

ORDER OF THE FOUR LIVING LOVE ALBUMS:

CARRY THE LOVE  
OCEAN OF LOVE  
THE ONENESS SPACE  
OPEN UP YOUR VISION

CARRY THE LOVE

#1 Carry the love  
Artist Summer Raven

We are one incredible family  
We are one incredible family  
We are learning to live together  
We are learning to love one another  
We can be just who we are  
We can be we can be  
One incredible family

Time will take us where we go  
And love will show us what to do  
Laugh together play together  
Share each other's rainbows  
Carry the love, carry the love  
We can be just who we are  
We can be we can be  
One incredible family  
One incredible family

There's a place to learn Cornucopia  
Where we all are loved Cornucopia  
Children teach us sweet surrender  
Life is just one moment here and now  
Carry the love

We can be just who we are  
We can be we can be  
One incredible family  
One incredible family  
One incredible family  
Carry the love  
Carry the love  
Carry the love

#2 I Love Myself The Way I Am  
Artist Jai Michael Josefs

I Love myself the way I am  
there's nothing I need to change  
I'll always be the perfect me  
there's nothing to rearrange

I'm beautiful and capable  
of being the best me I can  
And I love myself just the way I am

I love you the way you are  
there's nothing you need to do  
When I feel the love inside myself  
it's easy to love you  
Behind your fears, your rage and tears  
I see your shining star  
And I love myself just the way you are

I love the world the way it is,  
'cause I can clearly see  
That all the things I judge are done  
by people just like me  
So 'til the birth of peace on earth  
that only love can bring  
I'll help it grow by loving everything

I love myself the way I am  
and still I want to grow.  
But change outside can only come  
when deep inside I know  
I'm beautiful and capable  
of being the best me I can,  
And I love myself just the way I am  
I love myself just the way I am.

### #3 Thank You For My Life

Artist BETH TOWER CORWIN ALL RIGHTS RESERVED - for personal use only

#### Chorus

Thank you for my life  
Thank you for my life  
Each precious day is a gift to me  
And I can hardly believe  
the beauty I see

#### Repeat Chorus

Thank you for my life  
Thank you for my life  
Each precious day is a gift to me  
And I can hardly believe  
the beauty I see

Thank you for my suffering  
And the wholeness that it brings  
Thank you for the trees in Spring  
As they're budding and flowering

Thank you for my frustration

My succumbing to temptation  
For my growth and the lack thereof  
That let me know I'm made of love

Chorus

Thank you for my life  
Thank you for my life  
Each precious day is a gift to me  
And I can hardly believe  
the beauty I see

Thank you for my range of feelings  
For the unexpected healings  
For the process of growth  
For love and hate  
cause I learn from both

Thank you for the lessons unending  
For the power of surrendering  
For boredom and waiting to be free  
Thank you for creating this for me

Chorus

Thank you for my life  
Thank you for my life  
Each precious day is a gift to me  
And I can hardly believe  
the beauty I see  
I can hardly believe  
the beauty I see  
I can hardly believe  
the beauty I see

#### #4 It's All All Right

Artist Jai Michael Josefs

Whatever I'm feeling here and now  
It's just what I'm feeling here and now  
And it's all all right

Whatever I'm thinking here and now  
It's just what I'm thinking here and now  
And it's all all right

Whatever I'm doing here and now  
It's just what I'm doing here and now  
And it's all all right

Whatever I'm fighting here and now  
It's just what I'm fighting here and now  
And it's all all right

The secret's not in what I do  
Or what I think or say to you  
Or what I show or what I try to hide  
The secret's not in what I feel  
Or whether I'm making my dramas real  
It's simply how much I accept  
Whatever's going on inside

Wherever I'm angry here and now  
It's just where I'm angry here and now  
And it's all all right.

Wherever I'm hurting here and now  
It's just where I'm hurting here and now  
And it's all all right

The secret's not in feeling good  
Or living like I think I should  
Or getting my desires satisfied  
The secret's not in being strong  
Or never doing anything wrong  
It's simply how much I accept  
Whatever's going on inside

La Ia Ia Ia Ia Ia Ia Ia  
La Ia Ia Ia Ia Ia Ia Ia  
And it's all right

Whatever I'm feeling here and now  
It's just what I'm feeling here and now  
And it's all all right  
Yes it's all all right

#### #5 It's A Beautiful Life

Artist TOM DALTON ALL RIGHTS RESERVED - for personal use only

Chorus:  
It's a beautiful life that we live  
It's a beautiful life that we live

Wake up early  
just to feel the morning sun  
Greet the day with a song  
Move your body  
to the rhythms in your soul.  
You can feel good today

Chorus:  
It's a beautiful life that we live  
It's a beautiful life that we live

Start the new day  
with the dreams you have inside  
You can reach them  
if you keep your goals in mind  
Don't you worry  
if they seem so hard to find  
You can feel good today

Chorus:

It's a beautiful life that we live  
It's a beautiful life that we live

Try to live each day  
as if it were the last  
Show the love you feel  
for everyone you pass  
You can love your life,  
just give it half a chance  
You can feel good today

Chorus:

It's a beautiful life that we live  
It's a beautiful life that we live  
(repeat)

#### #6 When I Opened Up My Heart

Artist TOM DALTON ALL RIGHTS RESERVED - for personal use only

Lightly, with a country feeling

When I opened up my heart  
I opened up the door  
When I opened up my heart  
I opened up the door  
Everything is waiting inside  
Everything is waiting inside  
All I did was open up my heart

When I give my love away  
I always get it back  
When I give my love away  
I always get it back  
All the love is waiting inside  
All the love is waiting inside  
All I did was give my love away

When I bid my fears goodbye  
My love starts to shine  
When I bid my fears goodbye  
My love starts to shine  
Love is always shining inside

Love is always shining inside  
All I did was bid my fears goodby

When I let my feelings show  
My love starts to grow  
When I let my feelings show  
My love starts to grow  
Love is always growing inside  
Love is always growing inside  
All I did was let my feelings show

When I let my anger go  
My joy starts to flow  
When I let my anger go  
My joy starts to flow  
Joy is always flowing inside  
Joy is always flowing inside  
All I did was let my anger go

When I opened up my heart  
I opened up the door  
When I opened up my heart  
I opened up the door  
Everything is waiting inside  
Everything is waiting inside  
All I did was open up my heart  
All I did was open up my heart

#7 Be Gentle With Yourself  
Artist Haven

May you walk in laughter  
May you sing with joy  
May you build your home  
In the warmth that you find  
There's a flow of love here  
Change of colors, too  
Waiting to surround us  
It's true

Chorus:  
Be gentle with yourself  
Be gentle with yourself  
Be gentle with yourself

May you see your sorrow  
May you feel your pain.  
May you find the answers  
As your tears fall like rain  
Soon you'll find the suffering  
Offers sweet release

Chorus (repeat 4 times)

Be gentle with yourself  
Be gentle with yourself  
Be gentle with yourself  
(In background:  
It's true, may peace surround you.)  
Then you'll be surrounded  
In peace

Chorus  
Be gentle with yourself  
Be gentle with yourself  
Be gentle with yourself

And the gentleness reminds us  
Of what we all can do  
May the love that is created  
Be the light to see us through

#8 Be the one

Artist Tom Dalton

When you gonna live your life now  
The way you always wanted to  
When you gonna find the love  
It's deep inside of you

When you gonna climb the mountains  
That lie across your path now  
When you gonna be the one  
You never quite allowed yourself to be  
Be the one you want to be

When you gonna learn the lessons  
That life is always giving  
When you gonna cross the threshold  
That makes life worth the living

When you gonna love somebody  
The way you always wanted to  
When you gonna find the love  
It's all inside of you

And be, be the one you want to be  
Be the one you want to be  
Be the one

When you gonna change the patterns  
That keep your life from growing  
When you gonna free your spirit  
And let your love start flowing  
When you gonna let your light shine  
Through all your fears and sorrows

When you gonna claim your birthright  
And be the one you want to be  
Be the one you want to be

When you gonna love somebody  
The way you always wanted to  
When you gonna find the love  
It's all inside of you

And be, be the one you want to be  
Be the one you want to be  
Be the one you want to be  
Be the one you want to be  
Be the one

Be the one you want to be  
Be the one you want to be

#### #9 Compassion

Artist Tom Dalton

Some days the sun don't shine  
Sometimes you lose that light  
in your eyes  
Some days you feel so low  
Sometimes the feeling won't let go  
Bridge:

You can learn to carry on  
You can learn that you are what you are  
Don't you know that you're enough  
All you gotta do is let yourself love

Chorus:  
Compassion is the key  
Love is all we need  
Compassion is the key  
Love is all we need to be free

When you think somebody let you down  
You can't seem to find  
your way around  
Look inside your heart to see  
They are only doing what they feel

Chorus  
Compassion is the key  
Love is all we need  
Compassion is the key  
Love is all we need to be free

Everybody's not the same  
Everybody plays a different game  
Some will turn and walk away  
Everyone must find their own way

Bridge:

You can learn to carry on  
You can learn that you are what you are  
Don't you know that you're enough  
All you gotta do is let yourself love

Chorus

Compassion is the key  
Love is all we need  
Compassion is the key  
Love is all we need to be free  
(repeat and fade)

#10 Look For the Common Ground

Artist TOM DALTON ALL RIGHTS RESERVED - for personal use only

Expressively, no beat  
Living in a world of people  
how can we survive  
Living with so many people  
when will we realize  
You and I we're so alike  
You and I we're so alike  
And when I feel that I am right  
and you are wrong  
I just smile when I see your face  
Remember there's a oneness space  
Try to see the world through your eyes  
And even if our point of view  
may seem to disagree  
There's something we can understand  
I think that you'll agree

Chorus:

We have to  
Look for the common ground  
you can find it all around  
Look for the love in everyone  
Even if it's hard to see,  
you can find the unity  
Just look for the love in everyone

In our living day to day  
it's easy to forget  
All our talk of brotherhood  
just doesn't seem to fit  
There's a lot of broken hearts  
with nothing left to believe  
Now it's time we made a start  
it's up to you and me

Chorus:

We have to  
Look for the common ground  
you can find it all around  
Look for the love in everyone  
Even if it's hard to see,  
you can find the unity  
Just look for the love in everyone

We have to  
Look for the common ground  
you can find it all around  
Look for the love in everyone  
Even if it's hard to see,  
you can find the unity  
Just look for the love in everyone

.....in everyone, everyone  
(you and I we're so alike)  
living in a world of people  
(You and I we're so alike)

how can we survive  
(you and I we're so alike)  
living with so many people  
(you and I we're so alike)  
look for the common ground

#11 Remembering and forgetting

Artist JAI MICHAEL JOSEFS ALL RIGHTS RESERVED - for personal use  
only

Sometimes I feel the spirit  
Sometimes I feel so sad  
Sometimes I feel so near it  
Other times I hurt so bad  
Somedays it all feels wonderful  
And some nights I want to cry  
Sometimes I feel like my dreams  
can become real  
Sometimes I just want to let them die

Remembering and forgetting  
That's the game that we play  
We drift so far  
We forget who we really are  
'Til we remember that love is the way  
To remember

The light that shines inside of us  
Is brighter, brighter than the sun  
But sometimes we ignore it  
We're so busy trying to get things done

Sometimes it all seems so important  
What we say and how we do  
Then sometimes I feel the silence  
And I know what's really true

Remembering and forgetting  
That's the game that we play  
We drift so far  
We forget who we really are  
'Til we remember that love is the way

Sometimes illusions we create  
Can seem so real  
We lose sight of the love so easily  
Sometimes we get so lost  
Inside the pain we feel  
'Til we look around and see  
That learning to be free is just

Remembering and forgetting  
That's the game that we play  
We drift so far we forget  
Who we really are  
'Til we remember that love is the way  
To remember (remember)  
To remember (remember)

## #12 Loving Me Is All I Have To Do

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When I feel lost and all alone  
And scared and sad and blue  
I sit and think of things I've done  
And things I've tried to do

It doesn't really matter  
Things are as they should be  
If I could just remember that

Loving me is all I have to do,  
Loving me is all I have to do

There came a time in my life  
When everything went wrong  
And angry thoughts ran through my mind  
Trying to take me along  
It's just another feeling  
So I'll turn it into love  
And I'll give to you remembering

Loving me is all I have to do,  
Loving me is all I have to do

It's time to see  
Who I should be  
There's time to find the answer  
Go up and down  
Turn around  
And recognize the dancer

Whoa-oh-oh

It seems as though I've tried to say  
In many different ways  
And all you do is see the image  
That my words portray

And now that my reflection  
Has turned around to you  
I realize with special wonder that

Loving me is all I have to do  
Loving me is all I have to do  
Loving me is all I have to do  
Loving me is all I have to do  
Loving me is all I have to do  
Loving me is all I have to do

#1 Ocean Of Love  
Artist Mark Allen

She sings she sings so sweetly  
She sings of love  
The light the light shining in her eyes  
Colors and spirits above  
And she shows us she shows us what  
love is

Light within your heart  
love is in every one of us  
Right within your heart  
Is an ocean of love  
Ocean of love  
Ocean of love  
Ocean of love

She speaks she speaks so sweetly  
Of wondrous things  
Shining with the light and love  
Sweet inspiration brings  
Showing us showing us how to love  
Without hanging on  
Loving every moment  
Of life's ever-changing song  
In an ocean of love  
Ocean of love

Ocean of love  
Ocean of love

May you be eternally loaded on love  
May you fly forever high on the wings  
of a dove  
May your hearts be open for all time to  
everyone  
May your love light shine on all  
Like the moon and the sun  
On an ocean of love  
Ocean of love  
Ocean of love

## #2 You Got Everything You Need

Artist MARK ALLEN

Boogie - pretty fast

You got everything you need  
right here and now 0 yeah  
You got everything you need  
right here and now 0 yeah  
But if you think that your happiness  
is somewhere else  
Brothers and sisters take a look  
at yourself  
You got everything you need  
right here and now 0 yeah

You got everything you need  
right here and now 0 yeah  
You got everything you need  
right here and now 0 yeah  
You may be fat and you  
may be thin  
But you're just perfect  
in the shape you're in  
You got everything you need  
right here and how 0 yeah

You got everything you need  
right here and now 0 yeah  
You got everything you need  
right here and now 0 yeah  
But if you think that your happiness  
is over that fence  
Turn that addiction  
to a preference  
You got everything you need  
right here and now 0 yeah

You got everything you need

right here and now 0 yeah  
You got everything you need  
right here and now 0 yeah  
Uh ha  
You may be black brown red  
yellow blue or white  
Any way you are  
is outa sight  
You got everything you need  
right here and now 0 yeah

You got everything you need  
right here and now 0 yeah  
You got everything you need  
right here and now 0 yeah  
But if you're uptight or burned out  
or scrambled or fried  
People take a look at  
the other side  
You got everything you need  
right here and now 0 yeah

You got everything you need  
right here and now 0 yeah

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### #3 Love Center

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Chorus:  
Love Center Love Center  
Open up your heart  
Open up your heart  
It's so easy to start  
(Love Center)  
Just feel your heart  
(Love Center)  
Open up your heart  
Open up your heart

All answers are there  
(Love Center)  
Everything is clear  
(Love Center)  
Open up your heart  
Open up your heart  
Fill your body with light  
(Love Center)  
Let your love shine bright  
(Love Center)  
Open up your heart

Open up your heart  
Bridge:  
Love shines from your heart  
Shinin' on us all so bright  
We are never apart  
We are pure light  
We are pure light

Chorus  
Love Center Love Center  
Open up your heart  
Open up your heart  
It's so easy to start  
(Love Center)  
Just feel your heart  
(Love Center)  
Open up your heart  
Open up your heart

Next thing you know  
(Love Center)  
That light starts to grow  
(Love Center)

Open up your heart  
Open up your heart

Repeat from bridge  
Love shines from your heart  
Shinin' on us all so bright  
We are never apart  
We are pure light  
We are pure light

Chorus  
Love Center Love Center  
Open up your heart  
Open up your heart  
It's so easy to start  
(Love Center)  
Just feel your heart  
(Love Center)  
Open up your heart  
Open up your heart

#4 All We Need Is Love  
Artist Mark Allen

With feeling, flowingly

Love is the answer  
Love is the key  
It can open any door

Give us eyes to see

In our hearts lies a secret  
And it sets us free  
All we need is love  
All we need is love

Repeat

#5 Let It Go

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Chorus

Let it go-let it go  
And watch your life flow  
Don't let the good life pass you by  
Let it go-let it go  
It's the only way I know  
To find love peace and happiness  
and rainbows in the sky

Don't hang on to your problems  
Don't hang on to your tears  
Lift up your heart with laughter  
Now let go of all your fears  
Where's the happy ever after  
You've waited for all these years  
The answer's locked inside your heart  
A prisoner of your fears

Chorus

Let it go-let it go  
And watch your life flow  
Don't let the good life pass you by  
Let it go-let it go  
It's the only way I know  
To find love peace and happiness  
and rainbows in the sky

Don't hang on to your anger  
Don't hang on to your pain  
Let your heart be like sunlight  
After a summer's rain  
Don't tell yourself you're sorry  
That you've lived your life in vain  
Just give your life what you've got  
The more you give the more you gain

Don't hang on to life's pleasures  
Or the things you think you need  
Tune into what you've got right now

Life gives you what you need  
Don't let yourself be trapped  
By worry or by greed  
When you enjoy each moment  
You'll know that you've been freed

Chorus

Let it go-let it go  
And watch your life flow  
Don't let the good life pass you by  
Let it go-let it go  
It's the only way I know  
To find love peace and happiness  
and rainbows in the sky  
To find love peace and happiness  
and rainbows in the sky

#6 Living Love Is How I Start

Artist SUMMER RAVEN ALL RIGHTS RESERVED - for personal use only

It was just a week ago  
I let my true self know  
I'm ready to receive your love  
Unite me with your light  
Dancin' on a sunbeam bummin' bright  
Make me one with the shinin' sun above  
Living Love is how I start  
And sharin' all the secrets I keep  
Deep down in my heart

I spent such a lonely time  
Puttin' all my sorrows into rhyme  
Runnin' from a monster I call Fear  
Now you're telling me I know  
I got no place to go  
'Cause everything I need I got right here  
Living Love is how I start  
And sharin' all the secrets I keep  
Deep down in my heart

I don't have to be afraid  
Of all the monsters I have made  
I'll tame them with my love-I'm learning how  
No matter where I roam  
I'm always safe at home  
When I can be in heaven here and now  
Living Love is how I start  
And sharin' all the secrets I keep  
Deep down in my heart

I used to think my role  
Was more important than my soul

I used to think I needed lots of stuff  
Now I'm content to be  
Like the ever-changing sea  
I'm happy being me  
'Cause I'm enough  
Living Love is how I start  
And sharin' all the secrets I keep  
Deep down in my heart

#7 Accept It  
Artist Summer Raven

Chorus:  
Well there's nothin' to do  
but accept it  
It don't do no good  
to reject it  
There's nothin' to do  
but accept it  
That's what is, that's what  
is  
let it flow on  
let it flow on  
let it flow on

Whatever may be  
happening  
in your life  
It may be filled with pain  
or fear or strife.  
When things seem just as  
bad  
as they can be  
Sweet brothers and  
sisters,  
here's a key

Chorus  
Well there's nothin' to  
do  
but accept it  
It don't do no good  
to reject it  
There's nothin' to do  
but accept it  
That's what is, that's what  
is  
let it flow on  
let it flow on  
let it flow on

Change is the name of the

game  
my friend

Things never stay the  
same  
my friend  
There's just one choice  
we've got-ain't it so?  
We can reject it  
and fight it  
or we can let it flow

Chorus  
Well there's nothin' to do  
but accept it  
It don't do no good  
to reject it  
There's nothin' to do  
but accept it  
That's what is, that's what  
is  
let it flow on  
let it flow on  
let it flow on

Love is the key  
of which we sing  
To love and to accept  
are the same thing  
Just beyond all those  
words  
in your rational mind  
Is an ocean of love  
and it's so easy to find

Chorus  
Well there's nothin' to do  
but accept it  
It don't do no good  
to reject it  
There's nothin' to do  
but accept it  
That's what is, that's what  
is  
let it flow on  
let it flow on  
let it flow on

#8 Now I Gather My Wings  
Artist Summer Raven

I don't need his love to feel free

I've got all I need loving me  
And if he should enter my heart  
There's no need to tear it apart

Chorus:

Now I gather my wings  
And heed the call of the skies  
Hear the raven She sings  
Songs of love as she flies  
In eternity we are one  
Our love light shines like the sun  
In surrender we'll know the way  
To love our lives every day

Chorus

Now I gather my wings  
And heed the call of the skies  
Hear the raven She sings  
Songs of love as she flies

#9 It's O.K. To Be Me

Artist Summer Raven

It's OK to be me  
All alone and in pain  
Sittin' under a tree  
At night in the rain  
I'm just doin' my thing  
And it's my time to spend  
And it's OK by me  
I'm my own best friend

Well the river don't worr'y  
And the seasons don't care  
Not one of these trees  
Wants to go anywhere  
It's only a movie  
And I'm playin' my part  
And right now this scene  
Is a pain in my heart

It's OK to be me  
When I'm tryin' too hard  
And I've lost all my money  
And I've played my last card  
I can't hang on to something  
That I never had  
And whatever I do  
I don't call myself bad

'Cause a person's a person

Whatever they do  
I can let myself be  
If I let you be, too  
It's just our illusions  
That keep us apart  
I know that we're friends  
When I open my heart

#### #10 I'm Getting Free

Artist Summer Raven

Fast - with a heavy beat  
I'm gettin' free of all the fears  
That make me feel so lost and lonely  
I don't have to be afraid  
Of what the world will do to me  
I'm learning how to love  
And love is stronger than my fears can be  
I'm learning how to love my life  
I'm learning to be free

I'm gettin' free of all the craving  
That nearly drives me mad  
I don't ever have to feel that I need  
Just what I don't have  
I'm learning how to love  
And love will always satisfy me  
I'm learning how to love my life  
I'm learning to be free

I'm gettin' free of all demanding  
To have things my own way  
I don't have to control you  
It's not worth the price I pay  
I'm learning how to love  
I don't have to force my way  
I'm learning how to love my life  
More and more each day

I'm gettin' free of all the fears  
That make me feel so lost and lonely  
I don't have to be afraid  
Of what the world will do to me  
I'm learning how to love  
And love is stronger than my fears can be  
I'm learning how to love my life  
I'm learning to be free

I'm learning how to love

And love is stronger than my fears can be  
I'm learning how to love my life  
I'm learning to be free

THE ONENESS SPACE

#1 I Just Go On Loving You

Artist Summer Raven

I know sometimes it's hard for you  
To let yourself be free  
'Cause I can feel the struggle  
Deep inside of you oh yeah  
I know that I can't change your life  
It's up to you to be  
What you feel  
Is really you oh yeah

Chorus:

No matter what you say or what you do  
I know my love will see me through  
And I just go on lovin' you  
Yes I do  
I just go on lovin' you

I can see how you might think

I want something from you  
But I don't want to take  
What you can't give me oh no  
I'm here to learn from what we are  
And what we try to do  
Just be yourself my friend  
And you help me be free

Chorus:

No matter what you say or what you do  
I know my love will see me through  
And I just go on lovin' you  
Yes I do  
I just go on lovin' you

I'm so close to what you are

'Cause you're so much like me  
I guess that's why I love  
To watch the things you do oh yeah  
And I find I love myself  
When I'm loving you  
I'm just your face in the mirror  
Laughing back at you oh yeah

Chorus

No matter what you say or what you do  
I know my love will see me through  
And I just go on lovin' you  
Yes I do  
I just go on lovin' you

No matter what you say or what you do  
I know my love will see me through  
And I just go on lovin' you  
Yes I do  
I just go on lovin' you

I just go on lovin' you

## #2 I Take Responsibility

Artist Summer Raven

Moderately - with a heavy beat  
Chorus:  
I take responsibility  
For the way I feel  
'Cause I create the experience  
That I take as real

When I feel myself gettin' uptight  
And I tell myself the world ain't right  
And I can see I'm headed for a fight  
I'm headed for a fight  
Chorus  
I take responsibility  
For the way I feel  
'Cause I create the experience  
That I take as real

When I find that I'm afraid of you  
And I'm scared of what you might do  
And I'm feelin' mighty helpless too  
I'm feelin' helpless, too

Chorus  
I take responsibility  
For the way I feel  
'Cause I create the experience  
That I take as real

When it's pleasure I'm lookin' for  
And I feel that my life is a bore  
There's not enough and I gotta have more  
I just gotta have more

Chorus

I take responsibility  
For the way I feel  
'Cause I create the experience  
That I take as real

Now I know that no one's to blame  
For the feelings I get in life's game  
I'm the one who creates the pain  
Who creates the pain

Chorus

I take responsibility  
For the way I feel  
'Cause I create the experience  
That I take as real  
"Repeat"

### #3 There Is Only One

Artist SUMMER RAVEN ALL RIGHTS RESERVED - for personal use only

Slowly, with devotion

I am a humble servant  
A part of one great plan  
I'm here to love and serve you  
In every way I can  
I am a holy vessel  
Full to overflowing  
I give to all who ask of me  
And care not where I'm going

Chorus:

Pure light shines through me  
My task has just begun  
Now that I can see  
There is only one

I am the Royal Master  
And Ruler of my soul  
All I need will come to me  
There's nothing to control  
I am an inspiration  
Here for all to see  
I share my life with everyone  
And know in truth I'm free

Chorus:

Pure light shines through me

My task has just begun  
Now that I can see  
There is only one

#4 Nothings More Important Than the Oneness Space  
Artist Summer Raven

Sing it like a kid!

Chorus:

Nothing's more important than the oneness space  
It comes from your heart It's a happy place  
Love can put a smile on your face  
And give you so much more

It lets you see and it sets you free  
It gives you so much energy  
Love can end your misery  
And open any door

Chorus:

Nothing's more important than the oneness space  
It comes from your heart It's a happy place  
Love can put a smile on your face  
And give you so much more

Love can give you peace of mind  
Love can teach you to be kind  
Love's the perfect way to find  
What you're lookin' for

Chorus

Nothing's more important than the oneness space  
It comes from your heart It's a happy place  
Love can put a smile on your face  
And give you so much more

Love is the sparkle in your eye  
Love will always get you high  
Love's the smoothest way to fly  
Feel your spirit soar

Chorus

Nothing's more important than the oneness space  
It comes from your heart It's a happy place  
Love can put a smile on your face  
And give you so much more

Nothing's more important than the oneness  
space

It comes from your heart It's a happy place  
Love can put a smile on your face  
And give you so much more

Love is the sparkle in your eye  
Love will always get you high  
Love's the smoothest way to fly  
Feel your spirit soar

Nothing's more important than the oneness  
space  
It comes from your heart It's a happy place  
Love can put a smile on your face  
And give you so much more

#5 Beware What You Tell Yourself  
Artist Summer Raven

Freely swinging rhythm

Beware what you tell yourself  
Children of light  
Demanding and judging  
Will alter your sight  
And forcing your way  
Always leads to a fight  
'Cause nothing is wrong  
More than anything's right

Wherever you wander  
Don't leave love behind  
Whatever you're giving  
Is what you will find  
Accept what life shows you  
Or live like the blind  
The beauty or ugliness  
Comes from your mind

When life didn't please us  
We made ourselves sad  
When we couldn't control things  
We made ourselves mad  
This kept us from loving  
What we already had  
What we want we call good  
What we don't we call bad

Remember our spirit  
And follow your heart  
We can make our own troubles  
Or take them apart  
When the tragedy ends  
Watch the comedy start

In the story of life  
You're just playing your part

Beware what you tell yourself  
Children of light  
Demanding and judging  
Will alter your sight  
And forcing your way  
Always leads to a fight  
'Cause nothing is wrong  
More than anything's right

#6 That's the Way It Is, By Golly

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When the sun don't shine on Monday  
I don't wish that it was Sunday  
just smile and shrug my shoulders  
That's the way it is

Chorus

That's the way it is by golly  
That's the way it is by golly  
That's the way it is by golly  
That's the way it is

People come and people go  
Some say yes and some say no  
I just smile and shrug my shoulders  
That's the way it is

Chorus

That's the way it is by golly  
That's the way it is by golly  
That's the way it is by golly  
That's the way it is

Life is like a merry-go-round  
Sometimes up and sometimes down  
I just smile and shrug my shoulders  
That's the way it is

Chorus

That's the way it is by golly  
That's the way it is by golly  
That's the way it is by golly  
That's the way it is

We can laugh and we can cry  
First we're born and then we die  
I just smile and shrug my shoulders

That's the way it is

Chorus

That's the way it is by golly  
That's the way it is by golly  
That's the way it is by golly  
That's the way it is

When my Mother tells me no  
I don't tell her where to go  
I just smile and shrug my shoulders  
That's the way it is

Chorus

That's the way it is by golly  
That's the way it is by golly  
That's the way it is by golly  
That's the way it is

When I come home from a date  
And mom gets mad and says I'm late  
I just smile and shrug my shoulders  
That's the way it is

Chorus

That's the way it is by golly  
That's the way it is by golly  
That's the way it is by golly  
That's the way it is

When I'm smokin' in my room  
And my Dad yells with the voice of doom  
I just smile and shrug my shoulders  
That's the way it is

Chorus

That's the way it is by golly  
That's the way it is by golly  
That's the way it is by golly  
That's the way it is

When I'm feelin' sad and lonely  
'Cause I don't have my one and only  
I just smile and shrug my shoulders  
That's the way it is

Chorus

That's the way it is by golly  
That's the way it is by golly  
That's the way it is by golly  
That's the way it is

When I spend the whole day cookin'  
And it burns when I'm not lookin'

I just smile and shrug my shoulder  
That's the way it is

Chorus

That's the way it is by golly  
That's the way it is by golly  
That's the way it is by golly  
That's the way it is

When I slave for every penny  
And my wife won't save us any  
I just smile and shrug my shoulder  
That's the way it is

Chorus

That's the way it is by golly  
That's the way it is by golly  
That's the way it is by golly  
That's the way it is

When my grandson and I can't rap  
I don't blame it on the generation  
I just smile and shrug my shoulder:  
That's the way it is

Chorus

That's the way it is by golly  
That's the way it is by golly  
That's the way it is by golly  
That's the way it is

When anything in my life goes wrong  
I just sing this simple song  
I just smile and shrug my shoulders  
That's the way it is

NOW it's your turn

Chorus

That's the way it is by golly  
That's the way it is by golly  
That's the way it is by golly  
That's the way it is

NOW it's your turn again

Chorus

That's the way it is by golly  
That's the way it is by golly  
That's the way it is by golly  
That's the way it is

When anything in my life goes wrong  
I just sing this simple song  
I just smile and shrug my shoulders  
That's the way it is

Chorus

That's the way it is by golly  
That's the way it is by golly  
That's the way it is by golly  
That's the way it is

#7 I Can Surrender

Artist SUMMER RAVEN ALL RIGHTS RESERVED - for personal use only

Slowly with feeling

Chorus

I can love everything  
I can feel I can see  
I can hear my heart sing  
I can love to be me

I can surrender  
And long for no more  
When I think life should give me  
What life gave me before  
I can surrender  
And let myself be  
Like the birds and the flowers  
I too can be free

Chorus

I can love everything  
I can feel I can see  
I can hear my heart sing  
I can love to be me

I can surrender  
To sorrow and pain  
Do the birds fight the seasons  
Do flowers fight rain  
I can surrender  
To pleasure and bliss  
And treasure each moment  
That gives me all this

Chorus

I can love everything  
I can feel I can see  
I can hear my heart sing  
I can love to be me  
I can love everything

I can feel I can see  
I can hear my heart sing  
I can love to be me

#8 Everyone's Been Blue

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Chorus:

It's OK to be unhappy honey  
Everyone's been blue and  
Blue's a pretty color baby  
When it's worn by you  
It's OK to lose your way my love  
We've all been lonely too  
It's OK to be the way you are  
No matter what you do

We thought when we were children  
We could always make a deal  
At a game called pleasing others  
Learned which feelings to conceal  
Sure would like to see you happy  
But your sorrow's just as real  
And you can learn to love yourself  
No matter what you feel

Chorus:

It's OK to be unhappy honey  
Everyone's been blue and  
Blue's a pretty color baby  
When it's worn by you  
It's OK to lose your way my love  
We've all been lonely too  
It's OK to be the way you are  
No matter what you do

I know it kinda scares you  
When you feel your spirit sink.  
Just hang on to this chain of hope  
There's love in every link  
You know I used to be so low myself  
I drove myself to drink  
Now I'm learning to accept myself  
No matter what I think

Chorus:

It's OK to be unhappy honey  
Everyone's been blue and  
Blue's a pretty color baby  
When it's worn by you  
It's OK to lose your way my love

We've all been lonely too  
It's OK to be the way you are  
No matter what you do

#9 The Whole Wide World's My Home

Artist SUMMER RAVEN ALL RIGHTS RESERVED - for personal use only

Joyfully, fast with a beat

Chorus:

No matter where I wander  
No matter where I roam  
I play my part with a happy heart  
The whole wide world's my home

I started on my journey  
The first time I took a breath  
The trail will end when I join my friend  
The one we all call death

Chorus:

No matter where I wander  
No matter where I roam  
I play my part with a happy heart  
The whole wide world's my home

I'm not afraid of hard times  
I can bounce back when I fall  
High or low, anywhere I go  
I've come to love it all

Chorus:

No matter where I wander  
No matter where I roam  
I play my part with a happy heart  
The whole wide world's my home  
The future lies before me  
Like an offer-not a vow  
The past is dead like a book I've read  
I'm living here and now

Chorus:

No matter where I wander  
No matter where I roam  
I play my part with a happy heart  
The whole wide world's my home

I watch my life unfolding  
I give my heart the lead  
I watch the show, cause now I know  
I've got everything I need

Chorus:

No matter where I wander  
No matter where I roam  
I play my part with a happy heart  
The whole wide world's my home

#10 'Tis the Gift To Be Simple

Old Quaker Standard

'Tis the gift to be simple  
'Tis the gift to be free  
'Tis the gift to come down where we ought to be  
And when we find ourselves in the place just right  
It will be in the valley of love and delight  
When true simplicity is gained  
To bow and to bend we will not be ashamed  
To turn, to turn it will be our delight  
Till by turning and turning we come round right

Repeat

#11 Sweet Surrender

Artist MARK ALLEN ALL RIGHTS RESERVED - for personal use only  
With devotion  
Teach me O teach me  
Sweet surrender  
May I learn really learn to  
Love it all  
There's nothing to reject  
there is beauty and wonder  
in each eternal moment  
here and now

I pray to deeply understand  
Sweet surrender  
May I have the wisdom now  
To know what things can change  
and have the strength to change them  
and to see what things cannot change  
and let them flow

May I forever know  
Sweet surrender  
May I learn what it means  
to be free to be free

May I live in love  
may I remember  
everything has its beauty  
but not everyone can see

I pray to deeply understand  
Sweet surrender  
I pray to have the heart and eyes to see  
That good and bad and right and wrong  
and pain and bliss and all  
are all branches of the same tree  
They're all One in their real identity

Teach me O teach me  
Sweet surrender  
May I learn really learn to  
Love it all  
There's nothing to reject  
there is beauty and wonder  
in each eternal moment  
here and now

#12 Living Living Love

OPEN UP YOUR VISION

#1 I'm the One That I've Been Looking For

Artist Jai Michael Josefs

I've played the game of win and lose  
I've played the game of pick and choose  
I've played the game of making my baby cry  
I've played the game of broken heart  
I've played the game of brand new start  
But now there's one more game I'd like to try

Chorus:

I don't have to wear a frown  
When my baby won't come 'round  
I don't have to play the games I played before  
I don't have to be uptight  
If I'm not with somebody tonight  
'Cause I'm the one that I've been looking for  
Oh yeah  
I'm enough and there's no need for more  
I've played the game of being alone  
Sitting by the telephone  
Looking for a number to call  
that'd make me feel good  
I've played the game of running around  
With every lover that I found  
But, somehow, none of them loved me  
like I thought they should

Chorus

I don't have to wear a frown  
When my baby won't come 'round  
I don't have to play the games I played before  
I don't have to be uptight  
If I'm not with somebody tonight  
'Cause I'm the one that I've been looking for  
Oh yeah  
I'm enough and there's no need for more

I've played the game of hiding my fears  
I've played the game of crying my tears  
I've played the game of wanting things  
my own way  
I've played the game of being cool  
I've played the game of holding on like a fool  
But now I've found the key to making love  
stay in my life

Chorus

I don't have to wear a frown  
When my baby won't come 'round  
I don't have to play the games I played before  
I don't have to be uptight  
If I'm not with somebody tonight  
'Cause I'm the one that I've been looking for  
Oh yeah  
I'm enough and there's no need for more

#2 Playin' the Money Game

Artist JAI MICHAEL JOSEFS ALL RIGHTS RESERVED - for personal use  
only

Moderate reggae beat

Now since I opened up my heart  
my whole life has been changed  
But I still go to work like anyone  
But now instead of wasting myself  
chasing after cash  
I play the money game and I have fun

Chorus:

Playin' the money game  
Playing' the money game  
I am not addicted to power  
wealth or fame, no I'm just  
Pl~yin' the money game  
Playin' the money game  
Whether I win or lose I feel the same

Now I used to make myself upset  
with others on the job

Or only do enough to just get by  
But when I see each moment  
as a chance to love and serve  
Any work I do can get me high

Chorus

Playin' the money game  
Playing' the money game  
I am not addicted to power  
wealth or fame, no I'm just  
Pl~yin' the money game  
Playin' the money game  
Whether I win or lose I feel the same

I used to think I needed fancy cars  
and fancy clothes  
To show the world my life  
was working fine  
But now I don't need fancy things  
to validate my life  
'Cause all the love I need's already mine

Chorus

Playin' the money game  
Playing' the money game  
I am not addicted to power  
wealth or fame, no I'm just  
Pl~yin' the money game  
Playin' the money game  
Whether I win or lose I feel the same

#3 I Love You

Artist JAI MICHAEL JOSEFS ALL RIGHTS RESERVED

I love you  
Not Just for what you mean to me  
For the beautiful jewel you are  
A flower in a field of joy  
Whether you feel th love  
inside yourself or not  
I know it's there and I don't care  
What tomorrow may find  
My love for you is beyond time

I love you  
Behind the drama of our lives  
Behind the passion that we feel  
Behind the fears we think are real  
Behind the the storms isee  
the rainbow in your heart  
I feel the boundries of our love  
Reach far beyond the sky  
My love for you will never die

I love you

#4 I'll Work On Me

Artist Jai Michael Josefs

Darling you know I love you  
But livin' with you everyday  
There's times I feel so mad  
I just want to shout  
I put myself above you  
And tell you how you should be  
But there's a better way for us  
to work it out

Chorus:

I'll work on me  
And you work on you  
That's the only way I know  
To keep love shining through and  
I'll keep working on me  
No matter what you do  
'Cause I don't ever  
Want to stop loving you

Sometimes I think you're crazy  
Puttin' the blame on me  
When nothing's going like  
You want it to go  
Sometimes I get so lazy  
And just want you to change  
But that kind of change is never  
Gonna help me grow

Chorus:

I'll work on me  
And you work on you  
That's the only way I know  
To keep love shining through and  
I'll keep working on me  
No matter what you do  
'Cause I don't ever  
Want to stop loving you

Sometimes you start crying  
About all the hurt you feel  
And I feel sad when I see you  
In distress, oh yes  
And there is no denying  
I'd rather see you smile  
But I can't bring you

Joy and happiness

Chorus:

I'll work on me  
And you work on you  
That's the only way I know  
To keep love shining through and  
I'll keep working on me  
No matter what you do  
'Cause I don't ever  
Want to stop loving you

I know it would be easy  
If we got really free  
To spend all of my days  
being lovers with you  
And that would really please me  
But until then when we're down  
I'm gonna let you  
be my teacher too

Chorus:

I'll work on me  
And you work on you  
That's the only way I know  
To keep love shining through and  
I'll keep working on me  
No matter what you do  
'Cause I don't ever  
Want to stop loving  
I don't ever  
Want to stop loving  
I don't ever  
Want to stop loving you

## #5 The Key To Understanding

Artist Jai Michael Josefs

Today the time has come  
to go our separate ways  
But we don't have to say goodbye  
I love you now as much  
as I did yesterday  
That part of us will never die  
It's clear to both of us  
we need more space to grow  
For life goes on and  
nothing stays the same  
And we can make ourselves  
feel separate and sad  
Or live in love  
and see it as a game

Chorus:

Well, it's the key to understanding  
And opening up your heart  
When you love me and I love you  
We can each just play our part  
And it's the way to stop demanding  
And find true happiness  
When I love me and you love you  
There's no more loneliness  
When I love me and you love you  
There's no more loneliness

I see us feeling sad  
about the pain we shared  
And worried we won't make it  
on our own  
But I also see quite clearly  
how strong we really are  
And in our years together  
how we've grown  
Don't fear the future  
or cry about the past  
Right here and now  
we both are free  
To live each moment  
in harmony and love  
With everything we do and see

Chorus:

Well, it's the key to understanding  
And opening up your heart  
When you love me and I love you  
We can each just play our part  
And it's the way to stop demanding  
And find true happiness  
When I love me and you love you  
There's no more loneliness  
When I love me and you love you  
There's no more loneliness

#6 Doin' the Dance From Love  
Artist Jai Michael Josefs

It happened just a week ago  
My lover wasn't around  
When he was supposed to pick me up  
On the other side of town  
But I didn't put him out of my heart  
I hopped right on a bus  
'Cause the only place I need to be

Is the place where we are us

Chorus:

Doin' the dance from love  
Doin' the dance from love  
You can flow with anything  
When you're doin' the dance from love

I worked all morning yesterday  
I was really going strong  
When my supervisor told me  
That he'd started me out wrong  
So I did it all over again  
And didn't get uptight  
'Cause bein' in love means more to me  
Than bein' in the right

Chorus

Doin' the dance from love  
Doin' the dance from love  
You can flow with anything  
When you're doin' the dance from love

Now any time I get caught up  
Around what people do  
I sing myself this simple song  
And it helps pull me through  
'Cause I know deep inside my heart  
No matter what is said  
The only thing I can really change  
Is what's inside my head

Chorus

Doin' the dance from love  
Doin' the dance from love  
You can flow with anything  
When you're doin' the dance from love

'Cause behind all that  
Here we are  
Lovers on planet earth  
Behind all that  
Here we are  
Lovers on planet earth  
And we're just  
Doin' the dance from love  
Doin' the dance from love  
You can flow with anything  
When you're doin' the dance from love

#7 Let It Out / Let It In

Artist Jai Michael Josefs

Chorus:

Let it out (Let it out)  
Let it out (Let it out)  
Don't hold back  
That's the way the change begins  
Let it out (Let it out)  
Let it out (Let it out)  
Don't hold back  
'Cause when you share the secret part  
You open up your heart  
to let love in  
(Let it in ) Let it in (Let it in)

When you're feeling hurt and lonely  
You think you've got no place to go  
You lock your sorrow up inside your heart  
'Cause you couldn't bear for anyone to know  
And what really makes it seem so bad  
Is the fear that you're alone  
But when you open up and let them out  
You'll find your fears  
are just like everyone's

Chorus:

Let it out (Let it out)  
Let it out (Let it out)  
Don't hold back  
That's the way the change begins  
Let it out (Let it out)  
Let it out (Let it out)  
Don't hold back  
'Cause when you share the secret part  
You open up your heart  
to let love in  
(Let it in ) Let it in (Let it in)

When things don't go like  
you think they should  
Deep inside you get so mad  
But you bite your tongue and hold it back  
'Cause you tell yourself  
that feeling rage is bad  
So you shut out everybody  
And tell yourself that they don't care  
And all that does is make you angrier  
But if you're looking for the way out  
just open up and share

Chorus:

Let it out (Let it out)  
Let it out (Let it out)  
Don't hold back

That's the way the change begins  
Let it out (Let it out)  
Let it out (Let it out)  
Don't hold back  
'Cause when you share the secret part  
You open up your heart  
to let love in  
Let it out (Let it out)  
Don't hold back  
That's the way the change begins  
Let it out (Let it out)  
Let it out (Let it out)  
Don't hold back  
'Cause when you share the secret part  
You open up your heart  
to let love in  
(Let it in ) Let it in (Let it in)

#### #8 Living Your Life In Love

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only

Goin' to work in the morning  
Used to be such a bore  
Wondering what it's for  
And why you go on  
Now you know there's a better way  
To see the job that you do every day  
Doing service is the game that you play  
When you're living your life in love

Chorus:

Oh-Oh-Oh Get on your mark  
Ready to start  
Living your life in love

Oh-Oh-Oh Get on your mark  
Ready to start  
Living your life in love  
Hanging out with your lover  
Used to feel incomplete  
When they refused to meet  
The models you had  
Now you don't make yourself feel tense  
'Cause the model's just a preference  
And changing others doesn't make any sense  
When you're living your life in love

Chorus

Oh-Oh-Oh Get on your mark

Ready to start  
Living your life in love

Oh-Oh-Oh Get on your mark  
Ready to start  
Living your life in love  
Flyin' off of the handle  
When somebody puts you down  
Greeting them with a frown  
The next time you met  
Now there's no animosity  
'Cause you don't take it personally  
You can love them unconditionally  
When you're living your life in love

Chorus  
Oh-Oh-Oh Get on your mark  
Ready to start  
Living your life in love

Oh-Oh-Oh Get on your mark  
Ready to start  
Living your life in love  
Making yourself feel embarrassed  
When others would criticize  
Watching confusion rise  
And getting uptight  
Now you don't make yourself feel blue  
'Cause you know that whatever you do  
Behind your script there's a perfect you  
Living your life in love

Chorus  
Oh-Oh-Oh Get on your mark  
Ready to start  
Living your life in love

Oh-Oh-Oh Get on your mark  
Ready to start  
Living your life in love

Oh-Oh-Oh Get on your mark  
Ready to start  
Living your life in love

Oh-Oh-Oh Get on your mark  
Ready to start  
Living your life in love

#9 The Addiction Song  
Artist Jai Michael Josefs

Now When your boss looks over your shoulder

With a cold disapproving eye  
And he says you better  
Shape up, 'cause you got no alibi  
If you're feeling afraid  
When he's yelling at you  
And go off by yourself to pout

Chorus:

Then you know you've got an addiction  
And it's time to start clearing it out  
Yes you know you've got an addiction  
And Sister (Brother), there ain't no boubt  
When you feel like you could die  
If you don't get what you crave  
And your emotional demands they  
Make you feel like a slave  
You Know you've got an addition  
And it's time to start clearing it out

Now when you've already got your stereo  
And your second color TV  
But your best friend just bought  
A brand new car  
And you're full of jealousy  
If you're getting so bored with the  
stuff that you have  
And you're wondering what it's all about

Chorus:

Then you know you've got an addiction  
And it's time to start clearing it out  
Yes you know you've got an addiction  
And Sister (Brother), there ain't no boubt  
When you feel like you could die  
If you don't get what you crave  
And your emotional demands they  
Make you feel like a slave  
You Know you've got an addition  
And it's time to start clearing it out

Now when you're life is rolling along  
You're doin' what you like to do  
Then suddenly everything  
Seems to go wrong  
Addiction's caught up to you

Now when you come home to your honey  
And you want to go for some fun  
But he wants to talk about money  
And won't let you leave til he's done  
If you try talking to him  
but you get uptight  
Untill you're angry enough to fight

Chorus:

Then you know you've got an addiction  
And it's time to start clearing it out  
Yes you know you've got an addiction  
And Sister (Brother), there ain't no doubt  
When you feel like you could die  
If you don't get what you crave  
And your emotional demands they  
Make you feel like a slave  
You know you've got an addiction  
And it's time to start clearing it out  
With Living Love. It's time to start  
clearing, clearing it out

#10 Doin' It

Artist Jai Michael Josefs

Well, there's no guru on the planet  
Who'll completely put you through  
All they can do is point the way  
The rest is up to you  
And there ain't no magic nowhere  
Gonna open up your heart  
And a helpful book or teacher  
Will only take you there in part  
But if you want to go all the way  
Do your practices every day  
You know you've got to be doin' it

Now your mind wants to find a shortcut  
For helping you to live each day  
So you keep on shopping around yeah  
Searching for a better way  
But every time you find a method  
That you think is going to get you high  
Your ego won't let you stay with it  
And you go looking for another to try  
But if you want to go all the way  
Do your practices every day  
You know you've got to be doin' it

Now some of us have found a teaching  
To help us free our soul  
And we're mighty glad we have the tools  
To take us to our goal  
But sometimes every one of us  
Needs a cosmic shove  
'Cause if we were supposed  
to just talk about it  
It wouldn't be called living love

And if you want to go all the way  
Do your practices every day  
You know you've got to be  
Doin' it)  
Recite the Pathways every day  
(Doin' it)  
SOS when you've got something to say  
(Doin' it)  
Every night do your Gettin' Free  
(Doin' it)  
And when you're caught up do an EIP

'Cause if you want to go all the way  
Do your practices every day  
You know you've got to be doin' it

'Cause if you want to go all the way  
Do your practices every day  
You know you've got to be doin' it

#### #11 Open Up Your Vision

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When you wake up in the morning  
And it's raining in your heart  
And you feel like you won't make It  
Before you even start,  
When your world is wrapped in darkness  
And you cannot see the light  
'Cause all your situations  
Haven't seemed to work out right  
Open up your vision  
And look past the reasons why  
Open up your vision  
See the sun there in the sky.  
And know that it's been shining  
Even through the cloudy days  
And feel its warmth inside you  
As you sing this simple phrase

There is nothing to need  
hide from or fear  
I am whole and complete  
right now and right here  
Repeat 4 times

There is nothing to need  
hide from or fear

We are whole and complete  
right now and right here  
Repeat 8 times