



2026 · The Silence

Take Care of Yourself

Lyrics: Tanya Pelikhovskaya · lyrics on Facebook · lyrics on Telegram

Music: Sergio Rykov · 22.03.2024

SoundCloud: soundcloud.com/sergiorykov/beregi-sebya

Song page: sergiorykov.github.io/music/en/songs/2024-03-take-care-of-yourself/

Automatic translation — only to convey the meaning. The song is sung in: ru.

Take care of yourself, do you hear?...
No need to wound your heart with sadness.
Morning coffee, chin a little higher,
Let your soul and eyes smile with gladness.

All shall pass — treasure every moment,
Keeping only the good in memory.
Hold no pain, seek forgiveness freely,
Forgiving others' wrongs with mercy.

Let the negatives go from your thinking,
Being too strict with yourself is not worth it.
In this life only love has true meaning,
Everything else is fleeting and doubtful.

Summing up the day toward the evening,
When the stars start to touch the rooftop,
Wrap yourself in a warm cozy blanket,
Take care of yourself, do you hear?...