

Songs in



self esteem

MY MAGIC BRAIN

My magic brain delivers me the best
My magic brain says 'yes, yes, yes'
My magic brain tells me the sun does shine
I keep a learning, open mind
All the time, all the time
Yes, yes, yes, my learning's fine
I'm good value all the time
Yes, yes, yes, I have been told
To take control of my inner world

My magic brain tells me the sky is blue
My magic brain says 'hey, it's up to you'
My magic brain says remember 'pervi blin comom'
My inner world's a phenomenon
Yes, yes, yes, yes is now
I'm good value, like wow
Yes, yes, yes, I have been told
To take control of my inner world

Practice makes progress
It's time to persevere
Fear is the darkroom
Where negatives appear
Hold on to a common goal
Achievements first demand
Listen to the inner voice
It's under your command

THE MASSAGE SONG

Reaching out for happiness
Reaching out for joy
We're travelling the wonder road
We're happy girls and boys
We've tumbled back to childhood
We're allowed to have some fun
We're allowed to take our hands
And massage someone

CHORUS

I feel self-confident
Self-motivated
Accelerated
Brain activated
Our mastermind unfurled
Creating our own inner world
Spreading all over the world

Working on the back
Soothing deep and slow
Massaging the neck
What a way to go
I used to say I can't
But now I celebrate
Now I know I can
And I am not afraid

CHORUS

MISTER JUGGLER



Hey there Mister Juggler
I thought you'd like to know
I was fascinated by the tricks you did
I quite enjoyed the show
The way you came out juggling
Three bags in the air
One two three and off the knee
Yes Yes Yes it's up to me

CHORUS

You got me juggling and jiggling
Across the floor like you
Juggling and jiggling
One two three and off the knee
Yes yes yes it's up to me

My left brain tells my right hand
To throw one in the air
My right brain tells my left hand
To catch one over there
Starting off with two bags
Just to get the swing
One two three it's up to me
To get this juggling thing

CHORUS

Juggle I can juggle yes I can
I want to juggle everything
From socks to frying pans
Juggle I can juggle yes I can
Up in the air down on one knee
Over the shoulder one two three

Hey there Mister Juggler
I think I've got the knack
You should have seen me yesterday
I caught one behind my back
Then I showed my daring
Caught one in my teeth
Threw it back up in the air
And bounced it off my feet

I watch them as I throw them in the air
Keeping an eye upon the bags
Makes me more aware
Juggle I can juggle yes I can
Up in the air one two three
Over the shoulder down on one knee

LIFE BREATH

Life breath life breath
Dancing on a life breath
Feeling like a sunspeck
Beams of light I respect
My life breath

Heartbeat heartbeat
Moving with my earth feet
Feeling like inner peace
I'm at ease I believe
In my heartbeat

See the butterfly
See your inner eye
You're a wonder child
Feel the wind all blow
You're a joy you know

Calm brain calm brain
Moving on a sunray
Flowing like an ocean wave
It's a nice pace I embrace
My calm brain

Life glow life glow
Rumble of a waterfall
Vision in a crystal ball
I've got it all I explore
My life glow

Inner rhythms like the waves
Gently flow and relax my brain
Love and peace abide
I feel good inside
Breathing and relaxing
I believe I do respect
I respect my life breath

ATTITUDE

The big A in my life is not ability
The big A in my life is not agility
They're important it's true
But I've got news for you
The big A in my life is attitude
chorus

A T T I T U D E

My attitude
My attitude
It's really up to me

Sometimes I'm tested by adversity
That's when I need my attribute
I think of something good
That surely goes to prove
The big A in my life is attitude

CHORUS

There's an A that's in learning
There's an A in acrobat
There's an A that's in handsome
There's an A in diplomat
There's an A that's in Australian
Blow me down and strike me dead
I'm really disappointed
I can't find A in Fred!

Well, my name is Fred and in my head
I do as the man has said
The way to win is to win within
To win within you must begin
Yes I set the pace with my handsome face
I think I'll be a star
Like Johnny Depp or Mister Ed
My aims will take me far

From the very start my brain is smart
My neurons start to fire
When I turn on yes I go with the best
My attitude takes me higher
So be like me and you will see
It's true all that we've said
When your attitude shines F R E D
You can be like Fred!

CHORUS

GOT TO BE SOMEONE

I believe most folks are pieces
In a never ending game of chess
There are few who ever know why
There are those who try and guess

CHORUS

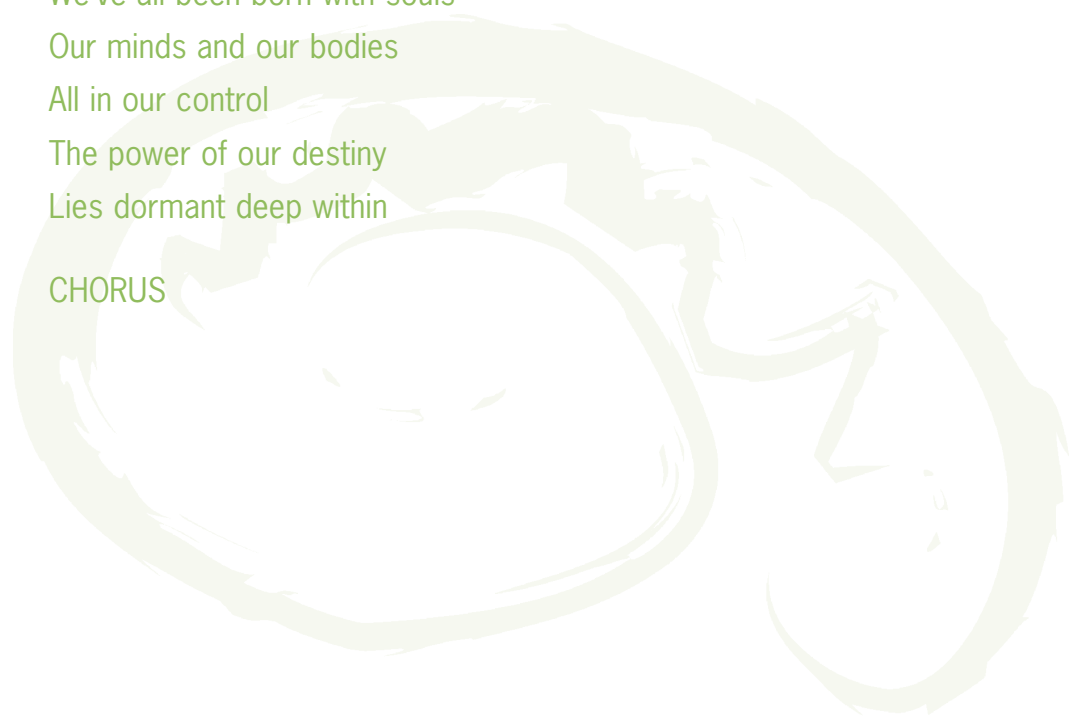
Man of your country
Children of the earth
Embryo of the universe
Do you know your worth
We're guided by our soul
As the day is by the sun
For in this game of living
We have got to be someone

There are those who are the bishops
Castles, pawns and queens and knights
Moved by another hand
Who may shine shine a brighter light

CHORUS

Well, no matter what our colour
We've all been born with souls
Our minds and our bodies
All in our control
The power of our destiny
Lies dormant deep within

CHORUS



IT'S MY CHOICE

It's my choice, the way I'm thinking
The way I'm acting, Who I am
I can choose to live with power
Or I can always just blame them
My mother, brother, father, sister, teacher
So called friends
I can choose to blame all others
Or accept that it's my choice
For my dreams, my visions, my actions and my plans
Yes, it's my choice to say 'Good on you'
When someone else does well
To celebrate the journey
And to learn from them myself
It's a choice which I choose gladly
For in giving I receive
This choice of celebration
Is a chance to show the world
It's up to all, It's up to me
I believe, I believe, I believe

Yes, It's my choice: I'm choosing to be happy
Yes, it's my choice: I'm choosing to succeed
Yes, it's my choice: I choose to view my setbacks
as stepping stones for me
Because I'd rather discover my own possibilities

It's my choice to walk my mountain
Run my race, To do my best
No one else need set my standard
No one else need set my test
I live by my own measure
And I choose to live it strong
I celebrate the journey
And dance to my own song
And I celebrate this choice of life
With the song which I now sing

CHORUS

I believe in the power of believing I believe
I believe in the power of love
I believe it's up to you, I believe it's up to me
The choice is to choose right now

And the Earth is slowly turning
Saying 'Find your own Self-worth'
It's our choice the way we're living
Our giving to this Earth
For through believing we have power
To contribute through our love
For our choices all combine
To create our view of life
And the choice we really need right now
Is to choose to be alive...

PERVI BLIN COMOM

Here is a story of a hairy young man
Who travelled to America Nepal and Japan
In search of the secrets of the universe
Returning back home with three little words

CHORUS

Pervi Blin Comom

Pervi Blin Comom

Anyone can do it

Come on sing along

Pervi Blin Comom

Part of the discovery involved a small book

That nobody would publish his ego was shook

That was before the light was turned on

Pervi Blin Comom

CHORUS

And then one day a friend came by

With a bright red beard and a look in his eye

He said Glenn cheer up it's not that bad

It's not the worst experience that you've ever had

I want to tell you the secret of life

But before I do man can you lend me five

Then he looked him up and down

And he said in a song Pervi Blin Comom

Glenn was ecstatic he did a back flip

He was also in pain he pulled a hair on his hip

He knew that his life could not go wrong with

Pervi Blin Comom

At last he had the secret of life and it's plan

The power to change destiny in his hands

So he turned to his friend in a voice wild and keen

And said tell me brother what does it mean

And he said Glenn and Glenn said yes

Cause that was his name

Glenn look into my eyes

So he did he said Glenn

Pervi Blin Comom means

The first pancake is always lumpy

CHORUS

PSYCHOLOGICAL SUNSHINE

When I'm hanging on to yesterday
And the voice in my head says no
I just plant seeds in my conscious mind
I lift up my eyes and say go man go

CHORUS

And I give myself some psychological sunshine
Alpha waves rollin' right across my mind
I can go anytime to the place in my mind
For my psychological sunshine

I recognise the need for change
And I create my own reality
I feel the shift so I go with the drift
There's a change coming over me

I see the light at the end of the tunnel
I feel a guiding hand
Like the pieces of a jigsaw puzzle
They fit together faster with the master plan

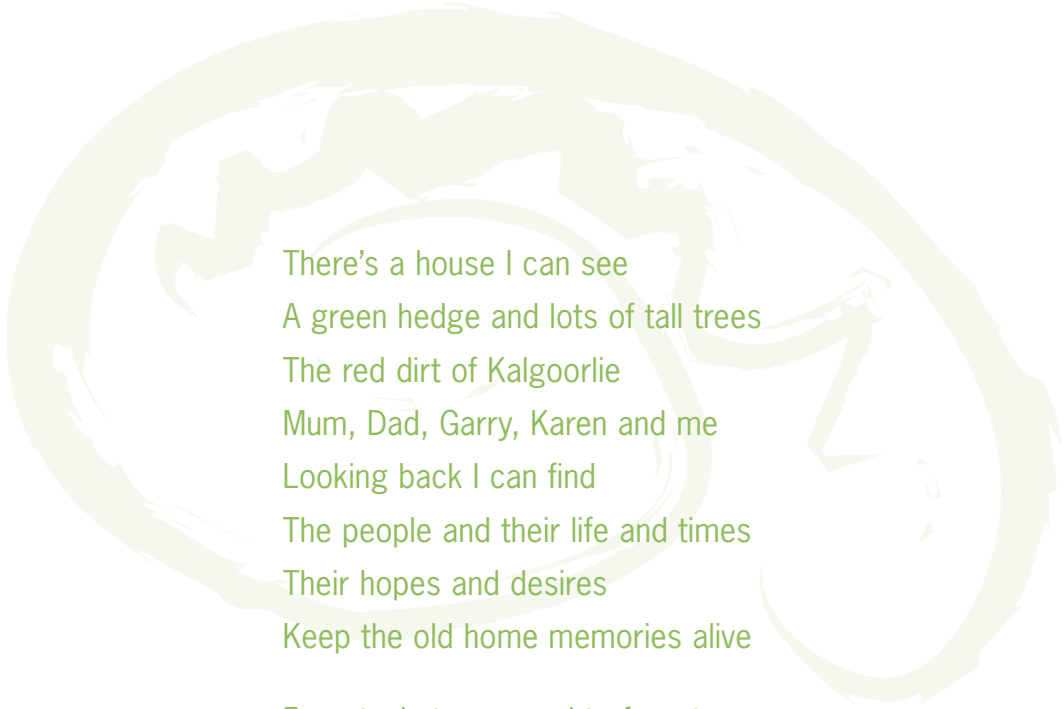
CHORUS

I see myself receiving gold
I give myself a score of ten
Every day I want to be a better me
I cultivate the future and begin at the end

CHORUS

I give myself some
Psychological
Psychological
Psychological
S sun sunshine

LOOKING BACK



There's a house I can see
A green hedge and lots of tall trees
The red dirt of Kalgoorlie
Mum, Dad, Garry, Karen and me
Looking back I can find
The people and their life and times
Their hopes and desires
Keep the old home memories alive

Forget what you need to forget
Let go what needs to go
Forgive what you need to forgive
You know what you need to know

There's a house where we lived
And I see myself as a kid
Aged five and alive
Not yet grown up, with muscles and big
In my mind's eye, I can see
My family and friends looking after me
I feel good from within
As I turn my face to the wind

CHORUS

There's a world which I walked
With my poetry and dreams to talk
Back pack on my back
Wanting to share and learn from it all
So thank you dad and mum
Thank you for all that you've done
You know that I love you
And I'm your ever grateful son