

sometimes good things happen

Sometimes, good things happen
Sometimes, the sun is baking down and there's a breeze
Sometimes, kids are laughing
Sometimes, the sun is baking down and there's a breeze

Purple crocus
through the white snow
Hear that bird sing
Been a long time, welcome back, & where'd he go

Tiny pear tree
With no branches
Got some green buds
& I watch it grow

<< >>

I am barefoot
in the green grass
I am holding
2 healthy sons

Thank you village
Thank you for your feeding
Thank you for forgiveness
& your constancy

<< >>

the longest winter
it may come again
When a black swan's flying
The world's been flipped again

I am holding
Onto your hand
We have fallen
In & out & in & out of love

But I'm still holding
Onto your hand
Hear your breathing
& feel the world slow down

<< >>

just one problem

<< There's just one problem
I don't fit here
No one knows me
And it is getting hard to know myself

There's just one problem
I got this hole here
It needs filling
But it's growing wider all the time >>

Check out those flashing lights
Check out the carpet red
Check out the limo ride
Let's be there instead

I've got my glass of wine
Gets me through another day
I work my ass off
Playing all the games we play

<< >>

I love my sofa
Love my TV
Love my children
Though sometimes I don't have the energy

I drink my mocha
The cute barista knows my name
Pay my taxes, cheer for packers
And bitch about the game

<< >>

Neuroscience
I got a picture of your brain
Reporters quote me
The Dalai Lama knows my name

& it seems sexy
this laboratory of the soul
computers beeping, people thinking
putting on a high tech show

<< >>

it can get worse

I am not alone
you showed up here with me
your lined & weary faces
Shining quietly

You could hide yourself
Put your soul back on the shelf
Behind the porcelain dolls
Forever fragile smiling...because

<< It can get worse
but you're here with me >>

You can hear
What I need to say
Not selling cheap solutions
To help you hide away

You could write prescriptions
I've read that Soma's nice
You could sugar coat the pill
You swallow with your own advice...because

<< >>

a quiet place to breathe
a quiet place to breathe

You can't know my heart
Don't always know my own
The same is true for me and you
So we're not alone

You could smile all hollow
Play the wrong role
We've all been given scripts to follow
But they paper o'r our souls....because

<< >>

a quiet place to breathe
a quiet place to breathe

I cannot breathe

There's a weight on my chest
There's a rock in my heart
The longest winter's coming
Will be cold and dark

Will you smile again this spring
When the bulbs we planted bloom?
Will the bleeding and the screaming
Help us hold onto you?

<< I cannot breathe
Don't make me breathe >>

My favorite tea
Is acid in my belly
I've burned the toast again
It's ashes in my mouth

Your baseball mitt lies waiting
And the house it needs you laugh
Like when you ran around in goggles
In that red and green elf hat

<< >>

I never knew before the flood
this desert heart could hold
please don't drown in this
I need you, I need you

<< >>

circle of friends

You are my circle of friends
one heart one life
stars of fire spark the night
You are my circle of friends

What can I say or do? There's nothing left to hide
My heart cracks open wide and there you are inside
I see you all in candlelight, I see without my eyes
1000 angels dancing, you can't feel them with your mind

<< >>

I'm not in touch enough you know how lives can be
I'm busy chasing other people's fantasies
But when you breathe with me, you're there to help me see
That all the dreams I have are right in front of me

<< >>

Wedding flowers long away, lines upon your face
Those castles made of sand washed away without a trace
Child sounds echoing through these empty rooms
But if you show up here, I will be with you

<< >>

remember me

I met a man he was lying down
I was his only guest for weeks
Everyday he asked me "who are you?"
Sometimes he held my hand

(he said) "I'm decaying inside out"
I tried to turn my head away
He said, "you've been doing that
Every moment of your life
So please don't hide your eyes today"

<< he said to me, please remember me
no one else knows who I am
or what I'm meant to be
so please remember me >>

I'm not one for cum-by-yaing
I'm not one for sentimental sighing
But now I realize I'm dying
I've not been living, not even trying

<< >>

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I was my only guest for weeks
Everyday I asked me, "who are you?"
Sometimes I held my hand

I'm decaying inside out
I try to turn my head away
But I've been doing that
every moment of my life
so I won't hide my eyes today

<< >>

life is sweet

I hold your hand
on the telephone
I understand
there's nothing closer we can do

So I hold my boys
who you will never know
I hold you in my heart
as I watch them grow

<< Life is sweet >>

A part of you believes
a part of you has failed
I hope the first part dies
before the rest of you

Rest your weary head,
let the fight be still
You do the best you can,
it's so beautiful

<< >>

I see the young boy fixing cars
in those black & whites
& you used to sing
and dance with mom at night

and now you dance alone,
a different kind of dance
I hope that you start singing soon
this may be your last chance

<< >>

take away

Take away my anger Leave me directness
Take away commandments give me unconditional love
Take away controlling take away resistance
Take away this fighting give me the strength to yield

Take away this armor and give me sweet connection
Take perfection and make a cup of wine

<< Take away >>

Take away this calmness and give me tilling
Take way this island & give me tears to drown this i

Take away the cynic and give me turtles
Take away these blue eyes and give me eyes of gold

<< >>

Take away my youth and give me a lifetime of decay
Take away the sound bite and give me long memory

Take away the fake smile and give the true fuck u
Take away the fuck you & give me simply "I am hurt by you"

beautiful

First day of Spring,
it's been a long, long winter
Record snow
Is it climate change we wonder

Mamas out
Stroller's full of children
Sun in shining
And then it starts to snow

<< it's beautiful >>

Neighbor's ill
Her child lies down beside her
Friends just know
To come and walk her dog

Here's a meal
We're sorry you're not feeling fly
We miss your laugh
And your rainbow chakra vibe

<< >>

Piano notes
Dancing with classical guitar
Breeze feels fine
Warm tomatoes from the vine

Stopping by
Just to say hello
Here's to you
A full shot of Patron

<< >>