

Change

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Change...

If there ever was a moment in your life
When you turned to take a look at yourself
A long hard cold stare at the person you are
It doesn't matter what brought you here,
To this point in time
It could have been your lover or your teacher
Or maybe just a good friend
But now is the moment, now is your chance,
Now is the beginning of a new dance
It's all too easy to say, "I am who I am"
To allow yourself to shrug your shoulders and say, "Accept me, I accept
Myself".

Change...

Embrace it!
Don't just turn and face the strain.

Every threshold is surrounded by fear
As you step over it, it becomes resolution
Find the blocks that prevent you from achieving your goals
The personal patterns that you repeat again and again.
Break the pattern, the karma
Crack it open!

And...

Change.

It's scary as hell, but let go of the rope
Let go of behaviour that you think holds you up.
Because it ties you down, it only holds you back
It's time to fly without the aid of a net
Parachutes are gone, that stopped you from falling
Scared of the freefall - the chaos is calling.

And the changes don't finish, just because you started
Allow yourself the lessons,
There's room for the heartache
Acknowledge the breakthroughs,
But know there's always more.
Don't stop yourself from being all you can be
To measure up to all he's expected to achieve
A man must do more than he is capable of,
Man is what he believes.