

Sergio Mendes & Brasil '66

"Falling From Grace"

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I watch you fall with thoughts not of your mind and
words not of your voice
It seems you act without your heart, did your words
mean anything?
They meant so much to me... so much... so much to me
I listened and believed in you
Left to question your motivations I deal with the
frustrations you've left
Behind
I won't ever allow another mind to redefine what I feel
in my heart
It's been so long since I've been able to look you in the
eye
I've just forgotten
I watch you fall and I think to myself
Why can't you control you?
It takes commitment to think for yourself
But through it all, I will respect your right to change
As long as you respect yourself

When the actions of those we love contradict their
words,
The resulting wound runs deep.
The process of healing involves coming to terms with
oneself first.
Change is essential to life.
Respecting change requires the deepest patience,
Honesty, commitment, communication and respect.
The healing process takes more than just time

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