

Evolve

By Mary Redente

Have you ever wondered why it's happenin' again?
Been told it's cause I suppress when I hold back my breath,
But when I let go willingly there's some healing that'll be happenin'!
Yeah, there's some healing that'll be happenin'.

Bringing light back to a darkened mind,
'Cause my carbon memory has been so blind.
To the brightness within you and the truth that is rooted within me,
I choose to live more consciously.
I choose to live more consciously.

Want to be my best in every moment.
Aware of who I am when I am tested.
I'll use my feelings like a meter in the creative process,
When it's up to me to take responsibility.

Bringing light back to a darkened mind,
'Cause my carbon memory has been so blind.
To the brightness within you and the truth that's rooted within me,
I choose to live more consciously.
Evolving continuously!

The energy of my past generations form a blueprint and create a foundation,
To improve upon everyday and in each situation that comes my way.
Don't want to miss the mark and get left in the dark in this reality!
Don't want to miss the mark and get left in the dark in this reality!
Don't want to miss the mark and get left in the dark in this reality!
Don't want to miss the mark and get left in the dark in this reality!
I choose to live more consciously.
I choose to live more consciously.
Evolving continuously! Continuously!

Bringing light back to a darkened mind,
'Cause my carbon memory has been so blind.
To the brightness within you and the truth that is rooted within me,
I choose to live more consciously.
I choose to live more consciously.
Evolving continuously!
Evolving continuously!
Living consciously!

Note: Mary Redente wrote this song during a 5 day series of workshops in Berkeley, CA and sang it to us on the last evening. Once she gets it recorded we will be carrying the CD on our tape table. Blessings Mary and thank you!

