**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)**