TRACKLIST and SONG THEMES

1. Father (Mindful Anthem)
2. Mindful on that Beat (Mindful Dancing)
3. MindfOuuuuul (Mindful Listening)
4. Offa Me (Respond Vs. React)
5. Estoy Presente (JG Lyrics) (Mindful Anthem)
6. (Breathe) In-n-Out (Mindful Breathing)
7. Love4Me (Heartfulness to Self)
8. Mindful Thinker (Mindful Thinking)
9. Hold (Anchor Spot)
10. Don't (Hold It In) (Mindful Emotions)
11. Gave Me Life (Gratitude & Heartfulness)
12. PFC (Brain Science)
13. Emotions Show Up (Jason Lyrics) (Mindful Emotions)
14. Thankful (Mindful Gratitude)
15. Mind Controlla (Non-Judgement)

LYRICS:

FATHER (Mindful Sits)
Aneesa Strings

HOOK:
(You're the only power)
Beautiful Morning, started out with my Mindful Sit
Gotta keep it going, all day long and
Beautiful Morning, started out with my Mindful Sit
Gotta keep it going...
I just wanna feel liberated I...
I just wanna feel liberated I...
If I ever instigated I am sorry
Tell me who else here can relate?

VERSE 1:
If I say something heartful
Trying to fill up her bucket
and she replies with a put-down
She's gon' empty my bucket
I try to stay respectful
Mindful breaths are so helpful
She'll get under your skin if you let her
But these mindful skills might help her
She might not wanna talk about
She might just wanna walk about it
She might not even wanna say nothing
But she know her body feel something
Keep on moving till you feel nothing
Remind her what she was angry for
These yoga poses help for sure
She know just what she want, she wanna wake up…

HOOK

MINDFUL ON THAT BEAT
Coco Peila + Hazel Rose

INTRO:
Oh my God… Ms. Becky…Look at those Mindful teachers! Is that Ms. Hazel and Ms. Coco? Are they trying to dance? Here they come!

VERSE 1:
Walked in this classroom and these teachers looking at me
Vibratone ringing and you know my hair nappy
Ay, ay, ay, ay, OK OK
I wanchall do it, do this dance now

HOOK:
Mindful on that beat
Mindful on that beat
Mindful on that, Mindful on that, Mindful on that beat
Now stretch, drop, Yoga pose, don't stop
Ay, don't stop
X2
Body scan on yo feet
X4
Now do yo dance, do yo dance, do yo dance ay
You pretty, You Ms. Coco's kids
Ay, Ay, do yo dance ay
Go crazy ay, stay Mindful ay
Leggo, Leggo, Leggo, Leggo, Leggo
Hey, hey, hey

VERSE 2:
OK we young and we stunning, we grabbin the mic
I got my girls and they with me, and Coco on the right
And I'm a Bay Bay baby, I don't know nothing else
Besides purpose and team working and having some fun
I say look in the mirror, do you see what's in you?
I see you stay making moves  
Mindful and turn up too  
I mean I like yo style  
We on a whole nother level  
We don't need to bring you down  
To know we rare it's incredible  

HOOK

MINDFOUUUUUUL  
K.E.L.L.S.

VERSE 1:  
I'ma stay Mindfouuuul  
Ain't worried bout the hate I stay Mindful  
And when it's time to sit keep my eyes closed  
Try to keep it cooler than an ice storm  
Go and take a breath all in slo-mo  
listen to the sounds in the room, Bro  
Take a deep breath with my vibratone  
Do you get distracted in your mindful zone?  
Take a little time, let it free flow  
What external sounds make your head go  
All up and down to the beat, Bro  
Music to my ears, I'm the maestro  
All internal sounds keep my heart calm  
I'm boutta ring the bell, take your time though  
If you need an assist I'll play Rondo  
Your upstairs friends in a condo  
Your downstairs friends make you mindful  
You can even see that with a blindfold  
Ima always keep in real in any time zone  
I just take a little space to keep my mind strong  
Thoughts going round like a sideshow  
Don't worry bout the story and the sound  
Keep your mind at ease in a crowd  
When you pay attention people tend to smile  
Cuz they know you'll lift em up and not down  
Ay Coco they be testin me  
Like I don't have some mindful tools next to me  
Like taken yo time aint the recipe  
Why they so mad, it's a mystery  
Between my eyes and ears, I found chemistry  
I alway volunteer like I'm from Tennessee  
Can you hear me out for a second please?
They call it heckling
I call it listening
Now we got it poppin and we turnt up
But I do it Mindfully when I show up
Bruce Leroy sho nuff
Keep yo ears up
Ouuuuu

OFFA ME
Coco Peila + Amani Jade

HOOK:
Ain't no telling how I'm finna respond
I'm beyond throwin punches

VERSE 1:
Haters wanna try and throw shade on my sunshine
If they touch me man Ima really have to use my mind
I just take a breath, not react although it stings
I got some regrets about how I handled some things
I done hit some people, flipped my lid and even screamed
When they roasting, pushing, talking mess about my Mama
I be feelin tempted to retaliate the drama
But I keep it mindful, cuz responding is the goal
All these people hurting I can't copy what they on
I'm up in my zone, gonna ring the vibratone
I still got a chance to make it a good day
How can I respond this time in a different way
Find a place to sit, before I flip take a moment
I know you know my slogan, if it ain't Mindful I'm gone
So I'm breaking through my blocks, not even concrete stops a rose
Shorty my life is too precious to act reckless with y'all
Body scanning if they push me from my head down to my toes
Shout out to the young diamonds from the Rich to the O
X3

PRE-HOOK:
In the middle of the line no space in front of me
Need the person right behind to get up offa me
Got somebody on the side that cut in front of me
All I wanna do is get em all up offa me
So I use my words to get in this assembly
Said that we can all get in there so easily
Cuz the doorway ain't too big don't wanna squeeze with me
Rock paper scissors Keep you fair, fun and friends with me
VERSE 2:
I got so much shine I got day-glo
I got people who don't say so
I don't need to prove my way though
Notice hate but its OK yo
I just name I'm flame like Cheetohs
Call up Chester he agree too
All I needed was some anchor and now I'm
Straight no sea salt
At 5 or 6 years old I had told myself, OK you're special
Now I treat you like my equal, Never lesser
Now I'm 24 years old and my community broke this crazy record
24 hour cypher session, super epic
Couple nonbelievers disagree
Social media ghosting followers who was feeding judgement and hate
Had to just respond with the ,"why y'all need to share hate?"
Reacting "Oh my gosh" when I could just serve up a fresh plate
Snap the place, go hard, men and women mic sharing
Someone mad, Cuz I caught that cheese and they keep sharing
Turnt up with the posse negative to Yachti
Even with a Spanish bar: Paz-- thats Peace

PRE-HOOK

HOOK

I'm Mindful, yeah yeah I'm Mindful
Yeah Yeah that's Mindful

ESTOY PRESENTE
JG LaRochette, Mic Angelo, Araceli

Dile que estamos presente

[Intro]
Yo sé que tus padres no te quieren conmigo No sé si será por mis tatuajes (23)
O la forma en que yo vivo (9)

Yo se que el presente es lo que yo tengo, antes estaba en el pasado (23)
o el futuro pero ahora voy atento (9)

Dile que tú me quieres (7)
Que no le haga caso a lo que le digan (13)
Nos vivimos enamorando día a día (14)
Dile que yo soy el que te quiere (10)
Explicale lo que sucedió (9)
Entre tú y yo la llama se encendió (12)
No sé cómo paso (6)
Dile que tú me quieres (7)
Que no le haga caso a lo que le digan (13)
Nos vivimos enamorando día a día, vida mía (18)

Dile es el momentoooooo (7)
Que estoy atento cuando voy respirando (13)
Ponemos todo la atención en el presente (14)
Dile lo encuentro con mi anklaaaaaaa (10)
Inhalar exhalar espacio (9)
No dejo nada pasar sin respirarlo (12)
Dile que es el momentoooooo (6)
No hay que reaccionar puedes responder (13)
Mindful Life nos enseña estar día a día (18)

Ya no quiero ocultarlo quiero tenerte cerca (15)
Hablo con tu madre aunque sé que es difícil de convencerla (19)
Que no se deje llevar por las apariencias (13)
Porque mi corazón siempre te trata con decencia (15)

Ya no quiero estar en el pasado o el futuro (15)
Voy con mis pensamientos en el momento nada me va a distraer (19)
Dejando que mi atención viene sin juicio (13)
Acepto este momento porque es haci mismo (15)

Tú más que (3)
 nadie sabe (4)
Como yo soy contigo (7)
No importa mi estilo de vida (11)
Tú me quieres así [x2] (6)

Presente (3)
En la vida (4)
Como un gran regalo (7)
Agradeciendo todo en mi vida (11)
Me quiero como soy (6)

x2
Dile que tú me quieres (7)
Que no le haga caso a lo que le digan (13)
Nos vivimos enamorando día a día (14)

Dile que el presente (7)
Que no es en el futuro ni el pasado (13)
Nosotros vivimos mejorando cada día (14)

Dile que yo soy el que te quiere (10)
Explica lo que sucedió (9)
Entre tú y yo la llama se encendió (12)
No sé cómo paso (6)

Dile ponga atención al timbre (10)
Esperando ese sonido (9)
Entre puedes escuchar silencio (13)
Yo se como paso

Dile que tú me quieres (7)
Que no le haga caso a lo que le digan (13)
Nos vivimos enamorando día a día (14)
Vida mía (4)

Dile en el presente (7)
Que no es en el futuro o el pasado (13)
Nos vivimos mejorando día a día (14)
Vida linda (4)

Siempre que estamos juntos (8)
Se hace bueno el momento (9)
No me quieren contigo porque nadie sabe lo que por ti siento (19)
Como hacer que callen dicen que yo no soy fiel (15)
Te he demostrado que mis ojos son para ti mujer (16)

Siempre vienen las emociones (9)
La practica es ver sin juicio (9)
No quedan para siempre cuando les noto haci se tranquilizan (19)
Se Vienen y pasan como las nubes en el cielo (15)
Ahorra el cerebro no agarra lo mas dificile (16)
No soportan que nos vaya bien (9)
Amigas comentan cuando nos ven felices (13)
De ti dile que yo te trato bien (10)
Y que le están mintiendo de lo que de mi le dicen [x2] (16)

tomo espacio y el tiempo (9)
nunca hay que reaccionar con la violencia (13)
para todos mando mi compassion (10)
y que estamos dando y creciendo paz y le dicen x2 (16)

Dile que tú me quieres
Que no le haga caso a lo que le digan
Nos vivimos enamorando día a día

Dile que el presente
Que no es en el futuro o pasado
Nos vivimos mejorando en cada día

Dile que yo soy el que te quiere
Explicale lo que sucedió
Entre tú y yo la llama se encendió
No sé cómo paso

Dile que ponga atencion en sonido
Esperando que venga suavemente al oido
Entre sonidos puedes esuchar silencio
Yo se como paso

Dile que tú me quieres
Que no le haga caso a lo que le digan
Nos vivimos enamorando día a día
Vida mía

Dile que es el presente
Que no es en el futuro el pasado
Nos vivimos mejorando en cada día

Baby...
Dile a todo el mundo que...
Los mejores sentimientos los tienen
Quien tiene el corazón de piedra
Mindful...
Dile a todo el mundo que..
Mindful life es donde aprendiestes
Que estamos en el presente

J and G
Mindful Life
Nosotros estamos aca presente
Los heartfulness ones
El momento
Paz en el mundo

Ozuna
Super Yei
Nosotros somos Superiority
Los millonarios
La receta
Bless The Producer

(BREATHE) IN-N-OUT
Jasmine Fuego

VERSE 1:
First you start by noticing
How your body's doing, is it giving you messages?
If you wanna live mindfully
You know that breath is the key
It can set your mind free

HOOK:
Cuz you need it to be here, to be here right now
Just be here right now
Don't lose your, don't lose your, don't lose your mind now
Just be here right now
Friends in our head
To relieve stress
Just come back to your breath
Just be here, oh be here, just be here right now
Breathe in-n-out, breathe in-n-out out out
X2

VERSE 2:
That's right, you know how
To calm that nervous system now
To turn off your alarm now, yeah

HOOK

BRIDGE:
OOh yeah, don't lose your mind now, yeah
Ooh, just call on your friends now, yeah

HOOK

LOVE4ME
Hazel Rose

HOOK:
I been down so long its looking up for me
They look up to me
I gotta just keep showing love even when they tryna hate
Cuz I got love for me
Won't disrespect myself I'll rise above cuz
I got love for me
Im proud of who I am cant say nothing
Love my arms my legs my face
my height my size my shape

VERSE 1:
Something aint right when we talking
I think you must have forgotten
You can stay name calling
Really thats not the problem
When we hurt inside its easy to hurt another like 1 3
When I hurt you I hurt me, first I gotta just love me, love me yeah

Thats when they smile in my face
Whole time we sending heartfulness
Know its hard to me make that change
I'ma send that love to. me
Kind words that's no shaade
Love myself cuz I'm so brave
And you know I got no shame
Learning how to love the way that I was made
Love my heart love my skin love my brain

HOOK
VERSE 2:
Practice every day trying to embrace
Notice it brightens up my day, cuz I see you in a different way
I have enough, love to share, enough for everyone I see
It all started, with love for me

Thats when they smile in my face
Whole time we sending heartfulness
Know its hard for me to make that change
I'ma send that love to. me
Kind words that's no shaade
Love myself cuz I'm so brave
And you know I got no shame
Learning how to love the way that I was made
Love my heart love my skin love my brain

HOOK 2:
I been down so long now I look up to you
I look up to you
Won't disrespect no one im showing love for you
everyone I see
Cuz I got love for me
I know my words have power so its love for you
You're someone too
Im proud of who we are I effect you you effect me
Mindful family

MINDFUL THINKER
Jason Young

Future thoughts yeah you know we’re gonna see them
And then we’re gon’ release them

HOOK:
That girl is a mindful thinker
Mindful sits no emotions defeat her
notice when future thoughts show up to meet her
Letting go of stress yeah she is a releaser
That boy practice mindful thinking
Let go of past ‘cuz there ain’t no reason
Thoughts are drifting…yeah he’s thinking
Found his anchor when the others keep on spinning
BRIDGE:
Mindful Life sit I’m not blinking
Use anchor words when I’m thinking
New day, new moments to be made
Presence is the mindful way

VERSE 1:
I’m a mindful life leader, present thoughts living regal
Rocking mindful position thoughts be floating like an eagle □ Mindful sits on the rug
maybe even on the table
Thinking “I’m a mindful leader”
Like clockwork I notice aaaaaalllllll
And breathe some more
past and the present we can’t do both
The present’s got my mind laser focused
I practice for me
I love the moment

HOOK

VERSE 2:
Welcome to brain house, Focus Freddy’s on the top floor
He said “yo the present moment’s where its at bro
Like most folks future thoughts we do obsess on
We can, notice them, then let go”
Excited Esperanza swinging on the front door
Thinking bout the field trip she got tomorrow
So excited spinning cyclone thoughts in circles
Then who swoops in, Happy Panda like a condor
Said Happy Panda “yo I’d like to share advice for
The times you notice future thoughts just like before
Just get back to present moment I mean pronto
Redirection that’s called being mindful!”

HOOK

VERSE 3:
She’s mindful thinking, and he’s mindful thinking
You know this life’s a work of art baby
The present thoughts fill up your heart baby
The MLP you know we got a mindful flavor
Eleven breaths a minute yeah we feeling so much better
notice all my thoughts from past, don’t judge, big inhalation
Imma find my anchor spot, let go, big exhalation
I’m releasing all these thoughts from past its liberating
I found present moment thoughts and now I feel my greatest
I can't worry bout these thoughts from past or from later
Letting go of past how me and my thoughts are relating

HOOK

VERSE 1:
When I'm caught up in my Sea
Emotions rolling over me
Breathing Bruno is with me, Ima need to starfish breathe
Emotions rolling over me
Anchor spot's my safe space
Emotions rolling over me
and nobody can take that away from me
When I'm flipping, tripping I just really need to breathe
I'm at home in my body, finding inner peace
I'm connected, present, and my mind is in the flow
With my hand on my belly
Emotions they come and they go
X2

HOOK:
Feel my breath the strongest in my belly, my, chest and my nose
X4
My belly my chest and my nose

VERSE 2:
Caught up in the Sea
Emotions rolling over me
In and out is what I think
Emotions rolling over me
I'm so grateful for my breathing
Yeah, I'm a starfish queen
Body's finally being
Ooh, Present as can be

HOOK

DON'T (HOLD IT IN)
Coco Peila + Hazel Rose

VERSE 1:
Don't hold it in, don't you hold on to
Will you understand what I'm going through?
(Got your back girl express it)
I want to bad as ever
This loneliness won't let up
I wanna make it better
Maybe it's whatever
Somebody's causing stress love
Girl I'm hurt
Somebody got me messed up
Feel down don't know how to get up
These emotions get me fed up
Feelin on a whole nother level
Like I'm bouta flip my lid I won't let em
Flip it girl even though they don't know any better
What they said cut deep and it severed
Doing my best to maintain that I'm special
Feel like I'm barely holding it together
Lately it's like they be killing the vibe
I feel so sick I could cry
I'm like skrrr, tears in my eyes
Left hand is clenching the other is thrown to the sky
I know there's strength in my mind
I know I deserve what I been missing
I aint tryna hold on to the past keep trippin
But it sure help that you listen

HOOK:
Don't
(But it sure help…)

VERSE 2:
Girl I hear you its a shame that you goin through that pain
and I know it aint the same but
I relate
It aint right that you not feelin safe
If it was on me you would have everything
But listen girl you doin the right thing
Cuz I think you Know that emotions change
and we Gotta treat em all like friends
Can't keep it in have you feelin fake
I know there's a reason that you're feeling this way
However that you feelin love thats okay
Let it out cry yell don't hesitate just feel it
VERSE 3:
Anger got me feelin so throwed
Blow up flip my lid it's a no
Got this pain in my heart
Got a young person feelin so throwed
Fire in a world so cold
Young maybe but inside I feel old
Fire in a world so cold
Boredom got me feelin so throwed
Sadness got me feelin so throwed
This pain ain't gon make me fold
This fear got me feelin so throwed
Fire in a world so cold

GAVE ME LIFE
Amani Jade

HOOK:
I know that you gave me life
Send you heartfulness I always like
You love me back, how nice
Heart eyes, no emoji, real life
X2

VERSE 1:
I know that you gave me life
I got every reason why my smile's so bright
As a Sun when I was young you would take time
Tell me stories, go outside, Piggy back ride
I cannot forget your hard work and sacrifice
Making sure we safe and fed every day and night
I needed you there
You promised and I seen you there
There's no love like family and friendship love I swear
I put my hands on my heart and care
Imagination like a spongy square
and now I know
I can see you happy and your smile glow
With my hands on my heart even when eyes are closed
I see you even when my eyes closed

HOOK
VERSE 2:
I tell everyone, yeah yeah yeah
I share this with everyone
I can't keep it just between us
Cuz We all feel love
In many ways it's not just one
I got friends, fam and myself we can all get us some
Cuz we all need it and it's where we're from
It's infinite like Hammer's kids and bigger too
Chillin even when our time is through
If I breathe in I can feel it like I just seen you
For more than people in my heart it's true
Like oceans my love is a Swimming pool I give it to
My planet and its' animals and plants the crew
This heartfulness is true

HOOK

I send you heartfulness from the inside
How nice
Sending heartfulness…

PFC
Hazel Rose

I was cool on my own thats the way it was, that's the way it was
Even better when I got my brain in touch, got my brain in touch
Now I see what I was trippin for
My amygdala
Used to trip I would flip my lid hit and kicking
Had some fights cuz my alarm was ringing ringing

But I need, to focus my attention
It was just so many competing emotions
Couldn't fix my inner issues couldn't focus
Didn't they tell you that I was so mad and
Fight flight and freeze had me active
But I never could imagine
I could heal all the damage

Using my PFC
Ooh
Using my PFC
Use a lil more Prefrontal Cortex
Reconnect with deep breaths
I’m feeling new
Using my PFC

I was so turned up that my amygdala
was ringing alarm
Too much stress it cut off access to my thoughts
Couldn’t problem solve
Cuz when my alarm goes it blocks my response
PFC cut off
Now I use mindful skills just to reconnect
To creativity Now I’m thinking clearly

But I need, to focus my attention
It was just so many competing emotions
Couldn’t fix my inner issues couldn’t focus
Didn’t they tell you that I was so mad and
Fight flight and freeze had me active
But I never could imagine
I could heal all the damage

Using my PFC
Ooh
Using my PFC
Use a lil more Prefrontal Cortex
Reconnect with deep breaths
I’m feeling new
Using my PFC

EMOTIONS SHOW UP
Jason Young

HOOK:
No they can’t stop me, emotions show up
Emotions show up
Emotions show up
Emotions show up
No they can’t stop me, emotions show up

BRIDGE:
Tell me what you want, tell me what you need
Emotions show up and they always leave
I notice this emotion and I always breathe
You got leave scars I got scars leave
Got love, got me, got mindful
Emotion what you want, tell me what you need
Emotion what you want, tell me what you need
Emotion what you want, tell me what you need

HOOK

VERSE 1:
For emotions that trying to kick up you’re reflexes
I got a tip for you to keep it feeling you’re bestes
Just name it to tame it, emotions so reckless
Mindful sits on cruise I’m talking de stressors
I sit down feeling all of these things
Its time to drop in, so I hear the bell ring
I naming my emotion when I’m feeling it sting
And I’m shining inside like an internal bling when Emotions show up
See when they show up
And if you ask anybody how I feel
They pull thumb from fist display
It’s all the way up
It’s all the way up

HOOK

VERSE 2:
I’m seeing these emotions and I’m feeling them
I’m feeling these emotions and I’m breathing them
I’m breathing these emotions and I’m naming them
See I’m not stuck, name emotions when they show up
Give it up, mindfulness, I’m filling up
I’m talking nothing funny, feeling these and I cure
I got no fear of, just awareness what I feel
‘Cuz I’m turning on my mindful switch
I flip it all the way up
‘Cuz when they show up
O2 when they do arise
I got no melodrama lungs instead
Fill all the way up
Fill all the way up

HOOK

BRIDGE

HOOK
THANKFUL
Hazel Rose

VERSE 1:
Raining and my day is feelin low low
You said I should smile and let my love show
I'm just tryna get up out the blue zone
Cause I need to remember what I do it for
You said listen close because it's simple
Think of just one reason why you're Thankful /residential
See if your heart opens just a little
OK I'ma try it so here I go

HOOK:
Today I'm thankful that I am alive
So many gone but thankful this my time
Can't take for granted roof above me, friends near me
Fresh water, Ocean and the trees,
for animals and family yeah
Today I'm thankful that I am alive
I'ma live for the ones I miss inside
Can't take for granted that my eyes see, I'm breathing
Every moment's an opportunity
When I show love thats the real me yeah

VERSE 2:
I'ma let you know you make me thankful
For you in my life I've learned so much so
I see you put in that effort I know
That it isn't easy but you Mindful
I'ma take it easy and just go slow
Getting so far in that gratitude woah
Now Im Even thankful for my obstacles
cuz deep down inside they making me grow

HOOK

BRIDGE:
Nows the time nows the time
Breaking through Breaking through
Nows the time nows the time
Breaking through Breaking through

HOOK
VERSE 1:
My mind just changed
I just hope it's not too late
I think for today
Cuz how many more days can I hate
I made fun of you
And now my heart's trying to break through
I, I, I, I

HOOK:
I think I found the truth
I can't keep judging you
Everything I say to you
Puts me through what I put you through
Mind Controlla, Controlla
Mind Controlla, Controlla
And I'm never gonna waste time judging
You do you, I do me, no judgement
If those girls, they just wanna look at me funny
They don't know I'm Mindful
I don't hate nothing
They don't know I wanna be feeling something
Better than hate I call it self loving
They don't wanna see me
Smiling back cuz I be…
Knowing I found the truth
I can't keep judging you
Everything I say to you, puts me through what I put you through
Mind Controlla, Controlla
X3

(Breakdown)

VERSE 2:
But I can't just diss and come tell you sorry
I can't listen to you talk when my mind tells stories
It don't work like that when you love your buddies
My new flex is the true flex now I'm still working on it
That's why I need everything Mindfulness brings to me
My mind used to tear me apart, till I finally took the time to sit with me
I'm not just hurting you…