

WE ARE IN CONTROL

Chorus: (Two times)

We are in control
No more rock and roll
Finding our balanced goal
Active, yielding self control

1. At first we're taught to be strong and sure
Keep your muscles, you must endure
Set a vision that is so high
Reach it with power, touch the sky

CHORUS

2. Yet sometimes we need the yielding way
It's not what you do, it's not what you say
Watch your thoughts as they go by
Accept yourself, no need to ask why

CHORUS

3. Care for your body and your mind
There is now no better time
State a preference, not a need
They will become friends indeed

CHORUS

4. Watch a leaf fall from a tree
A cosmic chuckle gives harmony
Dance a jig of jubilation
Sing a song of celebration