



Song: Am I My Thoughts?

Chorus:

Am I the thoughts, am I the feelings?

Good, bad, happy, sad

Are they really me?

Am I the thoughts, am I the feelings?

Good, bad, happy, sad

Are they really me

Verse 1

Like the wind and rain and snow

Thoughts and feelings come and go

Like the sun

That's warm and bright

My good heart is here

For all of my life

Chorus

Am I the thoughts NO!

Am I the feelings NO!

Good, bad, happy, sad

Are they really me? NO!

Am I the thoughts NO!

Am I the feelings NO!

Good, bad, happy, sad. Are they really me? NO indeed!

Verse 2



So, If I'm Not the thoughts,
And I'm Not the feelings,
Who am I? Why am I me?
If I take the time,
To sit with my mind,
My true heart I just may find.

Chorus

I'm not the thoughts *I'm not the thoughts*
I'm not the feelings *I'm not the feelings*
Good, bad, happy sad
They're not really me.
I'm not the thoughts *I'm not the thoughts*
I'm not the feelings *I'm not the feelings*
Good, bad, happy sad They're not really me.

Verse 3

Take the time, to sit with our mind
Our true heart we just may find
If we take the time, to sit with our mind
Our true heart we just may find

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