

## 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 heartfelt  
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

**MINDFOUUUUUL**  
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

HOOK

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 ahorra 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)  
Explícale 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 atencion 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 ensenia estar dia a dia(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 atencion 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)

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)  
Explícale 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 sé cómo 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 práctica 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 más difícil (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  
Explícale lo que sucedió  
Entre tú y yo la llama se encendió  
No sé cómo paso

Dile que ponga atención en sonido  
Esperando que venga suavemente al oído  
Entre sonidos puedes escuchar silencio  
Yo sé cómo 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 aaaaalllllll  
And breathe some more  
past and the present we cant 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 Id 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

**HOLD**  
Ms. Ursula

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 theres 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

HOOK

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  
Ima 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

## MIND CONTROLLA

Miss Mona May

### 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...

HOOK