

PAUSE THE MIND

January 7, 2026



Pause the Mind

Lyrics by Cindy Olejar

Lalala, lalalalaa

For peace of mind, pause to remind, now is always one of a kind. Ohhhhh, Ohohoh, Ohohoh

Pause the mind, sing out to remind.

Pause the mind, sing out to remind.

Lalala, Lalalalala Oooo,ooo,ooo,ooo

Lalala, Lalalalala, Oooo,ooo,ooo,ooo

Oooo, ooo,ooo, ooo,ooo, ooo, Oh Yeah!

Oooo, ooo,ooo, ooo,ooo, ooo, Oh Yeah!

If feeling overwhelmed, pause the mind, then sing out to remind Ohhhhh

Now is one of a kind! Lalala, Lalalalala

Pause the mind, sing out to remind.

Pause the mind, sing out to remind.

Lalala, Lalalalala Oooo,ooo,ooo,ooo

Lalala, Lalalalala, Oooo,ooo,ooo,ooo

Oooo, ooo,ooo, ooo,ooo, ooo, Oh Yeah!

Oooo, ooo,ooo, ooo,ooo, ooo, Oh Yeah!

Pause the mind, sing out to remind.

Pause the mind, sing out to remind.

Lalala, Lalalalala

For peace of mind, pause to remind, now is always one of a kind. Ohhhh

Pause the mind, sing out to remind.

Pause the mind, sing out to remind.

Lalala, Lalalalala Oooo,ooo,ooo,ooo

Lalala, Lalalalala, Oooo,ooo,ooo,ooo

Oooo, ooo,ooo, ooo,ooo, ooo, Oh Yeah!

Oooo, ooo,ooo, ooo,ooo, ooo, Oh Yeah!

If feeling lost or alone, pause the mind, then sing out to remind. Ohohohoh

Now is one of a kind! Lalala, Lalalalala

Pause the mind, sing out to remind.

Pause the mind, sing out to remind.

Lalala, Lalalalala Oooo,ooo,ooo,ooo

Lalala, Lalalalala, Oooo,ooo,ooo,ooo

Oooo, ooo,ooo, ooo,ooo, ooo, Oh Yeah!

Oooo, ooo,ooo, ooo,ooo, ooo, Oh Yeah!

Pause the mind, sing out to remind.

Pause the mind, sing out to remind.

Lalala, Lalalalala

For peace of mind, pause to remind, now is always one of a kind. Ohhhh

Pause the mind, sing out to remind.

Peace of mind will then shine.

Lalala, Lalalalala Oooo,ooo,ooo,ooo

Lalala, Lalalalala, Oooo,ooo,ooo,ooo

Oooo, ooo,ooo, ooo,ooo, ooo, Oh Yeah!

Now is one of a kind!