

EMERGENCE



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MENTAL  SHIFT

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1. BACK TO LIFE

MUSIC MENTAL SHIFT, LYRICS D. GOBIUS DU SART

You're flying high as a kite
But still you feel like you need to hide
This is a one way ride
So bring out what's been hiding inside
Nothing can keep you down, when you stand up tall
and hold your ground
Come on the time is now
Open the lid and pour yourself out

I'm coming back to life, back to life
I came here to thrive and not just survive

I get scared sometimes,
when I'm left alone with all that I've found
The silence gets so loud,
When you're left with all your fears and doubts
Purple flowers like the sun outside, but rain sometimes
The same life force feeds, us every breath and holds us tight

I'm coming back to life, back to life
I came here to thrive and not just survive

There's no point in waiting for miracles to come out, falling from the sky
If you want something go and invite it into your life
I see you're holding on to, the old ties that bound you down
Tell me who do we belong to, if we pass on through the clouds

I'm coming back to life, back to life
I came here to thrive and not just survive

And not just survive no, and not just survive no
I'm coming back Yeahhh

2. ENTITLED

MUSIC MENTAL SHIFT, LYRICS D. GOBIUS DU SART

I am unavailable for people messing with my mind
If you wanna survive then stay right here but I am here to thrive
I get to have what I want simply for wanting it
And that is just the way it is from now on every little bit

When you're done with hoping and move on to knowing
that everything will be fine
In that stage when your life is probably not showing
what you had in mind
Decide that you can have whatever it's all just in your mind
It's you who gets to set the rules of what comes into your life

I am unavailable for people messing with my mind
If you wanna survive then stay right here but I am here to thrive
I get to have what I want simply for wanting it
And that is just the way it is from now on every little bit

(But) I'm not gonna wait... O I'm not gonna change

The change is constant the pressure ongoing better get used to it
You relieve the pressure when you accept that you're just a misfit
Saying goodbye does get easier and ego shrinks in time
Trust in a positive direction and you will be just fine

But I'm not gonna wait (hey.. not gonna wait)
O I'm not gonna change (hey.. not gonna change)

Off we go to wonderland where you will always hold my hand
Piece of mind is easy to find in love 2x

(But) I'm not gonna wait (hey.. not gonna wait)
O I'm not gonna change (hey.. not gonna change)

I'm not gonna wait, I'm not gonna change

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3. TOO MUCH

MUSIC MENTAL SHIFT. LYRICS D. GOBIUS DU SART

You're doing too much you're thinking too much

When will we learn that this life is nothing more than rock 'n roll
When will we see that this life is not as it was sold
There's no solution in slaving your ass away
And who will care and give a damn what they say

This life is nothing more than one big exercise of release
Shake off those layers of mental imprinted disease
When the idiocracy of this society gets to you
Release your bullshit and that's the only thing that you can do

You're doing too much you're thinking too much

It is as simple as I'm not doing this anymore
And if you don't like it than there is the mother%\$#! door
Any moment in the now you choose your own pain
And it's a choice to continue this or go the other way

Freedom is for every single one to choose
It's not a matter if you win or they loose
The abundance that you want
you create with your mind
Decide your worth it
And that's exactly what you'll find

You're doing too much
You're thinking too much

4. DISCLOSURE

MUSIC MENTAL SHIFT. LYRICS D. GOBIUS DU SART

Calling angels through dimensions
endless time wars colonies on mars
It's too much to comprehend
with our 3d senses
Million years of history lie deep enclosed
below the ice of Antarctica
below the frozen surface

Breakaway civilizations
beings couldn't resist temptations
Ancient builder race that lives below this place
moon inhabited by ET's
Diversity greater than you'll see in
movies Hollywood made
reality makes them fade

You're blasting on through
You're blasting on through
With the heart felt truth

Knowledge is now leaking out
by brave souls who stand by our sides
as we reclaim our human birth rights

War is now ending, so many lives lost
so many souls stuck in time
And lessons learned

You're blasting on through
You're blasting on through
With the heart felt truth

And lessons learned
And lessons learned

Repeat verses

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5. MY FRIEND

MUSIC MENTAL SHIFT, LYRICS D. GOBIUS DU SART

The road to what we want sometimes seems so long
And sometimes we've already arrived
Close your eyes relax listen to your mind
All that you wanted to find is already here

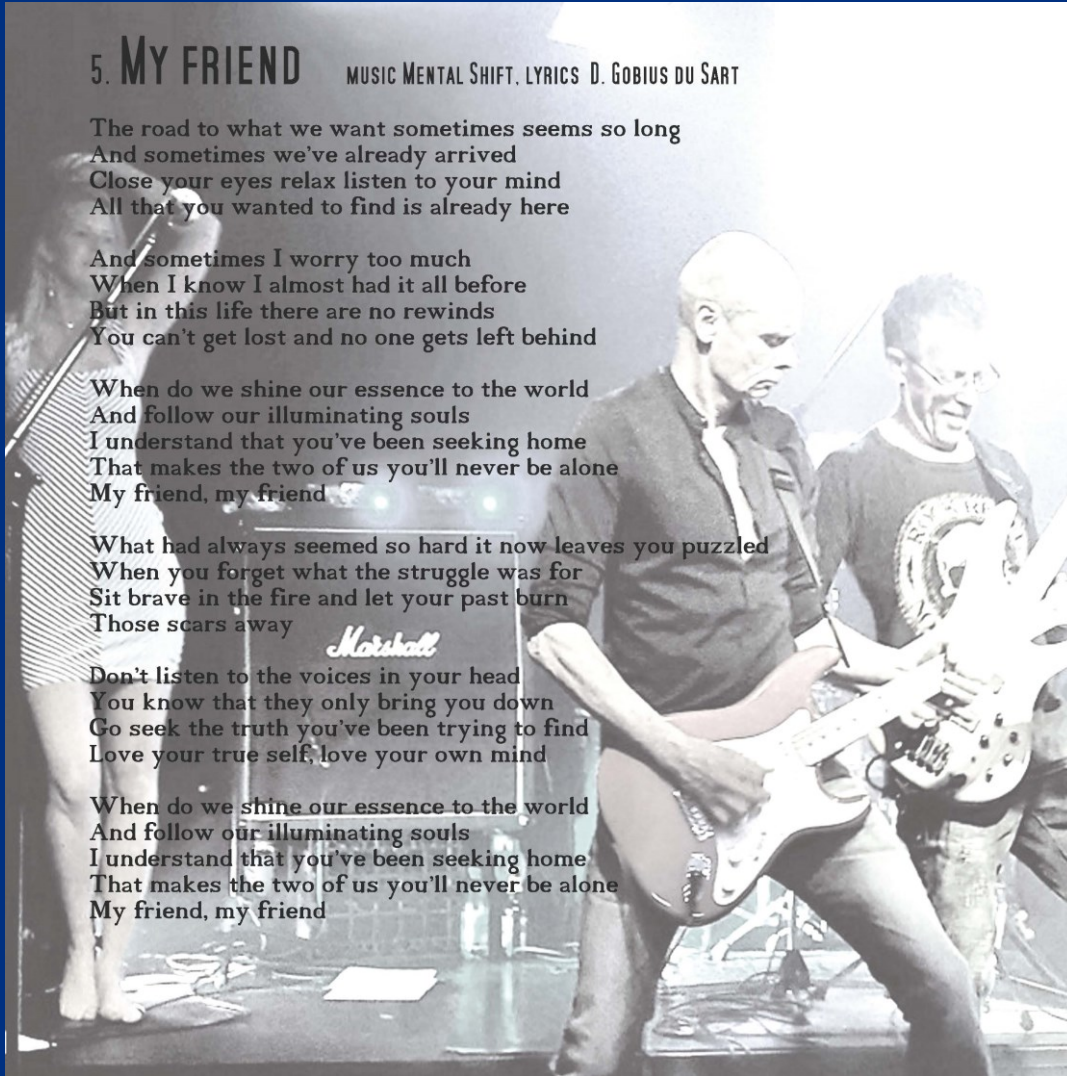
And sometimes I worry too much
When I know I almost had it all before
But in this life there are no rewinds
You can't get lost and no one gets left behind

When do we shine our essence to the world
And follow our illuminating souls
I understand that you've been seeking home
That makes the two of us you'll never be alone
My friend, my friend

What had always seemed so hard it now leaves you puzzled
When you forget what the struggle was for
Sit brave in the fire and let your past burn
Those scars away

Don't listen to the voices in your head
You know that they only bring you down
Go seek the truth you've been trying to find
Love your true self, love your own mind

When do we shine our essence to the world
And follow our illuminating souls
I understand that you've been seeking home
That makes the two of us you'll never be alone
My friend, my friend



6. MY HEAVY HEART

MUSIC MENTAL SHIFT, LYRICS D. GOBIUS DU SART

My heart was already broken
When I fell so in love with you
The last light you had stolen from my heart
Though it may seem a logical thing to do

The road ahead will be so hard
I guess this means we'll be apart forever
It may be brief and so confusing
But I thought you felt it too?

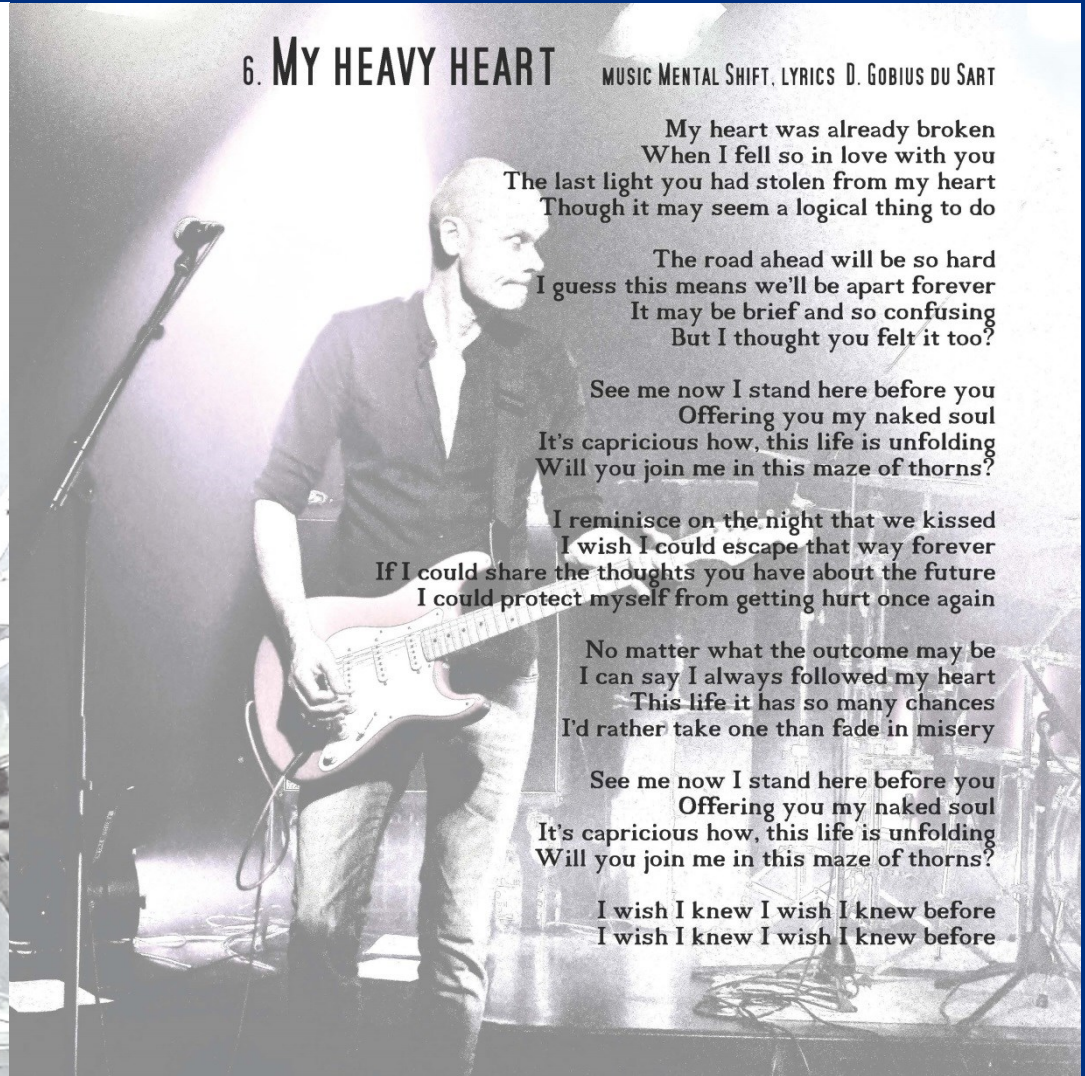
See me now I stand here before you
Offering you my naked soul
It's capricious how, this life is unfolding
Will you join me in this maze of thorns?

I reminisce on the night that we kissed
I wish I could escape that way forever
If I could share the thoughts you have about the future
I could protect myself from getting hurt once again

No matter what the outcome may be
I can say I always followed my heart
This life it has so many chances
I'd rather take one than fade in misery

See me now I stand here before you
Offering you my naked soul
It's capricious how, this life is unfolding
Will you join me in this maze of thorns?

I wish I knew I wish I knew before
I wish I knew I wish I knew before



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7. MENTAL SHIFT

MUSIC MENTAL SHIFT, LYRICS D. GOBIUS DU SART

I don't see what's going on
Rainbows birds and leprechauns
Shield me so I feel no more pain
Every time I close my eyes
I hear only lullabies
In these bedtime stories I stay

Honey I feel so wrong cause I only caused you pain
And darling you did nothing wrong
I was just too ashamed to say I love you

Hide it take another pill
Waste another chance you will
Fake smiles will get you through the day
This time I will break the chain
I won't stop and stand in line
I'll tell myself what I'd wish that you'd say

Honey I feel so wrong cause I only caused you pain
And darling you did nothing wrong
I was just too ashamed to say I love you

Come see me see all of me
Don't let me go through all this pain alone
Don't run from me it won't make me leave
Acknowledge me so you can let me go

Honey I feel so wrong cause I only caused you pain
And darling you did nothing wrong
I was just too ashamed to say
And darling o darling you did nothing wrong
I was just too ashamed to say
And honey o honey you did nothing wrong
I was just too ashamed to say, I love you

8. SO UNDONE

MUSIC MENTAL SHIFT, LYRICS D. GOBIUS DU SART

I must love my pain since it's here with me
For days now for days now
I've been trying to get away to escape this business
For years now for years now
And I don't care what you think of me
Cause what you say is a reflection of me
And I don't care what happens to me
Whatever comes I'll let it be undone, let it be undone

So undone do you see what I've become?
So undone this is not where I belong

Life mostly sucks but we convince ourselves
That we love our own created hell
We all search for an easy way to die
And then when we do we didn't even try
We need a vacation from our sucky lives
Cause we hate ourselves our jobs and our wives
We take drugs to numb the pain
Left feeling nothing at all, so it's all in vain

So undone do you see what I've become?
So undone this is not where I belong

O I'd love to say that dying is a release from this pain
But I don't know what'll happen when my ego's gone do I fade
O I know this life is smoke and mirrors but it feels so real
Releasing million years of belief systems imprinted I feel so drained

So undone do you see what I've become?
So undone this is not where I belong

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9. KNOWING

MUSIC MENTAL SHIFT, LYRICS D. GOBIUS DU SART

For years and years I felt so insecure
Never felt I was worthy of much more
Living in my shell without light
In darkest times I almost gave up the fight
But there's always a light that shines so bright
That you never knew you never knew before
What's been holding you back it wasn't yours
You've been wonderful so wonderful all along

And I can't believe how soon it comes
I've been waiting for this, I've been dreaming 'bout this
And it's what I wanted all along
So here it is now I know what I missed
I still can't believe I still can't believe this

For years and years I've felt so alone
Never really felt like I had a home
Now I know I have more than a friend
You guide me love protect me till the end
Your light it shines I must have been blind
I'll never shut my eyes to this again
Your voice it speaks to those who hear
The message o it is so very clear

And I can't believe how soon it comes
I've been waiting for this, I've been dreaming 'bout this
And it's what I wanted all along
So here it is now I know what I missed
I still can't believe I still can't believe this

10. MANIFESTING ROCKET

MUSIC MENTAL SHIFT, LYRICS D. GOBIUS DU SART

For years and for years we've been trying too hard
Trying to make that money till we're falling apart
For years and for years we went the wrong way

We asked and we asked and we never received
Life is hard if that's what you believe
what you perceive can be changed anytime
changed anytime

Oho oh oh oh it flows cause you say so
Oho oh oh oh it shows when you say go

Kept behind walls of fears from our past
You're a light being though
And this won't last it'll change so fast just say yes

You gotta push through
What's been holding you back
Those thoughts of unworthiness,
scarcity and lack claim that respect
and cash that cheque cash that cheque

Oho oh oh oh it flows cause you say so
Oho oh oh oh it shows when you say go

Embrace the life you have
Its magical and wonderful
It will forever last my love

Oho oh oh oh it flows cause you say so
Oho oh oh oh it shows when you say go

CREDITS Emergence. All recordings, producer, mixing engineer and mastering: Joss Mennen. Musicians all songs Mental Shift: Daphne Gobius du Sart vocals, Hans Flikkema guitars, Aad Beeke bass, Michiel Flikkema drums. Arrangements all songs by Mental Shift musicians. Coaching Joss Mennen, Bart van Geleuken. Artwork Juriaan Flikkema. Photography Michiel Flikkema, Hjarald Agnes. Recorded at Rock Inc. Recording, Netherlands. Powered by GH Music Services NL. Contact & info: www.mentalshift.band. All rights reserved © + © Snakebite Records, Netherlands 2018 Cat. SNB018-3

With Love Mental Shift