

We Listen To Our Bodies

Music by Shawn Forster
Lyrics by Shawn Forster
and Beth Amuso

$\text{♩} = 100$
D G/B A D D/F# G A D

We

5 D G/B A/C# D

lis - ten to our bo - dies, let's prac - tice what to do. Our

7 D/F# G/B A D

bo - dies send us mes - sa-ges, trust your - self to help you through. Is your

9 D G/B A/C# D

bo - dy fee - ling sha - ky? There may be some - thing wro - ng. Are you fee-ling

11 D/F# G/B A D

ant - sy, your heart's poun-ding? May - be you're not fee - ling strong? Does your

13 Bm A D

face feel hot? Feel a shi - ver up your spine?

15 D/F# G/B A D

List'-ning to our bo - dies helps us each and e - v'ry ti - me. We

17 D G/B A/C# D

lis - ten to our bo - dies, let's prac - tice what to do. Our

19 D/F# G/B A D

bo - dies send us mes - sa-ges, trust your - self to help you through. Is your

21 D G/B A/C# D

bo - dy fee - ling calm? That tells us some - thing, too. Are you fee - ling

23 D/F# G/B A D

hap - py, you're re-laxed? The smile on your face could be a clue. Are you feeling

25 Bm A D

peace - ful? When you feel safe, that's a sign!

27 D/F# G/B A D

List'-ning to our bo - dies helps us each and e - v'ry ti - me. We

29 D G/B A/C# D

lis - ten to our bo - dies, let's prac - tice what to do. Our

31 D/F# G/B A D

bo - dies send us mes - sa-ges, trust your - self to help you through. Check

33

Bb

Am

D

in with your bo - dy and see what it says. It can

35

Bb

Am

D/F#

tell us when you're safe Or when dan - ger is near - by. The

37

A/C#

F#/A#

Bm

mes - sage can be clear or con - fu - sing at times. Ask a

39 G/B F#m G G/A A

grow - nup you trust if you need help to de-cide. We

42 D G/B A/C# D

lis - ten to our bo - dies, let's prac - tice what to do. Our

44 D/F# G/B A D

bo - dies send us mes - sa-ges, trust your - self to help you through. We

46

D G/B A/C# D

lis - ten to our bo - dies, let's prac - tice what to do. Our

48

D/F# G/B A D

bo - dies send us mes - sa-ges, trust your - self to help you through. Our

50

D/F# G/B A D

bo - dies send us mes - sa-ges, trust your - self to help you through. Our

52

D/F# G/B A D

bo - dies send us mes - sa- ges, trust your - self to help you through. Our

54

rit.
D/F# G/B A D

bo - dies send us mes - sa- ges, trust your - self to help you through.

56