

THE POWER OF HOW WE FEEL

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MUSIC & LYRICS BY
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FLOWING BALLAD
WITH RUBATO ♩=82

Soprano
Alto

Tenor
Bass

To ex-plore the world a - round us We most-ly use our ears and eyes But we

6

Soprano
Alto

Tenor
Bass

learn so much from our sense of touch. May-be more than we re - a - lize It's a sense that de-vel-ops in

11

Soprano
Alto

Tenor
Bass

the womb And it helps us know what's real So let's not wait to ap - pre - ci - ate The

16

Soprano
Alto

Tenor
Bass

pow-er of how we feel Touch is a way of com-mu-ni - ca - ting Our af-

21

S
A

fect-tion and em-pa - thy Touch re - du - ces strain, e - ven ea - ses pain and we use it con - stant - ly

T
B

26

S
A

It gives us use - ful in - for - ma - tion And e - ven helps our bod - ies heal Touch can

T
B

31

S
A

less - en stress, in - crease hap - pi - ness That's the pow - er of how we feel

T
B

pow - er of how we feel You can

36

S
A

tell 'touch - ing' sto - ry. Or say you 'felt' it in your heart

a 'touch - ing' sto - ry 'felt' in your heart But touch is more than a

tell 'touch - ing' sto - ry. 'felt' in your heart than a

T
B

tell a 'touch - ing' sto - ry 'felt' it in your heart

41

S A

met-a- phor_ It's a sci ence and an art_____ an ah

T B

Our skin is our lar-gest or - gan_____ So when we

an ah

47

S A

hug or hold a hand_____ Warm feel-ings swerve through the va - gus nerve Caus-ing good hor-mones to ex-pand

T B

52

S A

A sim-ple touch boosts ox - y - to - cin,_____ And that's just part of its_____ ap - peal_____ Low-ers

T B

57

S A

cor-ti - sol_____ and that's not all_____ Of the pow-er of how_ we feel_____ So let's not wait_ to ap-

T B

62

S A

pre-ci - ate_____ The pow - er_____ of how we feel of how we feel_____

T B