



# Breaking Cycles

[Litmus A Freeman](#)

**Cmaj7** / / / **Fmaj7** / **G6** /  
 As above below the study of al - chemistry shows  
 The worlds all spiral 'round as do our cycles too I've found

**Am7** / / / **Fmaj7** / **G6** /  
 As the seasons come & go our lessons of life all seem to show  
 We all have cycles we need to break seen in dreaming and felt awake

**Cmaj7** / / / **Fmaj7** / **G6** /  
 So familiar they become like our rising, setting Sun  
 We almost need them to repeat daily dramas to complete

**Am7** / / / **Fmaj7** / **G6** /  
 Our minds in subconscious stress create the thoughts that we can't con-fess  
 And once again we will spiral down depression etching into a frown

**Cmaj7** / / / **Fmaj7** / **G6** /  
 They call and off we go as to persistent friends to whom we can't say no  
 Creating our own misery through illusions of sta - bi - li - ty

**Am7** / / / **Fmaj7** / **G6** /  
 But we can break all the cycle pains 'till only positive thoughts re - main  
 By saying 'NO' every time they call 'till no longer they call at all

**Cmaj7** / / / **Fmaj7** / **G6** /  
 For all our thoughts are energy and we can choose to let them be  
 Or we can choose to let them go if first we free our minds to know

**Am7** / / / **Fmaj7** / **G6** /  
 That breaking cycles is the key to setting all of our spirits free  
 Thought in mind, conscious / ly mani / festing reali - ty and breaking cycles

To be the best that it can be / The best that it can  
**Cmaj7** / / / **G6 (tacet)** /  
 be... breaking cycles, to be the best that it can  
**Cmaj7** / / /  
 be The best that it can  
**Fmaj7** / / **G6 (tacet)** /  
 be... breaking cycles, to be the best that it can  
**Cmaj7**  
 Be...