Be Alright

Lauren Sanderson

We gon' be alright, we gon' be alright
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You know, I haven't always been this optimistic
and up till now, there's nothing in this life I've lost and missed it
I know it all happens for reasons that I never listen
and I've just learned to be okay with shit and then dismiss it
I type, type, then delete every time
I wanna tell my story but I wanna tell it right
You know I carry scars, wanna leave 'em all behind
But it's time to bust it open and go back to every time
Every time I said "This is the ending"
No more pretending, I'm done depending
Say sorry to loved ones, this heart just ain't mending
But this shit ain't over, it's just the beginning

Yeah, yeah, yeah, yeah (x2)

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You say you got it but you really don't
You say you will, but Lord knows you really won't
You say you wonder what it's like to feel the happiness
Wake up every morning, and not want to go back to bed
I know a lost soul when I see it
I know you lost hope, I can read you girl, I hear it
I know you hear my words, they carry memories, I feel it
I know you hate the past, but let me take you back
To every time you said "This is the ending"
No more pretending, you're done depending
Say sorry to loved ones, your heart just ain't mended
This shit ain't over, it's just the beginning

Yeah, yeah, yeah, yeah (x2)

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I look into my soul, I look at my reflection

And looking out at you, I look at my impression
I'm lookin' at my life, I'm lookin' at my blessings
I'm lookin' at my past, lookin' at my lessons
I'm lookin' at compassion, lookin' at aggression
When I look at the world, I look for my direction
I'm letting go of scars, letting go of tension
Moving on from mistakes, and calling 'em confessions

[Spoken] :
You know, like, life's just too short to be literally anything but happy
I know sometimes it seems hard, but, it's never over
Just follow your fucking heart
This is the center of expression
Thank you

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