

Kristoph Klover

"Fundamentals"

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Ground and center we begin
Feel the shape inside your skin
Feel the earth and feel the air
Ground a center how and where

Ground a center don't just frown
Find the leaks and lock them down
Baby games you've never learned
Bring you pain you never earned

Ground a center do it child
If you tame that talent wild
Girl you learned it in your youth
Life's not fair and that's the truth

[Instrumental]

Ground a center once again
You're not finished, I'll say when
Ground a center in your sleep
Ground a center till you weep

Ground a center that's the way
You might get somewhere someday
Yes I know I'm being cruel
But you're as stubborn as a mule

Ground a center do it child
If you tame that talent wild
Girl you learned it in your youth
Life's not fair and that's the truth

[Instrumental]

Ground a center feel the flow
Can you tell which way to go
Instincts not enough my friend
Make it reflex in the end

Ground a center hold it tight
Damn it greenie that's not right

Every tear you she'd hurts me
But that's the way it has to be

Ground a center do it child
If you tame that talent wild
Girl you learned it in your youth
Life's not fair and that's the truth

[Instrumental]

Ground a center good at last
Once again now grab hold fast
Half asleep or half awake
Both of us knows what's at stake

Ground and center now it's sure
What you have now will endure
Give me what I had to do
Healing hurts you know that's true

Ground and center lover, friend
You won't break but now you bend
Costly lesson high as a price
But you won't have to learn it twice

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