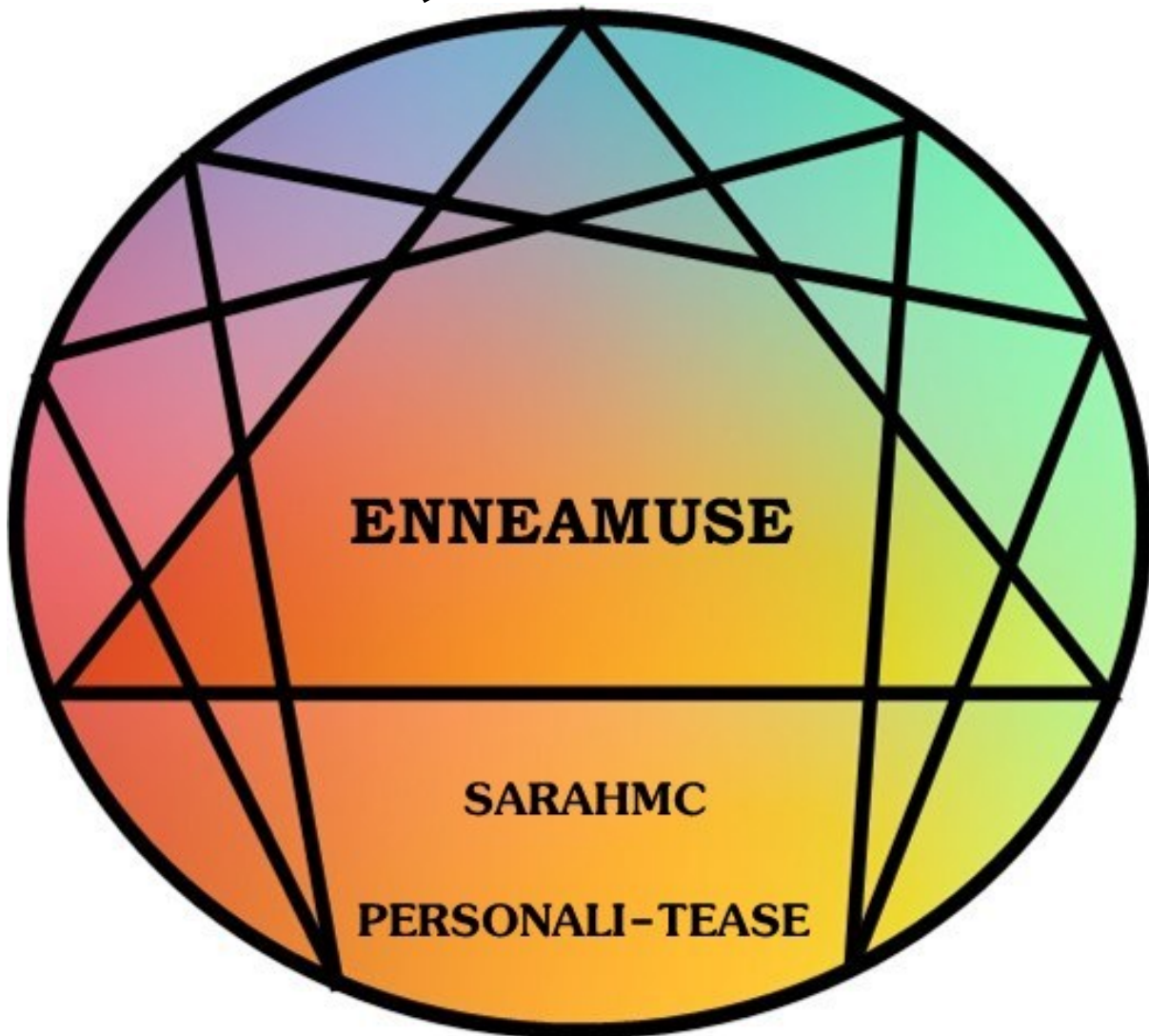


# LYRICS



Piano: Mindy Eschedor

Soprano: Sarah McMahon

**One: Perfectly Imperfect**

I can tell  
what's right from wrong.  
I can see  
things as they are.  
I know how to  
improve things  
and to make them easier.  
What's hard for me to realize  
is that what's right  
might not be helpful.

Show me that it's okay  
to be perfectly imperfect  
to accept what is  
slowly breathe in calmness  
and know that I am good.

Here comes the judge again  
that internal nagging critic  
who tells me  
to be perfect all the time.  
If only I can learn  
that perfection means being  
my true self  
to be exactly as I am.

Show me that it's okay  
to be perfectly imperfect  
to accept what is  
slowly breathe in calmness  
and know that I am good.

I've spent my whole life  
reining myself in,  
not allowing spontaneity,  
not allowing myself or others to make mistakes.  
The anger I don't see  
comes out as frustration  
and can be overwhelming.

Show me that it's okay  
to be perfectly imperfect  
to accept what is  
slowly breathe in calmness  
and know that I am good. (2x)

Piano: Mindy Eschedor

Soprano: Sarah McMahon

Composer's Note: The chorus is based off of a mantra I created for myself.

## **Two: Connections**

I can show up  
as whatever you need.

I can be  
your super human  
and give you what you want  
before you even know it.

I am on your team!  
I am your cheerleader!  
I am indispensable!  
You can count on me!

I reach out and within  
connecting easily to others and my loving self.

I see holes empty of love,  
so I will fill them with all I have and more.

With all the love that I give to others,  
I forget  
to love myself.

I forget  
that I'm worthy of love.

I forget  
to see my needs.

I forget  
that showing emotions can connect me, too.

Help me to reach out and within  
connecting easily to others and my loving self.

I reach out and within  
connecting easily to others and my loving self.

Piano: Mindy Eschedor

Alto: Andrea Leonard

Composer's Note: This song is based off of Dr. Jill Bolte Taylor's (a neuroanatomist) research of the biological and chemical response of emotions on our body. In a panel I watched, a type 3 person talked about how this was helpful for her in recognizing and honoring her emotions.

### **Three: Ninety Seconds**

Don't slow down  
must keep moving forward  
and look like everything's better than fine.  
Push on through  
to reach my goal.  
Failing is not an option.  
I must look good and feel confident  
wherever I am even if I don't feel it.  
I won't let emotions  
mine and yours get in my way.

When my body crashes,  
I'm forced to stop;  
made to slow down.

Ninety seconds.  
Ninety seconds  
is all it takes.  
Ninety seconds  
to honor emotions.  
Ninety seconds  
and then I can let go of what's inside.  
Ninety seconds  
is all it takes.  
Ninety seconds  
to feel what I need to feel.  
Ninety seconds  
is all it takes.

One day  
I will go beyond ninety seconds  
and know I am always valued for who I am.

Piano: Mindy Eschedor  
Soprano: Sarah McMahon

**Four: Deep**

Deep flows my peace.  
Deep flows my strength.

Free my story,  
so I may hear yours.

Deep flows my peace.  
Deep flows my strength.

Sorrow and joy  
may I feel,  
the depth of emotion  
within my being.

Deep flows my peace.  
Deep flows my strength.

I now see  
when I pull back,  
when I'm full of hatred,  
when I'm forceful,  
when I'm dramatic!  
I breathe into my depth  
and remember the beauty of life.

Deep flows my peace.  
Deep flows my strength. (2x)

Piano: Mindy Eschedor  
Soprano: Sarah McMahon

**Five: Step On Out**

In my castle high on the mountaintop,  
I can see the entire world below me.  
All the bits and pieces  
make the whole so beautiful  
and easier to understand.  
The vast knowledge is there for the learning!

But wait...  
something is missing!

I'll try stepping on out  
to engage the world.  
I'm gonna step on out  
to share the wonders!  
I'm gonna step on out  
sharing my knowing.  
I'm gonna step on out  
shining with purpose!

Even when I step on out  
I may need some time alone  
to process my experiences.  
Don't let me go astray  
when you feel me pull back.  
When the drama,  
emotions,  
and conflict overwhelms,  
and trust is broken.

I could and would disappear.

With a gentle, trusting hand reaching out  
every once in awhile  
I might have the courage  
to try stepping on out  
if just for a little bit.

I'll try to step on out  
sharing my knowing.  
I'm gonna step on out  
when I'm given a purpose.  
I'm gonna step on out!

Soprano: Sarah McMahon

**Six: Answers**

Looking left, looking right  
Looking forward, looking backward  
Looking everywhere  
but right here, right now.

Right here, right now  
is stillness.  
The answers we seek are within us.  
Right here, right now  
is stillness.  
The answers we seek are within us.

I am nervous, I am anxious  
on a nearly daily basis!  
There are those rare times  
when I am fearless!  
When I remember to slow down  
and look within  
I can find my courage  
to be right here, right now.

Right here, right now  
is stillness.  
The answers we seek are within us.  
Right here, right now is stillness.  
The answers we seek are within us.

Piano: Mindy Eschedor

Alto: Andrea Leonard

**Seven: Come on an Adventure!**

I have no fear!

I have no pain!

The world is full of freedom  
and unlimited possibilities to gain.  
Nothing and no one will hold me back.  
I will not be trapped!

Come on an adventure with me!  
There are wonders around every corner  
and so many things to see!

The self-reliance I have inside  
is so very strong  
that I don't know how to let anyone take care of me  
even when it's something I desire deeply.

Come on an adventure with me!  
There are wonders around every corner  
and so many things to see!

My commitment runs deep  
when there's something or someone I care about.  
Though if I felt every feeling  
I don't know if I could stop.  
I will always say I'm okay  
even when I'm not.

Come on an adventure with me!  
There are wonders around every corner  
and so many things to see!

Of all the things I have seen  
and everything I have done,  
the one place I have not been  
was inside.  
So I decided to "look inwards  
and the beauty of my own emptiness  
filled me until dawn."

Come on an adventure with me!  
There are wonders around every corner  
and so many things to see!



Piano: Mindy Eschedor

Alto: Andrea Leonard

### **Eight: Teddy Bear in Combat Boots**

When you're troubled,  
down and out,  
want to share a joy,  
or just need a friend,  
come to me!  
Don't you be complainin' though.  
Just ask for what you need.

For I'm your teddy bear in combat boots.  
I will give you, oh, so many hoots!  
I'm your fierce mama bear  
and I will always care.

The teddy bear in me has lots of love for you.  
The passion I have will never die.  
The fountain of energy keeps going strong.  
There may be times  
I might be wrong  
but my certainty is unwavering.  
You are my everything!

I am your teddy bear in combat boots.  
I will give you, oh, so many hoots!  
I'm your fierce mama bear  
and I will always care.

When life gets tough  
I will be there  
for you.  
I will be there  
through and through.  
I will be there  
if you fall.  
I will be there  
for the long haul.  
Know that I will say things as they are  
and will try to say it with a gentle heart.

I am your teddy bear in combat boots.  
I will give you, oh, so many hoots!  
I'm your fierce mama bear  
and I will always care.

If it seems I'm too intense and angry.  
If it seems I'm too controlling.  
I may be hurt.

I may need my own teddy bear with combat boots  
and for someone to give me two hoots.  
I may need a fierce mama bear  
who will always care,  
so I can get back  
to myself  
as your teddy bear in combat boots.  
I will give you, oh, so many hoots!  
I'm your fierce mama bear  
and I will always care.

Piano: Mindy Eschedor  
Soprano: Sarah McMahon

**Nine: Let There Be**

Ask me,  
oh, will you ask me  
for what I want  
even if I don't know.  
It might be later in the moment  
when what I want shows.  
Questions help me clarify  
with what I truly want.  
Support me as I verify.  
I'll try to be upfront.

Oh, let there be peace!  
Let there be harmony!  
Let there be love!  
May we learn from each other.

I lose myself and my voice  
when I get lost in the crowd.  
It feels like I have no choice  
but I can learn to stand proud  
when I remember that I matter!

Oh, let there be peace!  
Let there be harmony!  
Let there be love!  
May we learn from each other.