India Arie "Back To The Middle"

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She is twenty-five, spent over half of her life So afraid to speak her mind, it's such a shame 'Cause oh what a brilliant mind she has

And now that she's been introduced to confidence She doesn't see that she is bordering on arrogance When will she learn to come back to the middle?

He is a young black man, grew up without his father And now it falls into his hands, to protect his mother 'Cause if he doesn't, well then who will? His older brother, he lives in fear Of everything, especially, tryin' to fill his father's shoes

Respectively they go to extremes of masculine and feminine

Chasing dreams but they keep on falling 'Cause they don't know no balance When will they learn to come back to the middle?

You gotta take the good with the bad and you might hit the wall

Sometimes you'll fly and sometimes you will fall There ain't no way to avoid the pain But it's getting burned that's how you will learn To come back to the middle Come back to the middle

Needing to protect your self now that is just a part of life

If you let your fears keep you from flying You will never reach your height To get to the top you must come back to the middle When will we learn to come back to the middle? When will we learn?

Come back to the middle
Come back to the middle
Come back to the middle, yeah
Don't make no mind about fallin' down
'Cause it's when you're in that valley
You can see both sides more clearly

Come back to the middle Come back to the middle Come back to the middle

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