

## Feel This (Lyrics)

Tracy C. Mansfield © 2024

Our feelings keep us company.  
Let me introduce you.

This is my friend.  
Her name is Curiosity.  
Sometimes there aren't enough answers  
and I need to need to need to know.  
I feel curious.  
Inquisitive  
Wondering

When I feel curious  
I explore.  
When I feel curious  
I implore.

It's curious to feel curious.

Meet my sweetie-pie.  
His name is Gigill.  
Sometimes there's crazy-making cuteness  
and I gotta gotta gotta *squeeze*.  
I feel gigill.  
Superstimmed  
Aggressive

When I feel gigill  
I excite.  
When I feel gigill  
I incite.

It's perplexing to feel gigill.

Here's my comrade.  
Their name is Overwhelm.  
Sometimes there's just too much everything  
and I lose my lose my lose my control.  
I feel overwhelmed.  
Swamped.  
Wrecked.

When I feel overwhelmed  
I explode.  
When I feel overwhelmed  
I implode.

It's okay to feel overwhelmed.

Say hi to my buddy.  
Her name is Wabi-sabi.  
Sometimes there's some nice imperfection  
and I love my love my love my freedom.  
I feel wabi-sabi.  
Satisfied  
Appreciative

When I feel wabi-sabi  
I extrospect.  
When I feel wabi-sabi  
I introspect.

It's calm to feel wabi-sabi.

Here's my soulmate.  
His name is Mudita.  
Sometimes you are doing well  
so I get so get so get so happy.  
I feel mudita.  
Warmth  
Amiability

When I feel mudita  
I exhale.

When I feel mudita  
I inhale.

It's kind to feel mudita.

Here's my ally.  
Their name is Pride.  
Sometimes I am happy with myself  
and I find my find my find my self-respect.  
I feel proud.  
Confident  
Authentic

When I feel proud  
I exclaim.  
When I feel proud  
I inclaim.

It's fierce to feel proud.

Our feelings keep us company.

Curiosity  
Gigill  
Overwhelm  
Wabi-sabi  
Mudita  
Pride!

Feel them all with me  
and my best friend, Empathy.

Empathy.

You and me!

We!