


Body, Mind & Spirit

High energy ♩ = 100

Jennifer Ferren

Intro

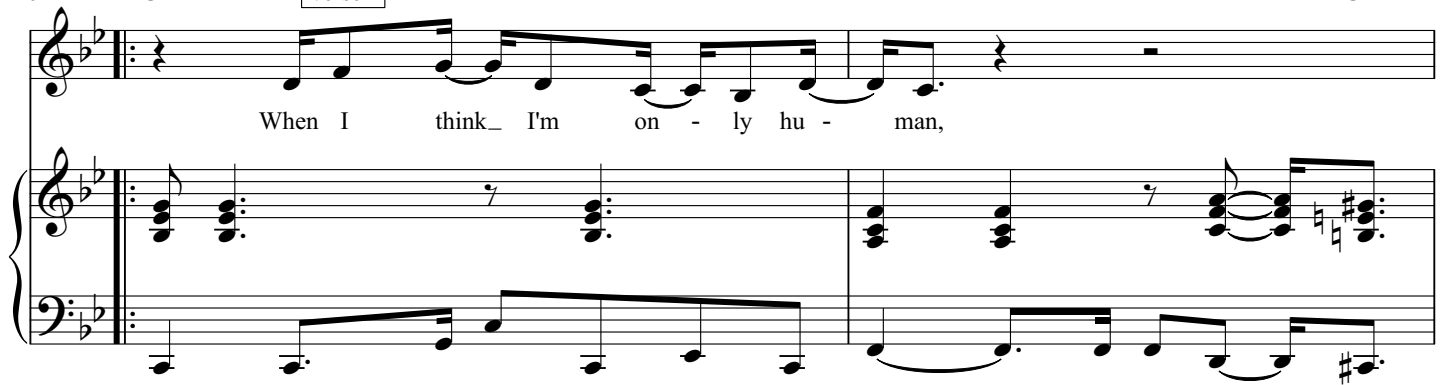
Bbm7 Cm/Bb Eb/Bb Bb Bb Eb/Bb Bb Bbm7 Cm/Bb Bbm6 Dm7 C#m7



5 Verse 1

Cm7 F Dm7 C#m7


When I think I'm on - ly hu - man,



7

Cm7 F Dm7 C#m7 Cm7

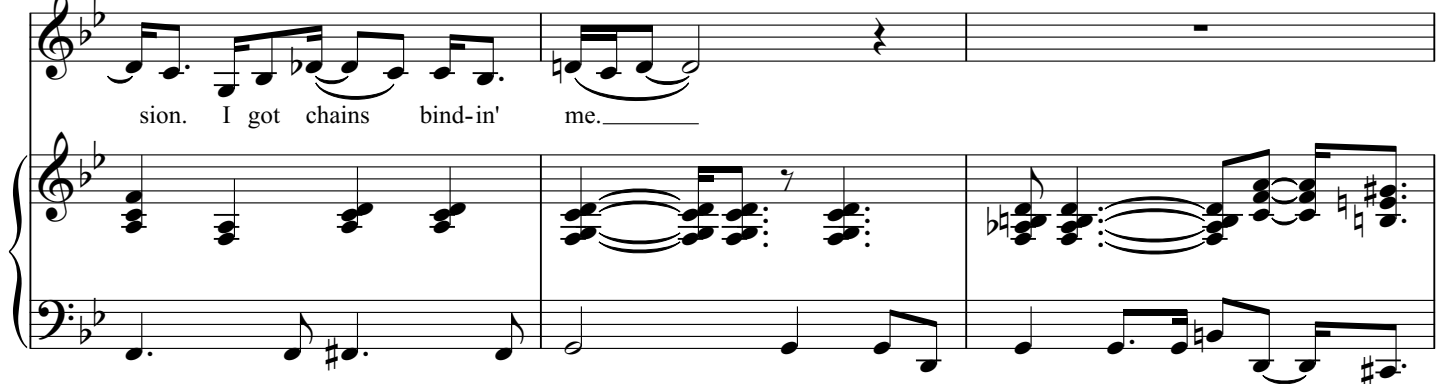
And that's what I choose to see. Then I'm liv - in' in il - lu -



10

F D7/F# G7sus G7(b9) Dm7 C#m7

sion. I got chains bind-in' me.



13 Cm7 F Dm7 C#m7 Cm7

When I see my - self_ as lim - it-ed._

Bbm6 Chorus 1 Bb Cm/Bb Bb

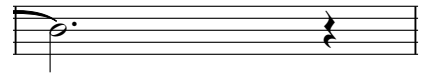
'Cause I am more than_ I think I am,

22 Bb Cm/Bb Bb A^b Dm7/G G7(b9)

More than I_ know_ I can be._ I am

Instrumental

Bbm7 Cm/Bb



28 Eb/Bb Bb Bb Eb/Bb Bb Bbm7 Cm/Bb Bbm6 Dm7 C#m7

Musical score for measures 28-30. Measure 28: Eb/Bb, Bb, Bb, Eb/Bb, Bb. Measure 29: Bbm7, Cm/Bb. Measure 30: Bbm6, Dm7, C#m7.

31 Cm7

Musical score for measure 31, showing a Cm7 chord in the right hand and a bass line in the left hand.

54 Bbm⁶ Cm⁷ C#m⁷ D⁷ Bridge

And ev -'ry day__ I'm lear - nin' bet

56 Eb Cm7 C#m7 D7 Gm F/A Gm/Bb Gm/D

- ter _____ To feel the love in - side of me,___

59 C7sus C7 C7sus C7

'Cause that love___ will lead__ to ba - lance And my true___ e - qual - it - y.____

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Bbm7 Intro Cm/Bb Eb/Bb Bb Bb Eb/Bb Bb Bbm7 Cm/Bb

4 Bbm6 Dm7 C#m7 Cm7 Verse 1 F Dm7 C#m7

When I think I'm on - lyhu - man,

7 Cm7 F Dm7 C#m7 Cm7

And that's what_ I choose to see. Then I'm liv - in' in il - lu -

10 F D7/F# G7sus G7(b9) Dm7 C#m7 Cm7

sion. I got chains bind-in' me._____ When I see my self_ as

14 F Dm7 C#m7 Cm7

lim - it - ed.____

Bbm6 Chorus 1 Bb Cm/Bb Bb

'Cause I am more than I think I am,

22 Bb Cm/Bb Bb A^b Dm7/G G7(b9)

More than I____ know I can be._____

Bbm⁶ Cm⁷ C#m⁷

55 D⁷ Bridge Eb Cm⁷ C#m⁷ D⁷

And ev-'ry day_ I'm lear - nin' bet - ter_____ To feel the love_ in - side of me,

58 Gm F/A Gm/Bb Gm/D C⁷sus C⁷

— 'Cause that love___ will lead___ to ba -

60 C⁷sus C⁷

lance And my true_ e- qual - it - y._

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By Jennifer Ferren

VERSE 1

When I think I'm only human,
And that's what I choose to see,
Then I'm livin' in illusion.
I got chains bindin' me.

When I see myself as limited.
By my physicality,
Well, a part of me knows better,
And that part will set me free

CHORUS 1

'Cause I am more than I think I am,
More than I know I can be.
I am body, mind and spirit,
And I choose to live in harmony.

INSTRUMENTAL

VERSE 2

When I buy into the drama,
And believe the lies I hear,
Those are things that
do not serve me.
They just hold me in my fear.

When I know that I am worthy,
And I'm the best that I can be,
I know Spirit's greatest pleasure
Are those moments when I see

CHORUS 2

That I am more than I think I am,
More than I know I can be.
I am body, mind and spirit,
And I choose to live in harmony.

BRIDGE

And ev'ry day I'm learnin' better
To feel the love inside of me,
'Cause that love will lead to balance
And my true equality.

CHORUS 1