



THREAD OF FEELINGS

VAGAVATÚ

SONGS WRITTEN BY
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The thread of the feelings

(Written by Pedro Valentín-Gamazo)

These are the songs I´m weaving
Unrolling the thread of the feelings
Usually weave when I feel sad
So I do when I become glad
No matter laughing or crying
Or If miss you, my darling

Time and again I keep weaving
All my emotions I´m singing
If I´m scared or feel grumpy
When I´m upset and feel angry
Singing and weaving and singing
When I´m denying or giving

These are the songs I´m weaving
Unrolling the thread of the feelings
Usually weave when I feel sad
So I do when I become glad

Relax, don´t panic
Follow the track for the feelings inside you
Relax, live kindly
The main thing is breathing
And breathing back again

These are the songs I´m weaving
Unrolling the thread of the feelings
Usually weave when I feel sad
So I do when I become glad

Usually weave when I feel sad
So I do when I become glad
Singing and weaving and singing
When I´m denying or giving
If I´m scared or feel grumpy
When I´m upset and feel angry
No matter laughing or crying
Or If miss you, my darling

CHORUS

Breathing back again
Breathing back again

These are the songs I´m weaving
Unrolling the thread of the feelings
Usually weave when I feel sad
So I do when I become glad

Tell me, what is patience?

(Written by Pedro Valentín-Gamazo)

Tell me, what is patience?
Is it an art, is it a science?
Tell me, what is patience?
Is it an art, is it a science?

I don't know

But I know that many times I simply cannot wait
No matter what I do I despair and get upset
No matter what I do I despair and get upset

Patience is the art of standby
The map to find the treasure
The science for the peace

Tell me, what is patience?
Is it an art, is it a science?

Science is to learn
Science is to try
Science is to practice
What is waiting all about?

Patience is the art of standby
The map to find the treasure
The science for the peace

Meanwhile you're waiting
There are many things to do
You can play or sing
You can also read
You can be sure about what you are waiting
Sooner or later it will come to you

Do you know what love is?

(Written by Pedro Valentín-Gamazo)

Do you know what love is?
Can you say how it is like?
Did you know it likes playing hide-and-seek?

Love is just a wild thing
Not easy to be wounded
It claims for your affection and your care

Guess out where it's hiding
Come and try to find it
Perhaps you may not see it but it is

It can solve your problems
And it's pain-relieving
It brings out the very best of you

Love is just a sweet thing
It may taste like an ice-cream
Strawberry, spaghetti, ham and cheese

Love is just a light thing
Maybe softer, maybe stronger
It flowers up as soon as it feels free

Love is just a pure thing
That holds you not to give up
And keeps you safe from falling into traps

Love is just a big thing
That can be said with kisses
Or flowers, letters, drawings and bear hugs

Love is just a wild thing
Love is just a sweet thing
Love is just a light thing
Love is just a pure thing
Love is just a big thing

(Guess out where it's hiding
Come and try to find it
Perhaps you may not see it but it is)

Why anger is so upsetting?

(Written by Pedro Valentín-Gamazo)

Why anger is so upsetting?

Worthless, nonsense and regretting

Why anger is so upsetting?

Worthless and nonsense

Worthless and nonsense

When I get angry
I can't see clearly
Whatever trying
Turns in a mess

When I get angry
I feel so nasty
Whatever trying
Can't do my best

I cannot play, I cannot sing
I cannot paint, I cannot eat
I don't feel like anything
Might I need you by my side
Or being alone for a little while

CHORUS

Then I wonder...

How can I tell you that life is unfair?

What is the feeling to make a complaint?

How to deny or refuse or reject?

How can I say I don't want it that way?

But if I breathe in and out
And put into words
Doing the best I can
For keeping calm

And if I talk to you, my friend
Maybe to daddy, maybe to mummy
I will feel OK
I feel OK, I feel OK
I feel OK, I feel OK

Why anger is a good feeling?
Usually so full of meanings
It knows I'm not at ease
It knows I'm ill at ease
It gives me the strength
To stand on my feet

Better have a laughter

(Written by Pedro Valentín-Gamazo)

School day was a nightmare
Problems all around
My friend played with others
And left me all alone

I failed my exams
I cannot understand
So better come and listen to my song

**Better have a laughter
With your son and daughter
Before we wash our hands and teeth and go to bed
Make us laugh once a day**

We had no schoolyard
It's raining cats and dogs
For lunch fish and salad
No cakes or lollypops

My teacher's getting angry
And I'm still hungry
When is it the time for going home?

**Better have a laughter
With your son and daughter
Before we wash our hands and teeth and go to bed
Make us laugh once a day**

I'm feeling so clumsy
Have been wounded twice
Have two cuts and bruises
It isn't very nice

I fell from my chair
Slipped on the stairs
I really need some medical advice

CHORUS

*Daddy, mummy, we know you may have one
of those days when everything goes wrong.
But do not panic! Let us make you laugh out
loud too, before you go to bed*

Life is not easy
When seems like playing chess
Or everything you're trying
Keeps turning in a mess

The cleaning and the bills
The long shopping list
We know you don't want any more stress

CHORUS

Make us laugh, make us laugh
Make us laugh once a day

The passenger emotion

(Written by Pedro Valentín-Gamazo)

I'm not something easy to stare and meet
I am not as simple as ABC
I come and go like a plane
Could you please say the name
To explain the things that happen
Every time I'm coming in

Perhaps you think my arrival can be upsetting
But always have good reasons to do the check-in
There is no need to scare
I do not pretend to stay
It will not be any longer, I'm on my way

**For travelling is my motion
I'm the passenger emotion
Once you receive my message
I fly away
You probably call me sadness
It's nothing to do with madness
It's rather longing and sorrow
Despair and pain**

Although you maybe think that I'll never leave
Before you realise you won't see me in
If I rather become lazy
If I rather become grumpy
React, don't doubt, and you better push me out

CHORUS

Every time I'm coming you wonder why
You may think I will do no good to you
But if you listen and look
I'm sure you will realise
I have good reasons to come and stay a while

I'll show you what is worthwhile and what is worthless
Or how to say goodbye without getting breathless
To all the things you don't choose
To anything you may lose
To those you truly love but are not with you

Tell me, my dear fear

(Written by Pedro Valentín-Gamazo)

One, two, three, four, five, six
Seven, eight, nine and ten

**Tell me, my dear fear,
Did you come to scare me
Or give me some advice?**

Coming to protect me?
When I am in danger
If you come friendly
I'll be no stranger

If you are to annoy me
You'll meet with my resistance
If you are disturbing
Will have no assistance

**Tell me, my dear fear,
Did you come to scare me
Or give me some advice?**

If needed, baby
I'll kick you off my bed
And send you to a place
Where you will not be fed

I'll send you to the moon
To practice for good
The art of breathing softly
And also living quietly

Get the way to silence all the fears
Preventing you from living
In joyful and delight
Walk along your planet
Prudently and brave
If needed remember
Counting up to ten

One, two, three, four, five, six
Seven, eight, nine and ten

Clumsiness, my friend

(Written by Pedro Valentín-Gamazo)

Strange feelings come to visit me some mornings
Strange feelings in the middle of the night
Every time I feel embarrassed
Or confused or ashamed
Or believe I am not capable for life

It is difficult explaining what I'm feeling
Like a heavyweight installed in my heart
It's a thought "I don't know how to"
"I'm not able", how frustrating
It is something that I cannot understand

**It's a friend of mine who's coming
Clumsiness –who else could be?
To remind me that mistaking
Is more usual than you think
To remind me that mistaking
Is more usual than you think**

When I'm having fun with others playing football
And I'm ready to score a winning goal
But I get into a mess
Have no control of my legs
There is nothing that can help me not to fall

When I'm playing ukelele with my fellows
And I'm just about to sing another song
What is wrong, my little fingers?
You've forgotten what to do?
What a noise! No one can take it anymore

**It's a friend of mine who's coming
Clumsiness –who else could be?
To remind me that mistaking
Is more usual than you think
To remind me that mistaking
Is more usual than you think**

What to do when I become upset

(Written by Pedro Valentín-Gamazo)

I've got my nappy in such a mess
But I feel lazy, I don't want to be changed
It's raining cats and dogs
I cannot go to the park and play

**What to do when I become upset
Tell me please, I need your help**

Got a bad grade in my exam
My friends keep laughing at me
It's cold in the street
And the bus stuck in traffic jam

**What to do when I become upset
Tell me please, I need your help**

Is this anger?
What's the name?
What to say?
Who's got the answer?

Maybe, mummy? Maybe not
Working she is
Complaining keeps
"It's time for bed, keep silence"

Maybe daddy? Maybe not
He's busy and goes
When finally comes
Will give me no good advices

**What to do when I become upset
Tell me please, I need your help**

There is no point in running madly
Such a way cannot be safety

How to find the calm I need
To attend to what I feel

I wanna listen to my feelings
I wanna sing and play together
Come and smile, come and laugh
The only way for feeling better

**What to do when I become upset
Tell me please, I need your help
What to do when I become upset
Tell me please, I need your help**