

## **A Sound Mind "Always & Forever"**

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Wake me up from the bad dream I am having  
Cause I'm too wrapped up in myself & I am forgetting  
All about you.

I've been spreading myself thin  
To all of those who have been there for me  
Not giving enough of myself  
To all of those, who have given  
So much of themselves to me

Things are going to be different from now on  
If I break my promise I give permission to show me  
No Mercy  
Cause you give I take you give some more so I take  
some more  
But it's time I started giving back to you.

No more spreading my self thin  
To all of those who have been there for me  
Not giving enough of myself  
To all of those, who have given  
So much of themselves to me

Breaking the silence that was made  
When I pushed you away

Now I'm Spending myself on  
All of those who have been there for me

Yeah and you'll be in my thoughts forever, I'll take you  
with me  
Yeah and you'll be in my thoughts forever, I'll take you  
with me  
Everywhere I go

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