

Dig Down

I know this place
I know it well
a lurking empty space
my own private sacred hell
I know you see what it is you want from me
I come and go and don't always let you know

dig down for the love I need, look inside
old wounds need a place to feed where they can hide
too quick to wear the past, hand me downs
I wear them for all to see, all but me

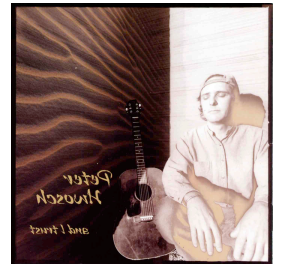
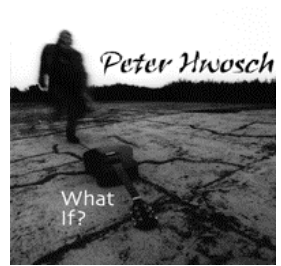
**I look outside for love denied
I paint my truth with battered pride
I breed excuses in the shadow lands
and pretend no one can understand**

shake loose, habits formed, over time
make use, of confusion and doubt, behind the lines
seek out, anyone real, defenses down
dive in, to what I feel, it's all around

**there's nothing left to figure out
no confusion, no more doubt
no one else can carry me
lay down struggle, to be free**

dig down for the love I need...

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Love is the Dream

fear and doubt, that's all it's about
we'll rifle through this, we'll work it out
I love you darlin', that much is clear
it's bigger than us that's why we're here
do what we have to, there's no way to know
feed the fire, burn till we glow
don't over do it and don't move too slow
stay connected, this ain't for show

**cry out loud if that's what it takes
don't fight the timing, force it, it breaks
don't ignore or count the mistakes
love is a dream that's best had awake**

let's pull our shadows into the light
invite their presence, keep them in sight
what do they offer, what do they hide?
and why do they insist on such a rough ride?
what's this resistance to not having a clue?
why must I feel like I know what to do?
when did start to believe all this fear?
crushing my light, year after year

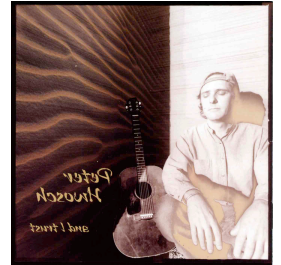
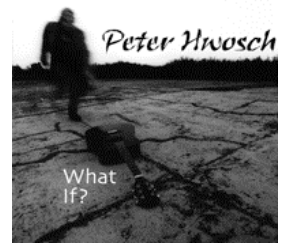
Chorus

there's a voice at the center of my core
I try to listen, and don't ask what for
half the time it scares me to death
Puts everything I think to the test

it tells me things I try to avoid
kindly reminds me I'm close to the void
just when I think I've had all I can stand
love cuts through and my heart expands

Chorus

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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

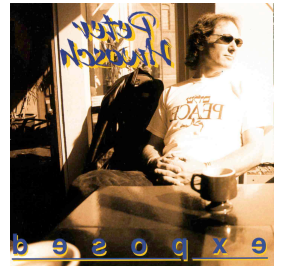
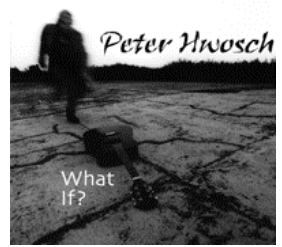
lay down my burdens don't cling to angst or fear
look on them with loving kindness
may they serve to be my mirror
now enough's enough now's my time to be kind
and if I really really want to change my life
change my mind and give my love away
just give it away

**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

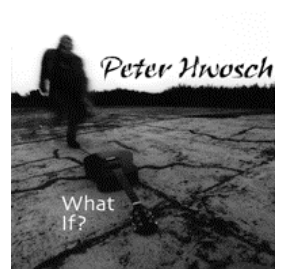
Chorus

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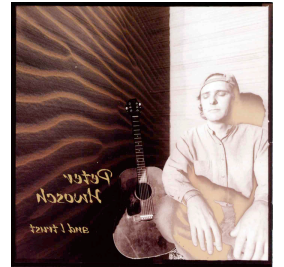


And I Trust

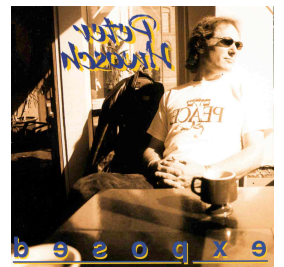
where is the wisdom passed down through the ages
through seer's and elders healers and sages
and why do we discard the places within us
that knows what is needed to move through the darkness
and why do we pass on the pain we've been given
to those we hold dear
we're gripped with such fear to let go
just 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 merely distractions
from similar habits we share, if only we'd dare
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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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

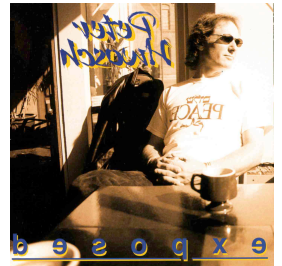
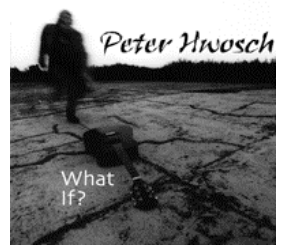
**my heart breaks for every life that's lost
all the sacrifices made at such a cost
for the grieving whose lives have come undone,
and for a world that has not learned to live as one**

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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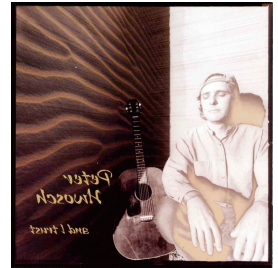


River of Dreams

starts in my heart, flows out through my mind
it races and it rambles, it's perceptive and blind
sometimes when I'm sleeping, but mostly the daytime kind
grew into a passion, hard to unwind, flows from scheme to scheme
the river of dreams



flows out into the distance, began somewhere in the past
takes stamina and persistence, your patience must last
looks so easy , well it's harder than it seems
sometimes unrealistic or too idealistic
flows from scheme to scheme
the river of dreams



retain flexibility
keep an open mind
recognize the unexpected
things aren't what they seem
on the river of dreams

lost in frustration, must have made a wrong turn
what good are good intentions? Broken promises burn
when one door closes they say another one opens
well just keep on hoping, and keep on groping
it flows from scheme to scheme
on the river of dreams

-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**

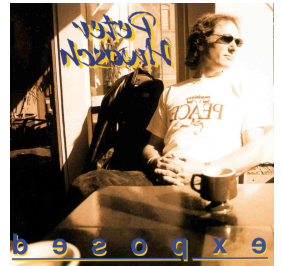
I don't mean to cause you pain
tears come down like northwest rain
you know I think we're both insane
that's why I thought it might work
yah I'm stubborn when I think I'm right
lets not argue, lets not fight
sleep on it now lets call it a night
tomorrow's a brand new day

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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Razor's Edge

all I need is just some kindness with that razor's edge
something bright by which to steer
there's too much of not enough
fading on why to try
I pray to feel a choice that's clear

all I need is room to breathe the life I feel inside
I act on what I know to do
feed the fire that burns a path
to insight hard to find
what you want I want for you

I know that I hold love for you
I know that we'll know what to do
drop down to trust and gratitude

all I need is just some faith
I'm on the road to home
make believe I know the way
my heart is full of shame,
sadness, joy, light and love
well there's a prayer in all we say

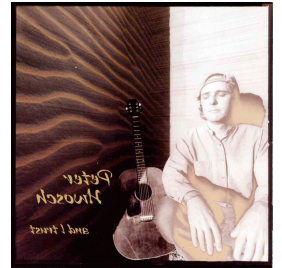
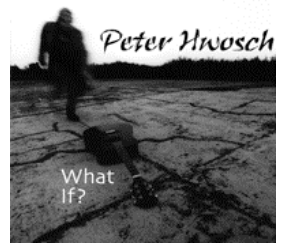
Chorus

trust and gratitude

Chorus

trust and gratitude

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Choose Life

leave it all behind me now
get off that was my final ride
trust in some way,
trust that some how
use my strength, cast it aside

this is no test, this is my life
this is the place and this is the time

fill up the space, make the moment mine
no disgrace, no guilt, no crime
perfection and grace are waiting to shine

choose life

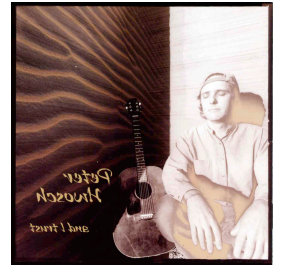
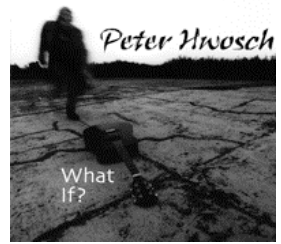
patterns familiar and firmly entrenched
doors are locked, perimeters fenced
make no mistake, that's an excuse
harder to shake, if I feel there's no use

just look around, what do I see?
is it still clear, what I wanted to be?

there is time, but not a moment to waste
I'll be fine - force a smile on my face
and remember - shadows can show me
where the sun is, where the sun is, where the sun is

choose life

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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 won't 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

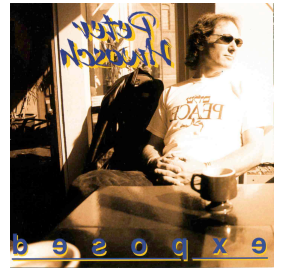
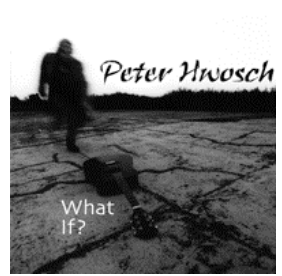
let the struggles fade away there's really nothing left to say
to clarify what we already know
time is on our side if we forgive our foolish pride
with light and love relax and just let go
and now you're already gone you're already gone

**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 one's 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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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

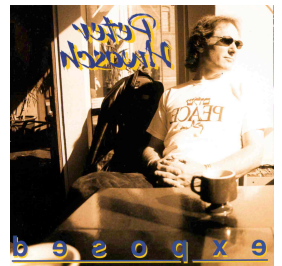
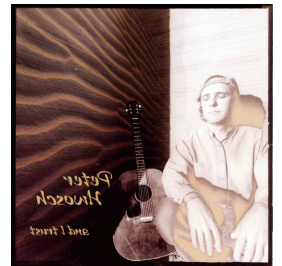
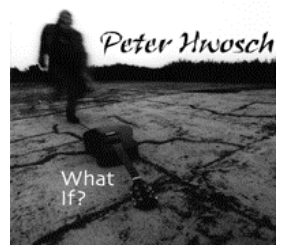
**trust what I feel,
live dreams made real
do what I can
give more than get,
don't live regrets
extend and expand**

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
how else do you draw God near?

CHORUS

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I'm Working For You

all along this path we're on
no one's sure who leads the way
grand fisads, cattle prods
what we want to hear they say
what we want to hear they say
back stabbing, headline grabbing,
mass media parade
how you're seen on the TV screen,
election year arcade

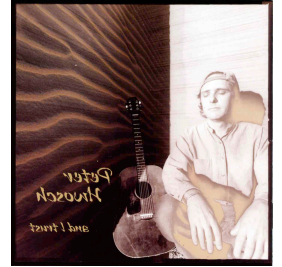
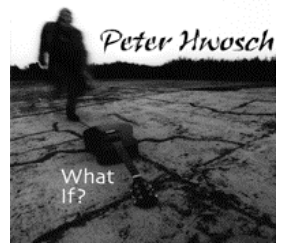
soon we'll see who the winners will be
and the losers will fade away
plans get laid as promise's fade
they were only speeches made
they were only speeches made
if we work together, we'll get through this rough weather
with your support there's nothing we can't do
just remember after November, the world will look brand new

**I'm working for you, you can trust in me
all that I do, you will agree
I hear your cries, I'm on your side,
(I know just what to do,)
I'm working for you**

tough decisions lay ahead,
but I have the courage to make them
hey it's no crime, things take time,
my promises I'll try not to break them
I say my Promises I won't break them
it's just a set back, we just got off track,
there's more here than meets the eye
I can assure you, we'll do all we can do,
But I'm sorry that's classified

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That Morning Light

inpatient with the waiting
endless debating
searching for a clue
just a hint of something new
where is direction?- why the deception?

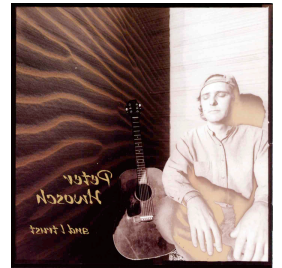
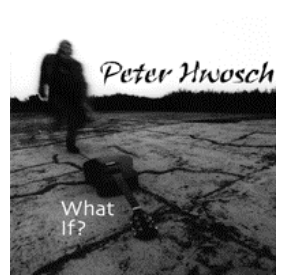
where are the leaders?
way too many sheep are getting sheared
those outside the mainstream
well it seems they're either hated or they're feared
where is reason? – why is truth treason?

where is the hope?
why can't I cope with problems like I used to in the past?
why are things changing – forever rearranging?
rarely fairly, and always, always too fast
well it seems we shut our doors and bolt them tight
keep our fear well out of sight
cling to someone through the night and pray
that morning light is gonna shine

fear takes over
fear of who we are and what we see
tension blow over
ignore the little voice, inside of me
well it gets harder as it gets louder
it's getting louder

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

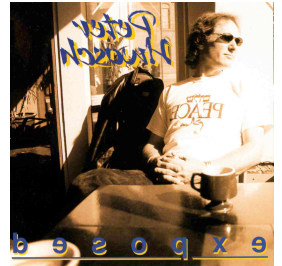
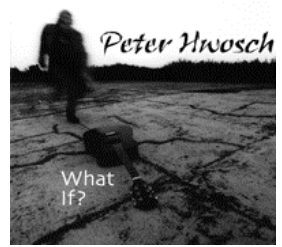
Chorus

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

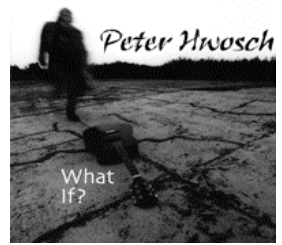
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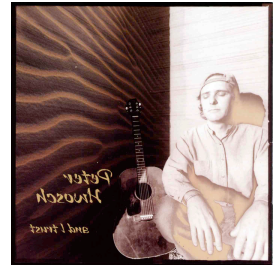
Everything is Coming My Way

you know that feeling when things are happening
for reasons you can't explain, and yet it all makes sense
you know when you try to give form to thoughts
but you don't know how to express what's not clear to begin with
well tongues get tied, and my mind is fried
from staring at screens, from blues and greens, from working it out
well you know how it feels to not be sure
to look for an answer to seek a cure when, maybe it's just timing



everything is coming my way

how come there're so many things you have to do each day
that get in the way of, of what you had in mind
you can think and think you can sit and think
well you can think some more
and never get anything done
yah well time is short and it won't be long
before it's after the time that's gone
what does that feel like
yah well what's up with all these people
there're thinking I'm made out of money or time



everything is coming my way

it's a slippery slope that's made from hope
to hold in mind sustained over time, well careful what you wish for
well there's power in dreams, and a spirit in schemes
the ways and means will always flow from clear intentions
well there's always a voice below the chatter
knows exactly what's the matter with every camouflage
kindness and compassion are not an abstraction
breathe them in and freely give it away

everything is coming my way

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Love is the Underground

I am a witness
I see the darkness
darkness all around
love is the underground

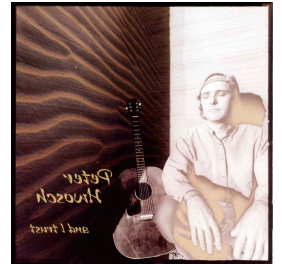
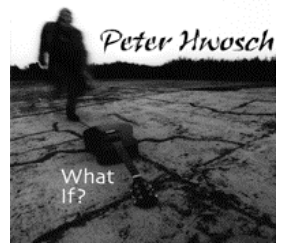
I am a witness
greed is the sickness
souls in the lost and found
love is the underground

**the tide it turns
the light it burns
the change is slow but steady
people you had better get ready
love, love is coming
love is the underground**

I am a witness
to the power in conviction
to turn this world
turn it around
love is the underground

Chorus

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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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