

# The Moment

Lisa Stansfield

I don't believe in me  
I don't believe in you  
But I believe this feeling  
And I just can't contain  
The passion and the pain  
You've got to feed the flame  
Inside of me It starts slow  
Find it creeps up upon me  
Reaches down into  
The soul of me  
The rush is warm  
I anticipate the feeling  
I know I'm gonna glow  
Oh make me glow I don't believe in me  
I don't believe in you  
But I believe this feeling  
And I just can't contain  
The passion and the pain  
You've got to feed the flame  
Inside of me Layer by layer  
You strip the sadness from me  
And the dark is slowly  
Washed away  
I breathe you in  
And I'm intoxicated  
I feel the blood flow  
Through my veins I don't believe in me  
I don't believe in you  
But I believe this feeling  
And I just can't contain  
The passion and the pain  
You've got to feed the flame  
Inside of me No future and no past  
No questions left to ask  
No tomorrow, no today  
Nothing but the moment  
I look but I don't see  
I feel but I don't touch  
I'm where I wanna be

Here In the moment I'm being who I'll never be  
Seeing all I'll never see  
Just you and me I don't believe in me  
I don't believe in you  
But I believe this feeling  
And I just can't contain  
The passion and the pain  
You've got to feed the flame  
Inside of me No future & no past  
No questions left to ask  
No tomorrow, no today  
Nothing but the moment  
I look but I don't see  
I feel but I don't touch  
I'm where I want to be  
Here in the moment

Songwriters

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