe in breathe out breathe out
I'm calm and I'm thinking my skills helped out

I do mindful moves when I get real angry
Get in my Mindful sit so I don't get cranky

We rhyme this for kindness rewind this if you like this we Mindful not mindless
we add it not minus

Chorus

I'm a do me a sit, I'm a take me a breath, I'm a do me a sit, I'm a take me a breath,
I'm a do me a sit, I'm a take me a breath, I'm a do me a sit, I'm a take me a breath

2nd verse

Emotions are our friends even the ones we hate to feel
Don't let them steal what you really wanna feel...

Let's do a mindful sit okay let's do it
Everybody come on hurry up don't lose it

I'm Mindful I'm Dope watch how I do it
We're the Mindful chicken wings that's how we movin

Stay calm, stay chill the games not over
Go in my quiet spot so I don't flip over

So I don't flip my lid I take a breath
I lay and rest when I'm not feeling my best.

We're the mindful warriors the squad won't lose
We make the rules and this how I move...

I'm not in the future I'm always in the present
When I pay attention it's always interesting

I'm heartfelt, I'm kindful, I'm likeful, I'm mindful
I'm always being delightful when my life is full I'm mindful

Chorus

I'm a do me a sit, I'm a take me a breath, I'm a do me a sit, I'm a take me a breath,
I'm a do me a sit, I'm a take me a breath, I'm a do me a sit, I'm a take me a breath

3rd verse

I use my anchor words it keeps a cool kid focus
It's just like magic hocus pocus focus focus

I clear my head and focus on my breath
This drug free zone we don't do meth

I name it to tame it so it won't get dangerous
I use Mindful Life to be fearless and Courageous

Mindful all the time safe body safe mind
I keep it cool that's a tool on the way to the pool

Out we here stay clean like Jordan's tim boots
We started from the bottom to the top of the gym roof

We don't bullying we just help our friends we just being mindful that's how we
check our breath out

We the wing stop crew, we getting this money, we Chicken it out, we don't act funny, we chicken out you don't hear our tummy.,

Chorus

**I'm a do me a sit, I'm a take me a breath, I'm a do me a sit, I'm a take me a breath,
I'm a do me a sit, I'm a take me a breath, I'm a do me a sit, I'm a take me a breath**

2. And I Mr. T (Anti S.O.B. Flip)

MLP backpack swag cash rack that flip my lid backtrack
I'm show you scratch that ... on it like rat pack tryna get my hat back
Mindful Life Project told me breathe so I'm at that..

Downstairs friends come thru I'm slap claps,
Name it to I tame it, That's my story line snapchat

Breathe in breathe out and take mindful breath...
Name it then I tame it that's how I'm shake stress

My mama got me mad and my teacher got me stressed out
I ain't finna flip my lid I'm a pull my breath out

Mindful Life Project sic wit it like 40
Breathing like dragon I'm get up on my yoshi

searching for my anchor put my hands where nose be
That's my lil homie he the man he help hold me

From chest to my tummy on belly where I'm holding
Take deep breath now I'm feeling like trophy

My vibratone ringing keep me calm ocean ...
My breath won't stop its motion it's in motion ..

Pause for a second, for I flip do a body scan
Take a couple breaths like real one, overstand

Mindfulness runnin it, I done fell in love wit it..
Wish I knew about growing up I'm a run wit it...

Help me stay cool it's sick it's sick ...
If I feel em getting rude take breath then I dip

Chorus

**And I take a breath before I flashen,
use my mindful skills control my lashen,**

**I got a new method that I'm asking,
teaching mindful skills while I'm rappen,**

**and oh I, oh I, take a breath take a breath before I go wild go wild.
If I'm stressing, mindful breathin, I'm calm down, calm down,**

**it's lesson and a blessing that I passed down,
pass down and that's why I take a breath I,**

**do a body scan before I wreck I,
and I take a breath I,**

**do a body scan before I wreck I,,
oooohhh-- You need to use these tactics,**

**control yo emotions like a captain,
I said you need to use these tactics,
controlling yo emotions like a captain**

3. Mindful Life Way by Jason

Chorus

**I got my squad Mindful a lot
Check in with me Found anchor spot**

**Here is the place No judgment how I stay
Present moment watch Mindful Life Way**

**I aint got no shame these emotions I am feelin' them
Letting go of stress every time I practice naming em**

**PFC activated let go of hysteria
Use my mindful skills even when I start tearin' up**

**Seen you got distracted how you get that back?
Said you find your anchor spot when your thoughts off track**

**Imma do a mindful sit in the day or night
And I'm sending heartfulness now I feel alright**

**Sending kindness to myself even when I'm BUGGIN!
Welcome all emotions, got no need to run from em**

**Sending gratitude aint no need for an advisory
I mean what I said because I choose my words mindfully**

**No I'm not gon' flip my lid when I feel MAD!
Practice body scanning feeling tightness from inside of me**

**Learn from what this moment is providing me
Send compassion to myself when emotions keep tryin' me**

**I got my squad Mindful a lot
Check in with me Found anchor spot**

Here is the place No judgment how I stay

Present moment watch Mindful Life Way

**Ain't gon flip my lid for nothin' for nothin
Ain't gon flip my lid for nothin' for nothin
Ain't gon flip my lid for nothin' for nothin
Ain't gon flip my lid for nothin'**

**I'mma explain what I do when thoughts distract me
I find my mindful zone, no playing games or watching TV**

**I find the present moment anchor words when mindful Breathing
Then I check the sounds I'm hearing are they in or out the building**

**Could be near, could be far, hear them all I'm mindful listening
Bring it all back when I find my mind was drifting**

**Not gonna take time out, imma take a time in
Cuz I name it till I tame it, not reacting I'm responding**

**Wont go crazy what I'm feeling, all emotions I will greet
Cell phone is in my pocket mindful walking down the street**

**turn down my amygdala turn on my PFC
All up in a mindful zone like MLP**

**I got my squad Mindful a lot
Check in with me Found anchor spot
Here is the place No judgment how I stay
Present moment watch Mindful Life Way**

**Ain't gon flip my lid for nothin' for nothin
Ain't gon flip my lid for nothin' for nothin
Ain't gon flip my lid for nothin' for nothin
Ain't gon flip my lid for nothin'**

4. Brain House by Mr. T Upstairs (God's Plan Flip)

**I been having trouble tryna calm I can't sleep
My downstairs friends been buggin me..**

**Excited Espironza keep rushing me,
I'm tryna go to sleep, but I got company**

**My upstairs friends gotta help me out,
Breathing Bruno came and held me down,**

**Let it go Letty won't let me down
cheerful Calvin said never told me never doubt**

**And you know he,
turn a frown face, around FO me**

**Sad Selena Came around and made me frown,
Grateful Graciela came and made me smile**

**Where my downstairs, downstairs
sad Selena is so sweet,
Angry Rex and Scared Sharice**

**Nervous Nas Brandon B
can't forget Excited E, can't forget Excited E,
But where my upstairs, upstairs, upstairs, upstairs**

**I'm Focusing like Freddy Heartfull Jaime said he love me,
Mauricio Keep moving Mindful Walking I'm not running.**

**I said they hold me,
Down but bring me up cuz they my homies...**

**All of Mindful Skills help control me
My upstairs friends yeah they No me ...**

**I use Upstairs, Upstairs to help my downstairs friends help me
Cheering Calvin and Letty, Grateful G and Breathing B
Focus Freddy and Leslie Heartful Jaime and Maurice**

**Where my downstairs downstairs sad Salena is so sweet,
Angry rex and scared Sharice
Nervous Nas Brandon B**

5. Mindful Moves by Ms. A

**Said Angry Rex you can't flip my lid if you wanted to
Cause i'm heartfelt, I got mindful skills, I got gratitude
Upstairs Downstairs friends I feel them both I don't wanna choose
& I'm quick to turn the judgment off so don't get comfortable**

**I don't fight now I make mindful moves
Said I don't gotta fight I make mindful moves
If I see you & I don't speak I might be in a mindful mood
I'm a leader if you follow me, we'll do mindful moves**

**Now Sad Selena said she coming through
Let's find out & see, what's the key
Find out why she here
Find out what she need**

**She's in my downstairs brain to trip the alarm
I won't let it be Cause I'm scanning my body sensations from my head to feet
Honestly, don't matter what emotions come to me
Cause I welcome and embrace them all they all have fun with me**

**I control all my emotions that's why they be done with me
They get time, they get space Then they can move on from me
They might show up on my face They might come when I'm at school
Might make me make a mistake Might not be right time or place**

**Most times I cannot escape & that's OK
I don't let them do what they want I turn my heartfulness on
And I just sit By breathing in wit my lungs I use my brain in the front**

**I'm so present, I'm so free I know I've changed and you can see
Got a brand new way to be I know my people proud of me
And I gotta keep it real Gotta tell you how I feel
Even tho it ain't easy I use all my mindful skills**

**Said Angry Rex you can't flip my lid if you wanted to
Cause i'm heartfelt, I got mindful skills, I got gratitude
Upstairs Downstairs friends I feel them both**

I don't wanna choose
& I'm quick to turn the judgment off so don't get comfortable look
I don't fight now I make mindful moves
Said I don't gotta fight I make mindful moves
If I see you & I don't speak I might be in a mindful mood
I'm a leader if you follow me, we'll make mindful moves

If you heartfelt you get hugs
if you grateful you get grub

You can come around my way
You can get some of this love

& I just checked my body turns out i'm rich i'm rich i'm rich
but not with the currency yes i'm rich with heartfulness

emotions they come & they go you gotta let em all flow
your body always let you know let mindfulness play its role

i just got a new vibratone
it's purpose cannot be replaced
kind actions fill up my tank
got mindful skills in my bank
the best thing i learned is how to make sure that all my emotions are safe!

Said Angry Rex you can't flip my lid if you wanted to
Cause i'm heartfelt, I got mindful skills, I got gratitude
Upstairs Downstairs friends I feel them both
I don't wanna choose
& I'm quick to turn the judgment off so don't get comfortable look
I don't fight now I make mindful moves
Said I don't gotta fight I make mindful moves

6. Name It To Tame It (Loyalty Flip Kendrick Lamar)-- Mr. T featuring Ms. A

**I feeling my emotions close- my anger is about blow-
they roller a roller coast- if I know em I can stop it though.**

**My body tell me everythang
if I name it I can maintain**

**I can tame it like animal
will I flip my lid no I won't**

**Will I blow my top no I don't
I can control wit my Mindful flow**

**I'm a name it to tame it though-
watch how I rearrange it slow**

**Breathe in breathe out
No judgment never doubt**

**I'm a tame it wit some heartfulness
I bet the mindfulness a slow it down**

**Don't run from my emotions though
I know you scared this is okay**

**if I name it I tame can tame it,
it if I say it stray it**

**Frustration frustration frustration frustration
I see ya frustration we can ease the sensation**

**Pure ventilation mindful rule nation
calm wit my patience let's have a conversation**

**I'm a talk to my stress calm it down
first it's under control I calmed it words ...**

**I named to tame it put into reverse
I'm feeling the fire but it won't disburse**

**Use mindful like water to put out the flame
I name it to tame it to make it behave**

**I said I'm heated and fired up
about to flip my lid if I don't try something..**

**I name it to tame it don't spoil me
I name it to tame it don't spoil me**

**Fasho No flipping mine cuz something wrong
I gotta problem it won't stop me being strong..**

**Name it to tame it don't spoil me
I name it to tame it don't spoil me**

**7. Body Movin by Ms. Whitney featuring Princess La La and Self Thuggah
(Bad and Boujee)**

Hostile, curiosity, embarrassed, afraid

Alive, grateful, joyful , amazed

Body movement stay focused in the present

Feel sensation gotta have self awareness

Love your body everyday love your body

Equality you should love everybody

Wind blowing on your skin

Hug from your best friend

Got an A feeling great

Stay positive everyday

Feeling curiosity animosity negativity breathe

Positivity dream big manifest stay in school kids

Mindfulness self awareness your reaction.. are you in the moment?

Focus up.. do you feel distracted?

Are you motivated?

Are you feeling average?

Want A Plus are you feeling savage?

If you work hard Ima let you have it..

All my grades on fleek

Stay positive every week

**Don't discriminate around me
How you feel today i feel free
Anxiety gotta breath
Need a mindful sit I agree**

**You can walk it out
You can talk it out
As long as you stay safe
Let me see a smile on your face**

**Participate and get an A
First do your homework than play
All emotion okay..**

8. Mindful Warriors (Grant Elementary) Here in the Now (Original Song)

**Do a sit, take a chill pill, I'm focused and I'm real still
I'm here with no fear and I have a clear till,
Anger come join me, I'm here come chill,
My mind like a ship, I use my anchor skills**

**I don't pay the bills but I use my mindful skills,
I do a mindful sit and now I'm feeling really real
We lit in here. Mindful Life Mindful Life,
Breathe in, breathe out. Make it nice, make it nice**

**I'm on time because I'm mindful, I'm delighted with a life full
Stay heartfelt in the worst times, no judging its no time to
My spine is in a line and my feet is on the floor,
My hands are on my lap and my eyes are closed doors**

**Get back to my sit, my sit is so sick,
Mindful how I rock, it won't stop it won't quit
Check it out, we all mindful warriors,
We plead our own cases, we don't need a lawyer**

I'm in the present, no judgment, I'm here in the now (4x)

**I'm in the present, no judgment, I'm here in the now
I do a mindful sit when I get to the house
Mindful all the time, safe body safe mind
I reach my anchor spot and I'm feeling real fine**

**Mindful how I rock and it wont stop
As long as I get to my safe spot
I'm mindful I'm dope, like my rhyme and my flow
Put my hands on my lap and I'm feeling all of my hope,**

**Mindful so true, no judgment my my tool,
I keep it real cool when I get to the pool
I bet I won't flip my lid if I use my mindful skills
It's like medicine, it's real, without poppin all the pills**

**My mind on a mission, Im a stop it swimming
To stay in the present, I'm a stop it from drifting
I do a mindful sit, I do a mindful sit
I got my feet on the floor, bout to use my mindful kit**

9. Scrape it Up by Mr. T featuring Ms. Maya (Rake it Up Flip)

I eat food all my food I scrape it up, mindful eating mayne I scrape it up
Scrape it up, scrape it up, scrape it up, scrape it up,
I pay attention to my food, when I'm eating I ain't rude,
I'm mindful all the time even wit my soup

Vegetables, vegetables, vegetables, vegetables
Edibles edibles edibles edibles

I scrape it up, scrape it up, scrape it up,
tasting my cheddar bowl cheddar bowl
Pay attention how is tasty, food on my tongue
I use my Mindful skills while I'm eating up lunch

Crunch, crunch I hear that, I hear that I'm paying attention to where I'm at where
I'm at
Don't lose focus, don't lose focus enjoy moment moment scrape it up, scrape it
up like you won't it.

Like you own it, cuz it's yours Mindful eating is the best it's not chore

I eat all my food, I scrape it up, mindful eating mane, I scrape it up
Scrape it up, scrape it up, scrape it up, I scarpe it up, scrape it up, scrape it up, I
scrape it up,
I noticing my senses I tasted in a instant, I take my time eating I'm mindful wit my
chicken

I enjoy it , I enjoy it yes I do
mix my oatmeal and my sugar wit my spoon
It's on my tooth I feel the texture I taste the flavors my tongues the tester
Feel the sensations of it, feel the vibrations of it, as ya body moves we breathing
and we tasting something

What's the color of ya food you gotta chewing slowly, tasty soft, creamy smooth,
cheesy macaroni
Take a breath after you bite it's heavy is it light, does make you feel tired does do
you wanna get hype

We usually eat quick, but it's time slow it down when the food in ya mouth let ya
Mindfulness get down

I put the food in mouth just to taste the Lasagna, I'm a Queen nah what I mean
like the ones in Wakanda
Taste me food and Wash it down, I be present Everytime I eat my chow

I'm a taste on it, taste on it eat it slow and wait on it Mindful bites when ate on it
the sensations don't hate on it
When plate come I'm a scrape it im a I scrape it, I'm a scrape it Mindful all time in
the present use my patients

Some like to rush but I notice the sensations, if you paying close attention you
can taste what you tasting.,

10. Unimos la Gente by Anareli Bedolla, JG and Mic Angelo

**Si el ritmo de la respiración no se encuentra busco la ankla como es
Mi mindfulness se empieza a creer espacio, respiro adentro**

**Toda mi cuerpo relaja
Mira el ritmo cómo los tiene
Mira ritmo de aire con la ankla
Es donde se siente mas fuerte**

**El mundo nos quiere, nos quiere, y me quiere a mí
El mundo nos quiere, nos quiere y me quiere a mi**

**Mira el ritmo cómo los tiene (10)
Mira ritmo de aire con la ankla (10)
Hago música que entretiene (9)
Es donde se siente mas fuerte (9)**

**El mundo nos quiere, nos quiere, y me quiere a mí
El mundo nos quiere, nos quiere y me quiere a mi**

**Toda mi cuerpo relaja
mira ritmo de aire con la ankla
Hago música que entretiene
Llego al momento respirando**

Mi mindfulness me tiene tranquilo sin tener que reaccionar

Estamos encontrando este momento

La ancla se usa, cuando nos olvidamos

Adentro

afuera

Mi cuerpo

La la la la la

Richmond

San Pablo yeahhh

Presente

MLP

Siempre aqui

Presente

En la respiracion

Se encuentra la paz

Emociones viene (breath)

No le pagamos

espacio crecemos

Es otro palo

Invita todo asi

Y empesamos otra vez

Volvemos al presente

Y empesamos otra vez

Send love, love, love, (un, dos, tres)

De adentro afuera

Y asi ganamos

La vida es presciosa, y lo aprecio mucho

Vivo del Corazon,

Okay, respiro

Y con el tiempo nos seguimos elevando

Que seguimos presente aqui

Esta vida es solo aqui

No en el futuro o pasado

Tratando de no esperar mas y vivir solo aqui

Que seguimos en el cuerpo aqui

El presente no tiene fin

Buscando ahorra y aqui

Respiro la ankla afuera

11. Never Hate (Heartfulness) (Motivate Flip, J cole) -- Mr. T

**I be stressing love I don't I want no drama
I'm reppin keep the peace like Dali Lama**

**Thinking by my pass shouldn't listen to mama
No Judgment on myself because I'm the problem**

**Kind words and Kind actions the heartfelt model
Mindful Life Project taught me that and I'm a follow**

**I'm spreading love and I'm giving hugs everything I do is bossy-
I do it for free, it's nothing to me, to spread around that heart piece-**

**Don't hurt myself and no one else,
I love myself before I spread the wealth-**

**If I'm not loving me than I can't give it out-
But I share my heartfulness with everyone around .**

**Kind words and kind actions that's that heartfulness,
no Judgment never doubt that's the smartest gift —**

**Never hate, never hate, never hate, give loving
Never hate, never hate, never hate, give loving**

**Too many times, I'm loosing my mind, I'm judging at times,
I'm trynna stay kind, to myself and who is behind, who is in front, I keep um
mind..**

**I'm giving the love, I giving love, I'm giving the love, I'm giving the love.
Kind words and kind actions I'm about straight loving,
The world would be a better place if we was hugging-**

**Stop wit all that hating in mean mugging—
We just taking steps to make a better country.**

**heartfulness I give first to my myself, classmates at school and everybody else,
the whole wide world, and even the planet, my mama daddy and my friends and
my family**

If we given love, everything a be cool,
to my friends and my teachers everybody at school-

To people walking by or sittin on the flo
The whole community lift up our folks
I said the whole community let's Life up our folks.

12. Giving Thanks by Melorie featuring Mai'saan

Givin' thanks, givin' thanks, givin' thanks, givin' thanks,
givin' thanks, givin' thanks, givin' thanks

Man I'm so glad to see a new day
Any type of hate need to go away

Even show love on a bad day
I'ma keep doing that anyway

Everybody with me let me hear you say
Givin' thanks, givin' thanks, givin' thanks

Givin' thanks, givin' thanks, givin' thanks, givin' thanks,
givin' thanks, givin' thanks, givin' thanks

Man I'm so glad to see a new day
Any type of hate need to go away

Even show love on a bad day
I'ma keep doing that anyway

Everybody with me let me hear you say
Givin' thanks, givin' thanks, givin' thanks

**My team brings heartfelt intent, it do
We flip these songs, reinvent**

**Still dealing hope, represent
Me and my team take breaths**

**Negative thoughts try to get to me, but
Gratitude leads to positivity**

**Energies attract, vibes come to me
When I celebrate possibilities.**

**Is your life sour like your attitude?
Better spread peace, love, and gratitude.**

**Each moment is a gift that we can choose
I spit some truth that you can't refuse.**

**Everybody living on this planet earth
Connected to each other since their day of birth**

**Look around and breathe in your sense of worth
Grateful for the beauty in this mindful work**

**Givin' thanks, givin' thanks, givin' thanks, givin' thanks,
givin' thanks, givin' thanks, givin' thanks**

**Man I'm so glad to see a new day
Any type of hate need to go away**

Even show love on a bad day

I'ma keep doing that anyway

Everybody with me let me hear you say

Givin' thanks, givin' thanks, givin' thanks

**Givin' thanks, givin' thanks, givin' thanks, givin' thanks,
givin' thanks, givin' thanks, givin' thanks**

Man I'm so glad to see a new day

Any type of hate need to go away

Even show love on a bad day

I'ma keep doing that anyway

Everybody with me let me hear you say

Givin' thanks, givin' thanks, givin' thanks

13. Mindful Listening - Jason (Congratulations Flip)

**We're not gon' fall, we practice mindfulness, son
Emotions change, but not any them wrong
We notice all ever since we was young
We notice thoughts from future**

**Now were gonna practice mindful listening
Pay attention all these sounds were hearing
Sometimes all these sounds they give us feelings
Mindful listening for the present now we made it
Yeah we made it**

**Present moment's friendly, yeah
Letting go what happened last year, yeah
And I know I sound dramatic
Present moment got to have it, yeah**

**Future thinking can be savage, yeah
Redirecting automatic
Imma practice mindful listening, yeah
Present moment imma grab it, yeah**

**Hearing all sounds because they are important
Man I'm so locked up in my mindful zone
Hearing all sounds like when kids bounce the ball
Raising my hand and my teacher is calling, yeah, yeah**

**When you're mindful listening put your ears up to the sky
In the present moment when these sounds are in my mind
Focus all my listening on the sounds that are outside
Then I'm gonna switch it up, and focus on inside**

**We're not gon' fall, we practice mindfulness, son
Emotions change, but not any them wrong
We notice all ever since we was young**

**We notice thoughts from future
Now were gonna practice mindful listening
Pay attention all these sounds were hearing**

**Sometimes all these sounds they give us feelings
Mindful listening for the present now we made it
Yeah we made it**

**Mindful listening,
Mindful listening,
Now I can live in present moment,
Now everything, everywhere I practice mindfulness listening**

**Listening, listening, dropping in,
I'm hearing all sounds and I'm locked, baby
Like even the tic of the clock, baby**

**But right now I got a situation
Notice I'm future-past thinking
big rings, not same
All sounds are given just names**

**I could get caught or distract', though
Sound so big, name it super strong
Mindful zone, on my own, I hear the tone
Mindful lifestyle, noises and those**

**Echoes, I can hear the vibra-tone,
You know it is on,
Mindfulness I'm in the zone**

14. Take it Real Slow (Mindful Walking) by David Flores and Melorie

**Walking quickly and I just won't stop
Head is spinnin' and I'm lost in my thoughts
Feelin' stressed about to blow my top
Wish I could stop but man somethin' is off**

**Can't slow down but got nowhere to go
How to feel better man I just don't know
When it comes to flippin' lids I'm a pro
Leave me alone man, I just gotta go**

**Bouncin' around, bouncin' around, bouncin'
Head in the clouds and now there's no stoppin'
bouncin' around, bouncin' around, bouncin'
Just can't slow down I gotta do somethin'**

**When I usually walk I pay no mind
Just gotta get ahead not get behind
Don't wanna be late gotta be on time
I'm way too busy got no time to unwind**

**Find myself distracted every day
I'm so excited I can't wait to play
Future thoughts takin' over my brain
I'm goin', goin', goin', goin' insane**

**Bouncin' around, bouncin' around, bouncin'
Head in the clouds and now there's no stoppin'
bouncin' around, bouncin' around, bouncin'
Just can't slow down I gotta do somethin'**

**I walk it like I talk it
I talk it like I walk it
Watch me concentrate and get it
I'm movin' in slow motion**

**Focused on my breathin'
Just finessin' all the critics
And when I pay attention
In my body, feel the tension**

**Jitters, they won't stop
When he up in my business
I pause, take a breath and
Mindfully walk it out**

**Bae, prioritize
Get them riches when you get your mind right
Clear your head on a walk, feel alive
Mindful movement makes the body energized**

**You can catch me, breathe, in a cool mindful walk
I'm so in it, haters don't talk
Yeah, feelin' so relaxed
My mind back feelin' like it's on track**

**Ooh, this beat lays it out
Can't be runnin' from our fears, can't be runnin' from our doubts
Cuz everyday, hey, we do create
Yuh breathing makes, all the worries dissipate**

**We gon' be OKAY.
And I pray and I pray
We gon' do it bigga
Mindful walking with grace**

**Yes please, mindful walking with grace
Yes please, mindful walking with grace**

**Walkin',
Yeah I take it real slow
Walk, walkin'
Yeah I take it real slow**

(x2)

**So now I slow it down
Walk slowly with my eyes to the ground
Pay attention to my breathin and the sounds
Nowhere to go so I go round and round**

**In a circle
I walk mindfully
And when I do, yeah I got time to see
Everything now that's right in front of me**

**Thinking clearly cuz I'm in my PFC
Feelin' good man with nowhere to go
No need to hurry I can take it real slow
Feel sensations from my head to my toes**

**I practice mindful walkin now I'm a pro
You can catch me
Walkin' around, walkin' around, walkin'...**

15. Check-It (Anchor Spot) by Theresa and Jason

**Everybody round me saying I am so relaxed cuz
I keep it on the level cuz I stay with mindfulness
All I really do is forget about the past and
Don't worry bout the future cuz it hasn't yet happened**

**Any time you see me up in my mindful position
Probably cuz I'm in my zone no use in distracting
Even when I'm angry and I'm starting to feel hot
Imma look inside find my friend anchor spot**

**Shout out to the one's bringing mindful to the masses
Shout out to the kids with a steady mindful practice
Shout out to the teachers show compassion in their classes
You know how we do this is a Mindful Life lesson**

**I got self-compassion you know no way I'm crashing
Then I'm in the moment and I'm feeling fantastic
I'm a mindful master, this moment no faster
Anchor spot inside of me, its where I feel my breath most strong**

**I focus on
My anchor spot I don't stray too far**

**And you know I'm gonna check it
You know I'm gonna check it**

**Each time you know I'm gonna check it
you know I'm gonna check it
You know I'm gonna check it
Each time you know I'm gonna check it**

**You know I'm gonna check it
You know I'm gonna check it**

**you know I'm gonna check it
You know I'm gonna check it**

**Each time you know I'm gonna check it
My anchor spot
Cuz when I'm thinking
my mind starts drifting**

**You know I'm gonna check it
Uh Huh You know I'm gonna check it
Cuz' I was clinching hard
Now I'm not gripping**

**You know I'm gonna check it
Uh Huh You know I'm gonna check it
I'm feeling angry
My lid ain't flipping**

**You know I'm gonna check it
Uh Huh You know I'm gonna check it**

**I found my anchor spot
Now I ain't tripping
You know I'm gonna check it Uh Huh You know I'm gonna check it**

16. Mindfulness is Like by David Flores

To see clearly gotta take off that blindfold
Respond not react live a life that is mindful
And when you do that your focus is the present
The right here and now do away with all that stressin

Cuz when your heads in the future that brings anxiety
The fear of the unknown and the stressors from society
And dwelling in the past that leads to depression
Can't change what's already done so I focus on the present

When i feel stressed I breathe in and out
No need to flip my lid, no need to scream and shout
I do my mindful sit, back to the front of my brain
Cuz when I'm in my PFC can deal with any stress or pain

And I invite any feelings or emotions
Sadness, anger, or happiness my heart is wide open
I practice non-judgement and love for self
And when I do that got love for everybody else

So I send heartfulness to everyone I see
Make others feel loved and it comes right back to me
And for that, got nothin but gratitude
Spread that kindness and peace, now that's my mindful attitude

Mindfulness I always got time for it
Time for a sit My breath now I'm findin it
Slow it down The waves yeah were ridin it
No judgement is found My feelings yeah I'm fine with it

Is your mindfull Get that mindful.....ness
Relieve some of that stress

Anchor on the spot
Belly, nose, and chest
Cuz no matter what's goin on
You always got your breath

17. Make Time by Somos One

Quick to focus in like a camera
Quick to focus in like a camera
Focus focus in like a camera
Quick to focus in like a camera

Bring it back catch a wave on us (splish)
Make time allow yourself to enjoy the moment
luke sky walking on this anger (splish)
Celebrate errryday like a birthday

Good things come to those who wait up (splish)
But don't wait to jump in too long.
Breathe deep my back straight up
Breathe deep w/ my back straight up
(splish) yeah yeah yeah

It's the present so I hand it out.
no judgement so they stand down
Heartful so i keep coooool
Allow myself to breathe through

You're gonna love it cuz you cool as ice cream (cool as ice cream)
So raise your sails cause we got own steam (cuz we got steam)
gratitude is the greenest grass
Take a deep breath before I duck dive

Bring it back catch a waves on us (splish)
Make time allow yourself to enjoy the moment
I'm luke sky walking on this anger (splish)
Celebrate errryday like a birthday

Good things come to those who wait up (splish)
But don't wait to jump in too long.
Breathe deep w/ my back straight up
Breathe in deep w/ my back straight up

(splish) yeah yeah yeah

Brushin off my haters (yah)

Anchor words 123 do some Mindful Breathing

practicing patience (its lit)

Presence on my brain im a just (notice whats round)

I Just breathe in then I'm breathing out (yeah yeah)

Tapping fingertips just to keep the count

Accepting all thoughts we can't keep em out no

Feel every single breath in my nose and mouth yeah

Stop then I breathe (yeah)

Flex pfc

Dot i's cross my t's

Mind my Qz and my Pz

When I'm on the beach feel the sun on my cheek

Whether daytime or night Bodyscan than you sleep

bring it back catch a waves on us (splish)

Make time 'low yourself to enjoy the moment

I'm luke sky walking on this anger (splish)

Celebrate errryday like a birthday

Good things come to those who wait up (splish)

But don't wait to jump in too long.

Breathe deep w/ my back straight up

Breathe deep w/ my back straight up

(splish) yeah yeah ye

Verse

I was cool but I'm better now

Breathe in ... slowly let it out

Quick to focus in like a camera

noticing my focus got stamina.

**bring it back catch a waves on us (splish)
Make time allow yourself to enjoy the moment**

**I'm luke sky walking on this anger (splish)
Celebrate erryday like a birthday**

**Good things come to those who wait up (splish)
But don't wait to jump in too long.**

**Breathe deep w/ my back straight up
Breathe deep w/ my back straight up
(splish) yeah yeah ye**