

# explanations

## Samadhi

I'm not feeling so well lately  
Lying to myself just wait and see  
Time of the month so go on blame it all on that  
But one week later surprise surprise  
Nothing to detect, tears in my eyes  
No reason why I feel so damn depressed  
So shrink tell me what's going on  
I hate myself so bad, just can't hold on  
The feeling that I'm locked inside myself

But Sally girl, come on, don't be sad, yeah, just be strong  
Don't see black or white, but see things more in grey  
But I need explanations and some fitting solutions  
Cause, I am turning in a stranger more and more yeah  
I need explanations and some fitting solutions  
'Cause, my emotions make me feel so insecure

I'm not being myself lately, so I try to act more naturally  
But that story wasn't planned for me  
And instead of that I get more upset  
Bad thoughts are spinnin' in my head  
Don't say blame it all on puberty

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Cause, I am turning in a stranger more and more yeah  
I need explanations and some fitting solutions  
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But don't fake it embrace it cause it's just the way you are  
Just wait, meditate, and in the end you'll bring it far

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