

REMEMBER TO REMEMBER

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Verse I

**Remember to be Grateful
For this Moment in this Body
At this Time it's the Power of Now
Remember to Breathe through it
Each and every day I do it
It's all available right now**

CHORUS

**You are not alone
Remember the challenges that you've overcome
And the lessons you've learned along the way
On this journey
You are not alone just look back
At how far you've come
You're right on time you would do well
To Remember that!**

Verse II

**Rest in it, Breathe it in
Allow this Knowledge to fill your Being
You're so Powerful
Want you to know You're Magnificent
Resilient you're so Brilliant
Never doubt You're so Magical!!**

CHORUS

**You are not alone
Remember the challenges that you've overcome
And the lessons you've learned along the way
On this journey
You are not alone just look back
At how far you've come
You're right on time you would do well
To Remember that!**

SPOKEN WORD

**When I look back at all I've overcome
I made a promise to be a beacon
With Faith as my foundation
Failure, it was not an option**

**If I can do it anyone can
To All Sentient Beings suffering
It was Faith that gave me the strength to keep on
It was Faith that urged me on
You're not alone
You're not alone
You're not alone
No, No, No ,No, No ,No No**

CHORUS

**You are not alone
Remember the challenges that you've overcome
And the lessons you've learned along the way
On this journey
You are not alone just look back
At how much you've grown**

**You're right on time
You're so Sublime
You're so Divine, yes!**

**You are not alone
Remember to Remember to be Grateful
For each and every breath that you take
You are not alone
Remember to Remember to be Grateful
Remember that!**