Listen to your heart and find yourself a friend Make your spirit shine and do the best you can

When you speak, you breathe
You climb a tree
Be aware of a one special moment.
When you wake, you sleep
Meditation is good thing
To create something big and discover.

When you care, you love
Put yourself into both
Keep your face to the sky never worry.
When you work, you play
Concentrate find your way
To complete your mission in the Glory.

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When you drive, you cook
Even while reading a book
Always calm stay focused on the issue.
When we make good love
Try to stay here with your thoughts
Follow me my Dear I am with you.

Pay attention to your heart Hear a friend that tells you how Change your life, make it Art with your spirit Cause the soul you got needs now time to get out.

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