

# Sting, Be Still My Beating Heart

Be still my beating heart  
It would be better to be cool  
It's not time to be open just yet  
A lesson once learned is so hard to forget  
Be still my beating heart  
Or I'll be taken for a fool  
It's not healthy to run at this pace  
The blood runs so red to my face  
I've been to every single book I know  
To soothe the thoughts that plague me so

I sink like a stone that's been thrown in the ocean  
My logic has drowned in a sea of emotion  
Stop before you start  
Be still my beating heart

Restore my broken dreams  
Shattered like a falling glass  
I'm not ready to be broken just yet  
A lesson once learned is so hard to forget

Be still my beating heart  
You must learn to stand your ground  
It's not healthy to run at this pace  
The blood runs so red to my face  
I've been to every single book I know  
To soothe the thoughts that plague me so

Stop before you start  
Be still my beating heart

Never to be wrong  
Never to make promises that break  
It's like singing in the wind  
Or writing on the surface of a lake  
And I wriggle like a fish caught on dry land  
And I struggle to avoid any help at hand

I sink like a stone that's been thrown in the ocean  
My logic has drowned in a sea of emotion  
Stop before you start  
Be still my beating heart