

Sergio Mendes & Brasil '66

"Unrestrained"

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Take what you feel inside of this room and break away
I'll bring the feeling of this moment when I leave
Envision what life could be
If we move beyond comfort and ability
We'll rot in this tomb until we start to move
No one is handing "change" our way
Facing each day with so much to say
And in the absence of action
Even our screams are worth something
What we want we must create what we risk will be
regained
What we'd assume we must forsake what's been
destroyed...
What have we done? what do I know?
How far are you willing to go?
Never restricted by who I'm supposed to be
Looking beyond all that I can see
To make this a movement again instead of only a
scene
Do you realize what that means?
What we make of this energy is everything
And in the absence of passion
Our screams are worth nothing
What we want we must create
What we risk will be regained
What we'd assume we must forsake
What's been destroyed can be replaced
Too many years spent "screaming for change"
And I see now that what remains
Is the time that I give and the chances I take
In the way that I live and the choices I make

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