

Give It Away

what's the gift? what's the price?
what's the point? why think twice
lay down resistance to what lies round the bend
make a list of what I want and give it to a friend
give my love away just give it away

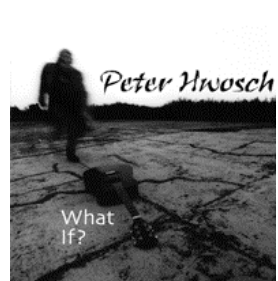
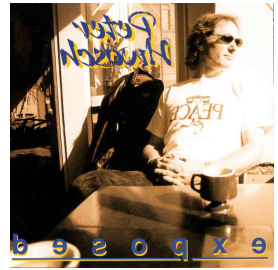
lay down my burdens don't cling to angst or fear
look on them with loving kindness
may they serve to be my mirror
now enough's enough now's my time to be kind
and if I really really want to change my life
change my mind and give my love away
just give it away

**If I picked it up I can lay it down I am all I need
if I see me then I'll see you and together we'll be free
together we'll be free and give it away**

Listen very carefully the things I tell myself
are they really what I feel or are they someone else?
It's all about what I believe I can stay or I can leave
no one else makes up my mind God is love and love is blind
give my love away give it away

Chorus

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To Live As One

I got my work to do,
I feel a painful birth of something new
time to speak out for the truth
make my stand of love right next to you

I'm feeling so afraid, the whole world is angry
will any one be saved?
move from my head down to my heart
and pray our rage won't tear this world apart

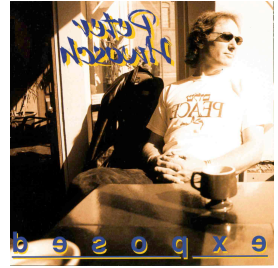
**my heart breaks for every life that's lost
all the sacrifices made at such a cost
for the grieving whose lives have come undone,
and for a world that has not learned to live as one**

I have got to spread the light
Shine it on the darkness with all my might
I can not go back to sleep
wake up to the anguish of the weak

what makes them hate us so?
is there something going on that I need to know?
what is the cause of all that pain?
what is being done in my name?

Chorus

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Make My Self Believe

bust a move or cash it in
this is not a loose or win
how I feel is where I've been
and where I've been is wearing thin
spit it out clear your mind
scream and shout I got the time
let it rip I'll be fine
making up could be sweet

**just make myself believe
make love and laugh
but don't forget to grieve
do what I can take what I need
don't confuse my life with
what I want it to be**

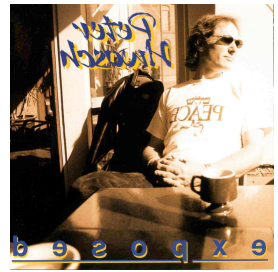
I don't mean to cause you pain
tears come down like northwest rain
you know I think we're both insane
that's why I thought it might work
yah I'm stubborn when I think I'm right
lets not argue, lets not fight
sleep on it now lets call it a night
tomorrow's a brand new day

Chorus

nobody seems to take the time
you got yours and I got mine
full tilt boogie on down the line
just pencil me in for love
damn you're hot when you're on fire
don't stop now lets take it higher
anything your heart desires
I'd give you the big blue moon

Chorus

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Already Gone

somehow I knew it all along
yes I know you felt it too
hesitation lives inside a frame of fear
to act on what I know to do
so now we offer up what kindness we can spare
knowing that it wont be long
neither of us doubts the love will always be there
trusting how we feel just can't be wrong

and now I'm already gone I'm already gone

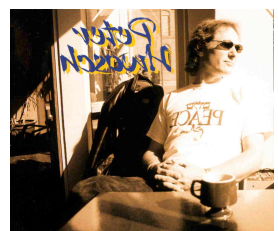
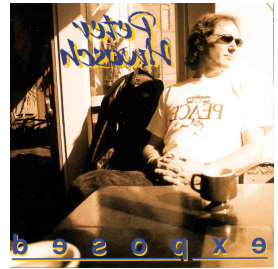
let the struggles fade away there's really nothing left to say
to clarify what we already know
time is on our side if we forgive our foolish pride
with light and love relax and just let go
and now you're already gone you're already gone

**how could we trust those inner voices
pushing us toward painful choices
when nothing felt quite right
staying longer than confusion
reaching for a sweet illusion
to keep the darkness in the night
to ease the darkness in the night**

no one's right and no ones wrong
we're trying to find where we belong
nothing less and nothing more
the gifts and lessons that we learned
and all the ways that we got burned
are clearly what we came together for
and now we're already gone we're already gone

Chorus

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I Want To Hold Your Hand *

I'll tell you something I think you'll understand
I'll tell you something I want to hold your hand
please say to me you'll let me be your man
Please say to me you'll let me hold you let me hold your hand

**I want to hold your hand
I want to hold your hand**

**and when I touch you I feel so happy inside
it's such a feeling that my love
I can't hide**

yah you got that something
I think you understand
and I got something here for you
I think you understand

**I want to hold your hand
I want to hold your hand**

I'll tell you something I think you'll understand
I'll tell you something I want to hold your hand

Chorus

Lennon and McCartney

Nobody Knows

nobody knows till the sky falls down
nobody knows till the war comes to town
no one knows how it feels till you can't believe it's true
nobody knows till the near and dear are lost to you

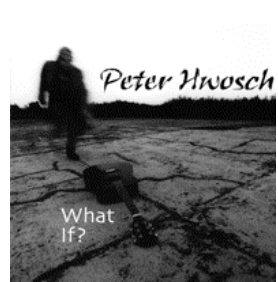
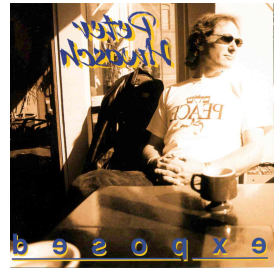
nobody knows the pathway to rage
nobody knows till you've paced that cage
no one living in comfort and safety
knows what they would choose
till your life's a burning broken heart
with nothing left to loose

**an enemy is one who's story we've not heard
an enemy is one who's humanity has been obscured
at the heart of every act of violence is an unhealed wound
and if we want peace and justice
we'd best offer up the same and do it soon**

nobody knows what compassion could do
nobody knows till we try something new
no one knows if the cycles of violence ended
what might take their place
no one knows what it means to be a human race

Chorus

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Free to Choose

there is a darkness a balance to the light
feeds on ignorance and fear
us and them might makes right
hides in our confusion over differences
of culture race and God
we dress it up and call it human nature
but know all know that's a fraud

**I don't subscribe I refuse to take that ride
I invite those with whom I disagree
I am a piece of everyone I see
and they are all a piece of me
together we are free
free to choose**

those that have it want to keep it
those that don't have nothing left to loose
we all have such resistance
to walk a mile in someone else's shoes
we cling to money and power
forgetting what it's for
to keep a way of life create an enemy
and beat the drums of war

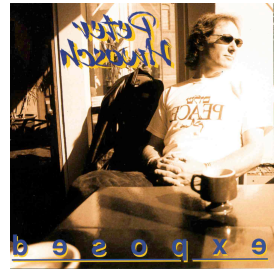
Chorus

I can't hide from me

every body has their truth everyone holds their own key
nobody else can restrain or crush a heart that's free
we can all decide at any moment
that we just want something new
show a little kindness to a stranger
re-examine all we think we knew

Chorus

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Listen

listen for the whispers
that ooze between what's said out loud
feel the pulse of ancient rhythms
decipher distant thunder clouds
free the belly blind in worry
try not to be in such a hurry
learn to love and laugh out loud
trust in things I can't see
don't worry about what to be

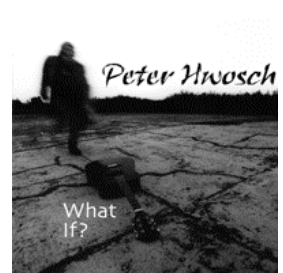
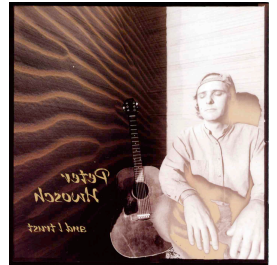
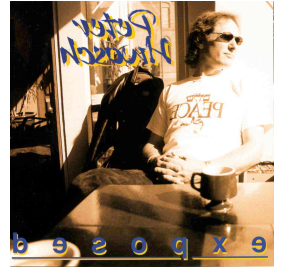
sing for truth, dance for lust
do the things that make me blush
explore my dreams while I'm awake
with wild abandon celebrate
thought and action hand in hand
don't expect to understand
everything I think or feel
it's not about the things I thought
what I want, or what I got

**trust what I feel,
live dreams made real
do what I can
give more than I get,
don't live regrets
extend and expand**

suspend all of my disbelief
breathe in pain exhale relief
voice those things that go unsaid
speak from heart, not from head
ride my current toward the blaze
look my mirror in the face
call my shadow by it's name
choose the truth embroiled in fear
well how else do you draw god near?

Chorus

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Slow Ride Home

feels like I've been on that slow ride home
so hard to claim all this as my own
everything has to be just so for me to let go
why's it so hard to let a spirit show?

**I feel myself dropping down
I got me lost, I can get me found
I'm not sure what's gona hit me next
but I lay my resistance down, lay it down**

there's a dark empty hole deep inside
there's a joy filled soul deep and wide
there's the man I am and the things I've done
well I'm doing what I can to make the two of them one

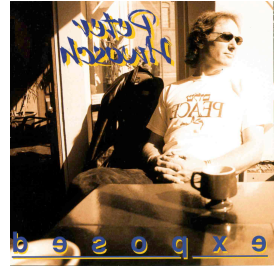
Chorus

I check in to the circle with what ever I hold
I show my shadows and I dig my gold
I trust that I will surface loud and clear
keeps me coming back to face my joy and my fear

Chorus

feels like I'm on the slow ride home...

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The Word*

say the word and you'll be free
say the word and be like me
say the word I'm thinking of
say the word the word is love
it's so fine it's sunshine
the word love

say the word it's a chance to say
say the word it's the only way
say the word I'm thinking of
say the word the word is love
it's so fine, it's sunshine, the word love

**in the beginning I misunderstood
but now I get it the word is good**

say the word and you'll be free
say the word and be like me
say the word I'm thinking of
say the word the word is love
it's so fine it's sunshine
the word love

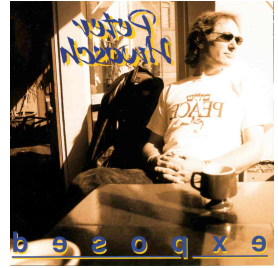
**everywhere I go I hear it said
in all of the good or the bad books I've read**

say the word and you'll be free
say the word and be like me
say the word I'm thinking of
say the word the word is love
it's so fine it's sunshine
the word love

**now that I know it must be right
love is the overpowering shining light**

say the word and you'll be free
say the word and be like me
say the word I'm thinking of
say the word the word is love
it's so fine it's sunshine, the word love

Lennon and McCartney



And I Trust

where is the wisdom
passed down through the ages
through seers and elders healers and sages
and why do we discard the places within us
that knows what is needed
to move through the darkness
and why do pass on the pain we've been given
to those we hold dear
we're gripped with such fear to let go
just let go...

how do we trust what we just can't remember
the gifts we came in with before our surrender
and what if each time
we felt rage towards another
we stopped and looked inward
and tried to discover the ways our reactions
are simply distractions from similar habits we share,
if only we'd dare...

**and I trust that I have
come to this life for a reason
and I trust that you will
hear me before you react
and I trust that we will
struggle to reach common ground
and that love, conquers all**

how would it be if we tried to break free
of all of that chattering condemning or flattering
and what would transpire if we walked through the fire
moved towards our pain breathed into our shame
and looked towards each other
with empathy instead of blame
how would the world change?

chorus

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