



# “All About The Breath”

(After Megan Trainor's *All about that Bass*)

Because you know it's all about the breath  
'Bout the breath, non-distraction  
It's all about the breath  
'Bout the breath, non-distraction  
It's all about the breath  
'Bout the breath, non-distraction  
It's all about the breath  
'Bout the breath... breath... breath... breath

Yeah, it's pretty clear, I ain't no yogi  
But I can tame my mind, and make it healthy  
Cos when I'm present there's no more rat nor race  
Now's the right time and here's the right place

Them thoughts keep telling me 'you're never good enough'  
We know that [stuff] ain't real, a thought is just a thought  
We all got wisdom, wisdom; we can simply be  
Mind is perfect when we leave it naturally

## *Chorus*

Yeah, my teacher he told me "take good care of your mind"  
(Calm – yes, yes, Clear – yes, yes)  
He says, "Thoughts are like clouds but the mind is pure like the sky"  
(not cloudy, uh, not cloudy cloudy)  
You know I won't be no jittering, jealous and angry fool  
(Calm – yes, yes, Clear – yes, yes)  
In stillness and silence I'll find inner strength and cool

Because you know it's all about the breath  
'Bout the breath, not restless  
It's all about the breath  
'Bout the breath, not restless  
It's all about the breath  
'Bout the breath, not restless  
It's all about the breath  
'Bout the breath... Hey!



I'm bringing mindfulness  
Go ahead and tell them big egos this  
No, I'm just playing, I know you think you're strong  
But I'm here to tell you...  
In stillness and silence you'll find real strength and cool

*Chorus (see above)*

Because you know it's all about the breath  
'Bout the breath, no dullness  
It's all about the breath  
'Bout the breath, no dullness  
It's all about the breath  
'Bout the breath, no dullness  
It's all about the breath  
'Bout the breath...

Because you know the mind can be trained  
Can be trained, no worry  
The mind can be trained  
Can be trained, no worry  
The mind can be tamed  
Can be tamed, no worry  
The mind can be tamed  
Can be tamed...

Because you know it's all awareness now  
Awareness now, no distraction  
It's all awareness now  
Awareness now, no fixation  
It's all awareness now  
Awareness now, no distraction  
It's all awareness now  
Awareness now, awareness now

Yeah yeah... ohh... You know you have in in you, right?...