

Terence Trent Darby "The Birds"

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Horses gallop through the fields
The flowers blossom in the garden
Why should I hang on to fear and
STRESS, STRESS, STRESS
AND MORE STRESS?

When just outside
The birds are singing
And in my heart
a bell is ringing
and life is short
is what I'm thinking
when just outside
the birds are singing!

Willows swaying in the breeze
A child is playing by the river
Showing me that there is more than
STRESS, STRESS, STRESS
AND MORE STRESS?

When just outside
The birds are singing
And in my heart
a bell is ringing
and life is short
is what I'm thinking
when just outside
the birds are singing!

I don't want to spend my days
In misery, anticipating
Everyday is such an opportunity
To live in the moment
Live in the moment!

Heaven floating in my heart
Makes me happy and excited
I'm laughing as I'm letting go of
STRESS, STRESS, STRESS
AND MORE STRESS?

When just outside
The birds are singing
And in my heart
a bell is ringing
and life is short
is what I'm thinking
when just outside
the birds are singing!

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