

Sting & Police

"Be Still My Beating Heart"

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Be still my beating heart
It would be better to be cool
It's not time to be open just yet
A lesson once learned is so hard to forget
Be still my beating heart
Or I'll be taken for a fool
It's not healthy to run at this pace
The blood runs so red to my face
I've been to every single book I know
To soothe the thoughts that plague me so

I sink like a stone that's been thrown in the ocean
My logic has drowned in a sea of emotion
Stop before you start
Be still my beating heart

Restore my broken dreams
Shattered like a falling glass
I'm not ready to be broken just yet
A lesson once learned is so hard to forget

Be still my beating heart
You must learn to stand your ground
It's not healthy to run at this pace
The blood runs so red to my face
I've been to every single book I know
To soothe the thoughts that plague me so

Stop before you start
Be still my beating heart

Never to be wrong
Never to make promises that break
It's like singing in the wind
Or writing on the surface of a lake
And I wriggle like a fish caught on dry land
And I struggle to avoid any help at hand

I sink like a stone that's been thrown in the ocean
My logic has drowned in a sea of emotion
Stop before you start

Be still my beating heart

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