

Pleasureful Integrated
Embodied Surrendered
Vulnerable Cooperative Mindful
Deep Listening Relaxed Helpful
Soft Present
Affable Calm Secure Nurturing
Joyful Safe ACCEPTING Serene
Faithful Friendly
Intimate Aware Patient Still Evolutionary
Allowing Kind
Respectful Honest Trusting Humble
Engaged
Sensual Confident Deep Breaths
Connected Discerning Caring Transparent
Collaborative Supportive Receptive
Compassionate Reflective



www.emotionalfitnessdojo.com



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EMOTIONAL
FITNESS
DOJO

EXERCISING
OUR EMOTIONAL BODIES

Frequency and vibration are what our Universe is founded upon.

Hence, music (and song) are foundational to our being.

They can be used as medicines in our life to help ourselves - and others - feel, let go and just be.

In the following pages are lyrics to a few of the songs in our Emotional Fitness Dojo ACCEPTANCE playlist. Follow along by singing or humming. Close your eyes and relax with this playlist before you go to sleep, or stretch to it after you wake up in the morning. Best is to crank it up, allow your body to respond to its frequencies as you sing, dance and/or move to its medicine.

Any which way, allow this MUSIC MEDICINE TO MOVE YOU. Relax. Be entranced. Let go. Lose Yourself for a few, precious moments in time. We promise, you won't regret it.

Become aware of the frequencies and vibrations of the sound that you are often immersed in - at home; in your car; in your headphones; etc. Use sound as a way to channel your energy in the direction you want it to go.

Is what you're listening to flooding you with sensations of connection, joy and high vibration? If "Yes," then keep doing what you are doing. If "No" then ask yourself, "Why not? "What do I really want?" "And how are my choices and behaviors fostering that?"

One of the golden pillars of Emotional Fitness Dojo is - ACCEPTANCE. Enjoy our "Acceptance" musical setlist via Spotify by clicking on [this link](#).

(Or <https://open.spotify.com/playlist/0jzwREqULVUPc57DqYAWdM?si=ee0b44be247146f7>.)

(If you do not have, or use, Spotify, then you can click the titles at the top of the song lyrics to be taken to YouTube. The remaining songs from the Acceptance Playlist will be listed, with their YouTube links, at the end of this document.)



It's an honor and a privilege to serve you. Please let us know if we can be of any more assistance.

IN JOY!!!!



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ANTHEM by Leonard Cohen

The birds they sang
At the break of day
Start again
I heard them say
Don't dwell on what
Has passed away
Or what is yet to be

Yeah, the wars
They will be fought again

The holy dove

She will be caught again
Bought and sold
And bought again
The dove is never free

Ring the bells that still can ring
Forget your perfect offering

There is a crack, a crack in everything
That's how the light gets in

We asked for signs
The signs were sent
The birth betrayed
The marriage spent
Yeah, the widowhood
Of every government
Signs for all to see
I can't run no more
With that lawless crowd
While the killers in high places
Say their prayers out loud
But they've summoned
They've summoned up a
thundercloud
They're gonna hear from me

Ring the bells that still can ring
Forget your perfect offering

There is a crack, a crack in
everything
That's how the light gets in

You can add up the parts
You won't have the sum
You can strike up the march

There is no drum
Every heart
Every heart to love will come
But like a refugee

Ring the bells that still can ring
Forget your perfect offering

There is a crack, a crack in everything
That's how the light gets in
Ring the bells that still can ring
Forget your perfect offering

There is a crack, a crack in everything
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That's how the light gets in
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People who are self-accepting, are aware of their strengths
and weaknesses and show compassion towards themselves
regardless of their circumstances.



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IF YOU WANT LOVE

by NF

I just need some time, I'm tryna think straight
I just need a moment in my own space
Ask me how I'm doin', I say "okay," yeah
But ain't that what we all say?

Sometimes I think back to the old days
In the pointless conversations with the old me

Yeah, back when my momma used to hold me

I wish somebody woulda told me

If you want love, you gon' have to go through the pain
If you want love, you gon' have to learn how to change
If you want trust, you gon' have to give some away
If you want love, if you want love

Yeah, as a kid I used to think life is moving so slow, I watch it go by

Look out the window on my bus ride
I thought the world was so small, through my closed eyes

I've always tried to control things
In the end that's what controls me

Maybe that's why I'm controllin'
I wish somebody woulda told me

If you want love, you gon' have to go through the pain
If you want love, you gon' have to learn how to change
If you want trust, you gon' have to give some away
If you want love, if you want love

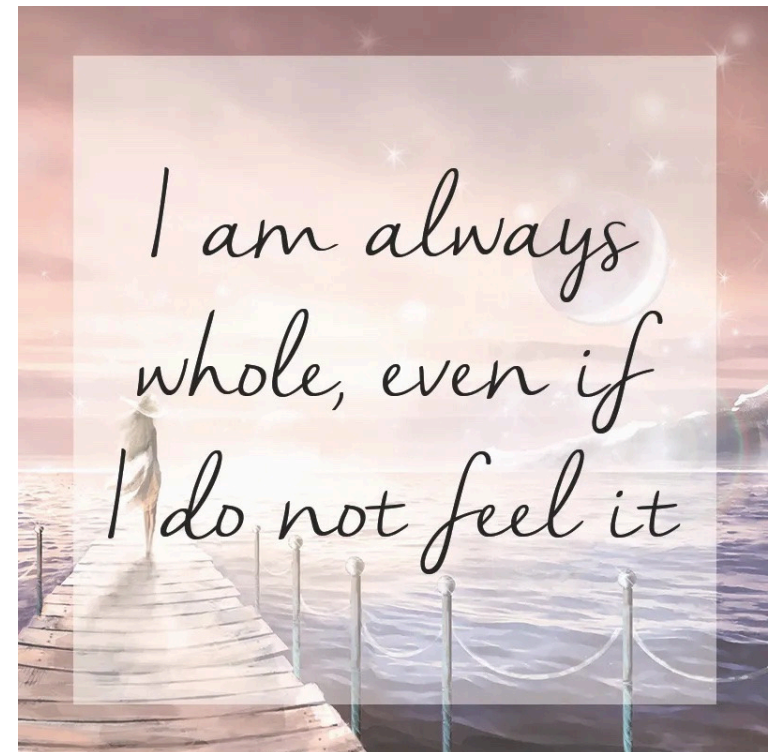
The older I get, I feel like I'm always tryna save time

Talkin' to the voices in my head, they make me think twice

Tellin' me it doesn't mean it's wrong because it feels right

Talk about the past like it's the present while I rock slow
I'll sit in the living room and laugh with kids of my own
And tell 'em

If you want love, you gon' have to go through the pain
I wish you woulda told me
If you want love, you gon' have to learn how to change
I wish somebody woulda told me
If you want trust, you gon' have to give some away
You gon' have to give
If you want love, if you want love
If you want love, if you want love



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EVERYBODY HURTS

by REM (Instrumental version by Johan Sander - see if you can sing along anyways)

When your day is long
And the night, the night is yours alone

When you're sure you've had enough
Of this life,
well hang on

Don't let yourself go
'Cause everybody cries
Everybody hurts sometimes

Sometimes everything is wrong
Now it's time to sing along
When your day is night alone
(hold on, hold on)
If you feel like letting go (hold on)
If you think you've had too much
Of this life, well hang on

Cause everybody hurts

Take comfort in your friends
Everybody hurts

'Don't throw your hand,
oh no
Don't throw your hand
If you feel like you're alone

No, no, no, you're not alone

If you're on your own in this life
The days and nights are long
When you think you've had too much
Of this life to hang on

Well, everybody hurts sometimes
Everybody cries

Everybody hurts, sometimes
And everybody hurts sometimes
So hold on, hold on

Hold on, hold on, hold on
Hold on, hold on, hold on
Everybody hurts
No, no, no, no, you're not alone

Emotion: Acceptance

Acceptance is the ability to acknowledge and come to terms with a situation or circumstance without resistance or denial. It is the act of embracing what is, rather than what one wishes it to be. Acceptance involves recognizing the limitations and imperfections of oneself, others, or a situation, and finding peace in spite of them. It is a complex emotion that can be difficult to achieve but can lead to inner growth, forgiveness, and a sense of freedom.



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HURT by Nine Inch Nails

(Instrumental version by Liad Abraham - see if you can sing along anyways)

I hurt myself today
To see if I still feel

I focus on the pain
The only thing that's real

The needle tears a hole
The old familiar sting

Try to kill it all away
But I remember everything

What have I become
My sweetest friend?
Everyone I know
Goes away in the end

And you could have it all
My empire of dirt

I will let you down
I will make you hurt

I wear this crown of thorns
Upon my liar's chair

Full of broken thoughts
I cannot repair

Beneath the stains of time
The feelings disappear

You are someone else
I am still right here

What have I become
My sweetest friend?
Everyone I know
Goes away in the end

And you could have it all
My empire of dirt

I will let you down
I will make you hurt

If I could start again
A million miles away
I would keep myself
I would find a way



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ONLY TIME by Enya

Who can say where the road goes?
Where the day flows?
Only time

And who can say if your love grows
As your heart chose?
Only time

Who can say why your heart sighs
As your love flies?

Only time
And who can say why your heart cries
When your love lies?
Only time

Who can say when the roads meet?
That love might be in your heart?
And who can say when the day sleeps
If the night keeps all your heart?
Night keeps all your heart

Who can say if your love grows
As your heart chose?
Only time

And who can say where the road
goes?
Where the day flows?
Only time

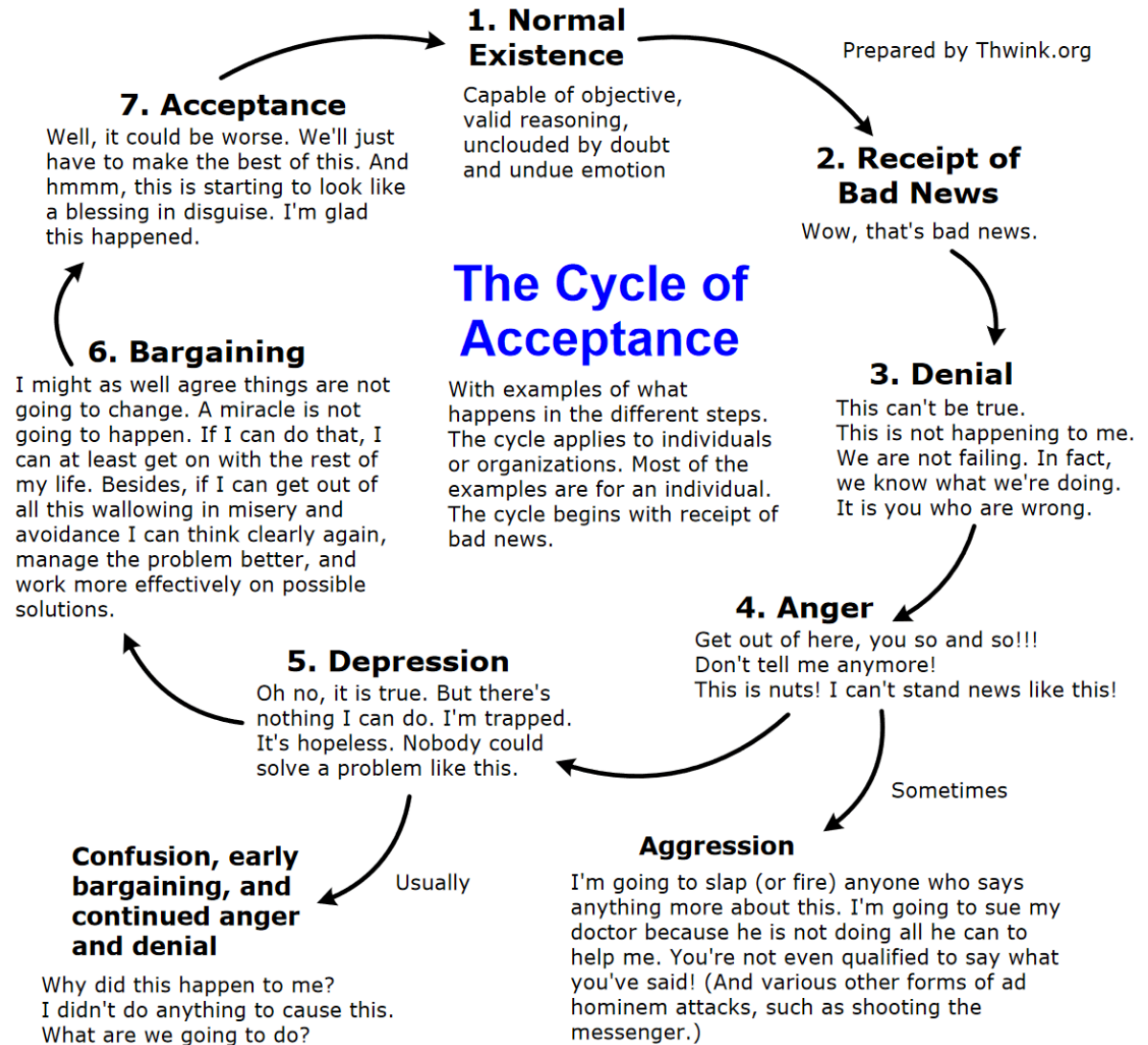
Who knows?
Only time
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