**THE MINDFUL ANTHEM:  
#1  
Do you notice your emotions?  
Do you know why you behave like that?  
Are you aware of how you feel?  
Pay attention to your soul & every thing.  
This is an anthem for mindfulness,  
To help you live life out of stress,  
To help you connect with your inner self,  
& help you understand yourself better.  
Imagine your mind is a radio,  
Playing in the background nonstop,  
It will talk about weather, news,& every kind of song.  
So listen to your inner radio,  
Just listen to your inner news,  
The weather forecast   
on your radio,  
Will help you to make the right decision.**

**BRIDGE;  
Daddy Cool I'm a mindful leader,  
I'm not as I was thanks Dr.inma,  
Hamisi si uwaambie maisha si rahisi,  
We must be the change in this world that we wish to see.**

**CHORUS:  
(We are the mindful leaders,\*2,  
We know a mindful leader is awake,alert &attentive)\*2  
#2  
Mindfulness start with self-awareness,  
Then acceptance then change follows,  
Letting go is the essence of mindfulness,  
It's not about doing not about doing its about stopping doing.  
Engaging into negative emotions,  
I think it is the road to destruction,  
You better think twice before any action,  
Because anger is a very harmful emotion.  
Humans are not rational animals,  
They are rationalizing animals,  
They create a story from every experience which is very wrong accept what you cannot change.  
BRIDGE;  
CHORUS:  
#3  
Mindfulness goes with techniques,  
To help you live life outta stress,  
To help you connect with your inner self,  
& help you understand yourself better,  
Imagine your mind is a radio,  
Playing in the background nonstop,  
It will talk about weather, news, &every kind of song,  
So listen to your inner radio ,  
Just listen to your inner news,  
The weather forecast on the radio,  
Will help you to make the right decision,  
BRIDGE;  
CHORUS,repeat,**

**END.**

**Clause Interpretation :   
Hamisi si uwaambie maisha si rahisi,  
Hamisi tell them life is not easy)**