

HOOK IN

By Stefanie Seskin

I am not a teacher, no I'm not even smart
What I do is what I feel, I follow what's in my heart
But what I find and what I see
Is senseless pain and misery
People hurting people
Justified as just the breaks

I am too a sinner, I don't claim to be no saint
But I can't take advantage of someone else in any way
While what I find and what I see
In this wealthy country
Is people using people
Justified as just business

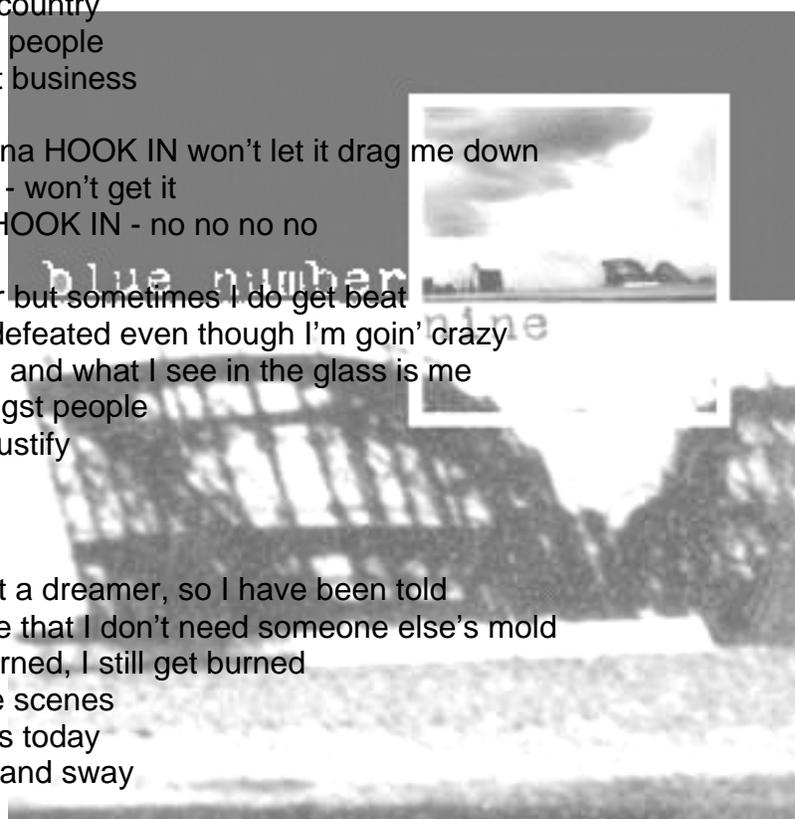
But I'm not gonna HOOK IN won't let it drag me down
They want fear - won't get it
I'm not gonna HOOK IN - no no no no

I am not a loser but sometimes I do get beat
But I won't be defeated even though I'm goin' crazy
Well what I find and what I see in the glass is me
A person amongst people
Striving not to justify

CHORUS

Guess I am just a dreamer, so I have been told
'Cause I believe that I don't need someone else's mold
With all I've learned, I still get burned
In heated battle scenes
But if it happens today
I will not swing and sway

CHORUS



Jerking My Chains

Lyrics by Stefanie Seskin and Elisa Lopez

When we first started, you were so sincere
My knight in armor, I had nothing to fear
You never did things that you didn't feel
I should've known that you were not for real

You said the right words, you did all the right things
Our love made others look like one night flings
When we made love it made my body whole
But now I know that you don't have a soul

CHORUS:

You've been jerking my chains
Pulling my strings
Playing me like some violin
You've been jerking my chains
Playing your games
Well, baby boy, now the rules have changed

The good news baby is I've seen the light
And yeah, I know I'm gonna be all right
And some day, baby, when you're toothless and bald
You'll wonder why you can't have it all

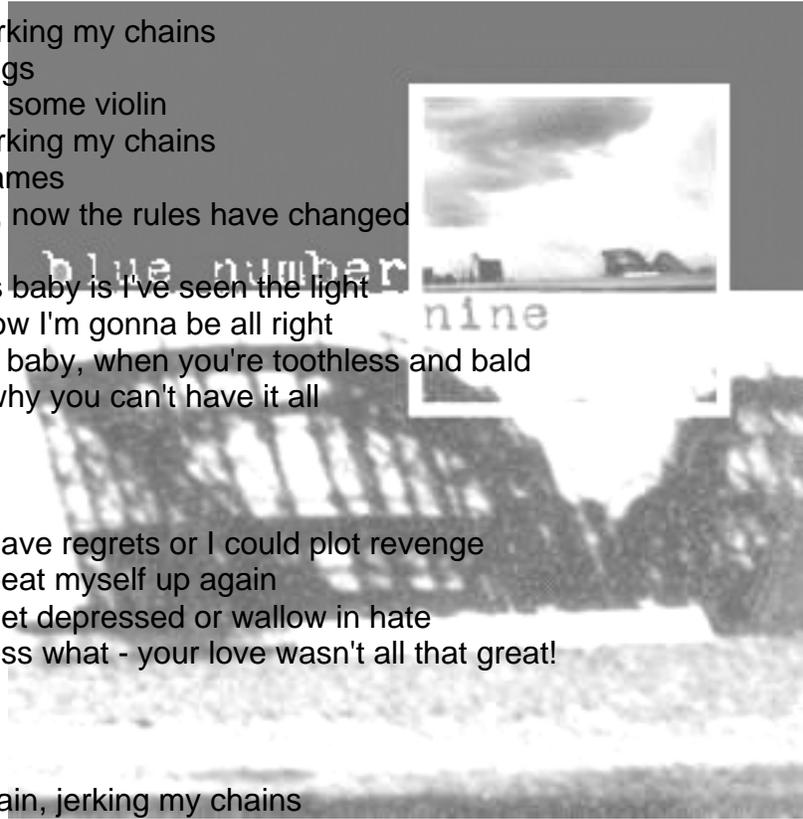
CHORUS

I could have regrets or I could plot revenge
I could beat myself up again
I could get depressed or wallow in hate
But- guess what - your love wasn't all that great!

CHORUS

Chain chain chain, jerking my chains
Chain chain chain, well I'm no fool - NO

CHORUS



The Moment I Saw the Sun

by Stefanie Seskin

It must have been in the second month of the year
The time when daylight savings and summer seem like they never happen here
Yes, I think it was then that the idea came, it was this:
there is no use and you have proof, your shots have missed, your life useless

I thought the world was bad
Being born was being had
Oh, to slip beneath the sheets and sleep forever
Then tired of this doom and gloom
An anger filled my room
And I, in an instant, could command the weather

CHORUS

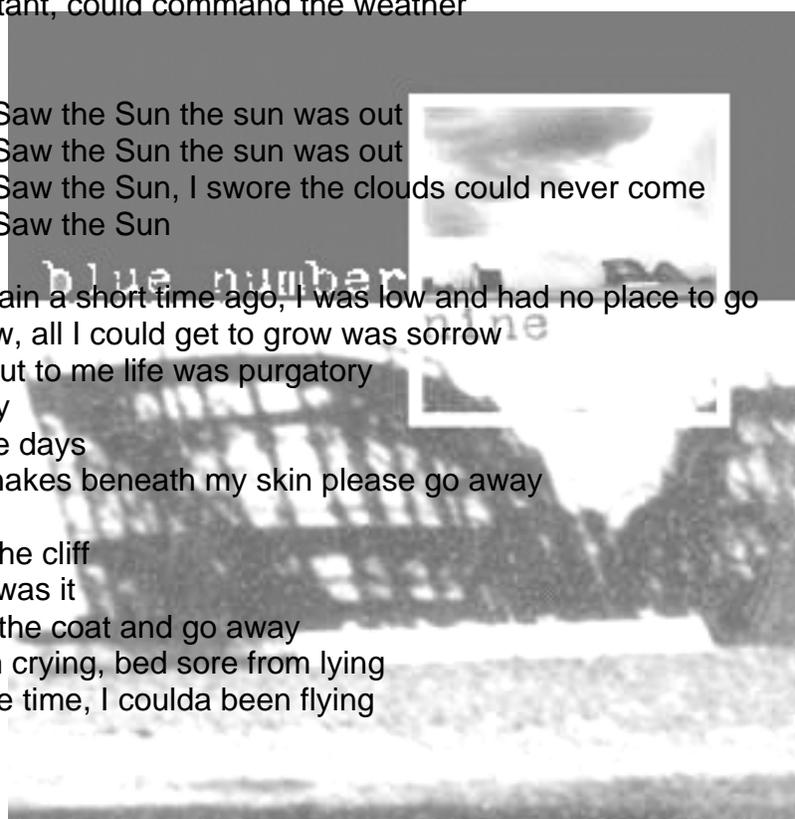
The Moment I Saw the Sun the sun was out
The Moment I Saw the Sun the sun was out
The Moment I Saw the Sun, I swore the clouds could never come
The Moment I Saw the Sun

It happened again a short time ago, I was low and had no place to go
Nothing to show, all I could get to grow was sorrow
It was spring, but to me life was purgatory
Green was grey
Knew hell those days
I begged the snakes beneath my skin please go away

Sure I was off the cliff
Knew that this was it
Time to put on the coat and go away
Headache from crying, bed sore from lying
When the whole time, I coulda been flying

CHORUS

I went looking for the sun and the sun was out



SWEET SUGAR HONEY

By Stefanie Seskin

I'm just a simple soul
Floating through this world
Of sights & sounds & smells
And sensory overload
Sour faces in the morning - Bitter clients at the job
Salty dogs at the bar - Spicy stories

I'm just a hungry soul
Wanting something good
To see & hear & taste
At least once in a day
Tangy tales on the phone - Nasty news
Yucky songs on the radio - Bland tv shows

And every day's end I got a bad taste in my mouth
And it won't go away
So if you're wondering why I've got such an appetite
this is why - this why

CHORUS

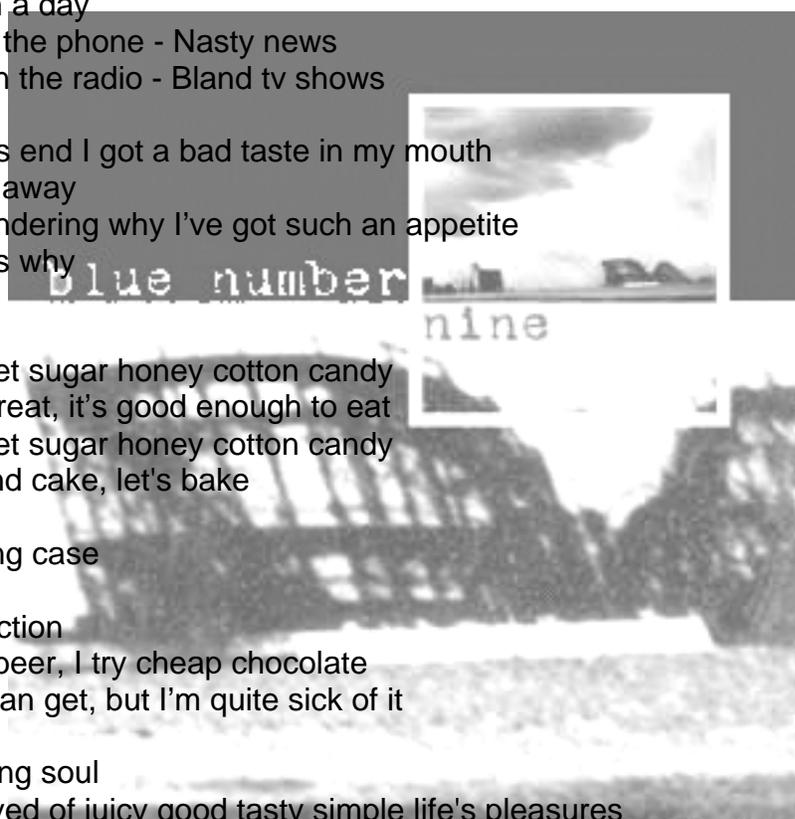
You're my sweet sugar honey cotton candy
Your love is a treat, it's good enough to eat
You're my sweet sugar honey cotton candy
Like cookies and cake, let's bake

I'm just a craving case
A basket case
Craving satisfaction
I try wine, I try beer, I try cheap chocolate
Taking what I can get, but I'm quite sick of it

I'm just a starving soul
My soul is starved of juicy good tasty simple life's pleasures
It's all overheated, burnt, frozen, overprocessed
With additives and sedatives and flavored with repetitives

And every day's end I got a bad taste in my mouth
And it won't go away
So if you're wondering why I've got such an appetite
this is why - this why

CHORUS



All the Way

lyrics by Stefanie Seskin

I didn't mean to be cold as the rain in fall
I wasn't being flippant like some know-it-all
When I told you I've heard that same sad song before
The one about the broken heart that can't love any more
I won't drink you up like Listerine just to spit you out
I won't drag you like a cigarette then blow you off
I don't want you to think I'm making fun of all your fuss
But you're not losing anything by giving me your trust

I know you're shaking like the Great Quake
Afraid of the inevitable heart ache
Suspicious of my confidence
It's just I have no doubt about us, no I have no doubts

CHORUS:

That it's gonna be all right, it's gonna be okay
Why don't we take it all the way
yeah, it's gonna be all right, it's gonna be okay
Why don't we take it all the way

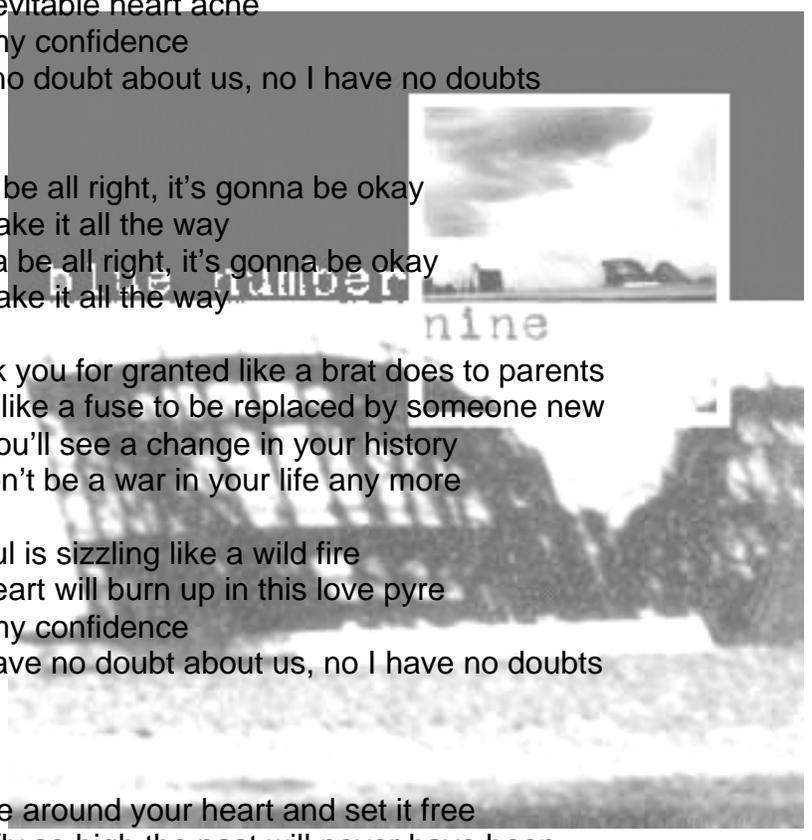
I know she took you for granted like a brat does to parents
Then you blew like a fuse to be replaced by someone new
But this time, you'll see a change in your history
'Cause love won't be a war in your life any more

I know your soul is sizzling like a wild fire
Afraid you're heart will burn up in this love pyre
Suspicious of my confidence
It's just that I have no doubt about us, no I have no doubts

CHORUS

Unlock the cage around your heart and set it free
Together we'll fly so high the past will never have been

CHORUS



You Tell Me I Know

By Stefanie Seskin

Long ago, you explained that many times before you were used and hurt
Treated worse than dirt
I promised I was one that you could trust
For it to work, you must
But getting you to open up your heart was like trying to break into an armored car
I wasn't getting very far
And both of us were sure that soon the arguments would start

Well, everything is different now
I don't know exactly when it changed or how
But your fog has lifted
And your faith has shifted
The pale blue deep in you has broken through

CHORUS:

It used to be, "Don't say it if it's not so"
But now when I say "I love you"
You tell me, "I know"

blue number



Both of us concluded from examples in our past that it doesn't last
I promise, though, that I won't let the "I don't care" temptation interfere
'Cause opening my heart, I must confess, was like the stress I get now
When I don't know where you are
When I need you in my arms
Just like you, the tarnished hue of fear has colored my life too

Well, everything is different now
I don't know exactly when it changed or how
But your fog has lifted
And your faith has shifted
The pale blue deep in you has broken through

CHORUS



MAKE BELIEVE

Lyrics by Stefanie Seskin

Sammy was so mad
At the world and the bad luck he had
He used to fly around flapping his mouth yapping 'bout how he was gonna rob the rich
'Cause all the men are bastards and every woman's a bitch
And Susie loved him so but she had her fears
She knew all this talk going around was gonna come around some day
'Cause it's not just what you do but even what you think and say
And so she'd try to explain

It's only MAKE BELIEVE
But when you do believe, no matter what you feel it becomes real

Susie said, "Sammy, I notice that we never smile.
I know life's bad, but let's just give it a try
'Cause then baby, more than maybe, in a little while
The smiles on our faces will shine right through our lives."
Well, Sammy, he just scoffed
He said, "Smiling for nothing won't bring me no cash, no car, no job
I smile only when I'm feeling something good."
And Susie said, "Well, I'm gonna try and I think you should 'cause even though

It's only MAKE BELIEVE
But when you do believe, no matter what you feel, it becomes real"

Now Sammy, he's still mad
At how God has dealt his hand
While Susie, she went on and took her life in her own two
She's moved on, hasn't gotten that far but it's a start

It's only MAKE BELIEVE
You know when you do believe, no matter what you feel, it becomes real

COG IN A WHEEL

By Stefanie Seskin

It's true that 10% of people in the Usa
work for a Fortune 500 company
They follow the crowd, day in day out the same monotony
And I never thought that it would be me
Sitting at a desk accessorized and dressed
In a suit with stockings when I'm happier a mess
Lickin' stickin' stamps when I know I should be
In bare feet, butt naked catching fish by the sea

PRE-CHORUS:

Yeah, I went to school, worked hard and learned to type
And now every day from 9-5, I spend my life
Watching asses get kissed and bosses get rich
not working though, just delegating
And now my life I'm hating
'Cause I feel like a cog in a wheel

CHORUS:

COG IN A WHEEL - don't be, go for your dreams
COG IN A WHEEL - Don't be, aim high, set your talent free
COG IN A WHEEL - Don't be, you gotta follow your heart and do what you feel
Make a difference. Don't just roll with the wheel

Giving my life to a company that invests its money exploiting "underdeveloped"
countries
Which the men on top earning 10 times more than me visit free
So I got to work my way up work my way up the ladder
But the higher, the meaner & madder, plus I'm not a back stabber
And I'd rather be outdoors and moving my body
Not sitting in a chair
As I stare at a computer and pull out my hair
'Cause all is urgent, every piece of mail must go as a fax
So much stress and tension, breaking backs and getting heart attacks

PRE CHORUS

CHORUS

Outside it's bright, inside fluorescent light and then it's night
Go home to my honey then I feel all right
'Til the next day the dragging self out of bed to earn my bread
Coffee downed to clear my head but nothing clears the dread of facing it again
It's inhuman - 5 long days of wasted space between my ears
'Cause I don't think - my job is mindless
So many times I've said there must be more to life than this
Time is precious I'll regret this if I don't start taking' risks

DEMONS FOLLOW ME

by Stefanie Seskin

In the city, time moves like a race, so I left for three days
But it rained, so I left for a week
And it rained the whole time
Is it me? Am I out of my mind thinking I can leave my sadness behind?
Dark cloud hanging over my head and I'm filled with dread
Can't keep up with the speed of this place
And people in my face
At night I can't sleep
Violence and noise on the street crush me down in defeat
That's why I want to

CHORUS:

Run away
Just need to get away
But inside I know the DEMONS FOLLOW ME wherever I go

Little voice inside tells me I can't
Then I chant and it's gone and for a while I can carry on
But when the voice screams and invades my dreams, turns my life into hell
It's into my shell
And I feel it, yeah, I wanna believe life is good
If I could I would smile all the time
Is it chemistry, heredity? I don't know.
Just want to go, have to go, where to?
I don't know
That's why I want to

CHORUS

And oh, this pain, I'm not sure why I'm negative but I'm positive
It has got to change
And all my life I try to pull myself up but the monsters of doubt
Consume me

CHORUS

Safe to Fight

Lyrics by Stefanie Seskin

We had a face off late last night
Woke up exhausted, stomach still uptight
I came this close to packing my bags and walking outta that door
I think I must have said three thousand times "I can't take no more"

After you woke up came the make up
And I forgot all about the lingering break up
We came this close to making the neighbor really really mad
He came knocking at the door but the confrontation didn't turn bad

And that's when I realized!
I may get mad at the mailman or at a co-worker
But the argument won't be like the ones with my sister
'Cause the size of the space someone takes in my world
Is in proportion to how much they're surely work my nerves!

CHORUS:

Yeah – it's SAFE TO FIGHT, just don't bite
And don't call names and don't start flames
It's SAFE TO FIGHT, just fight clean
And don't be mean and try not to scream
It's SAFE TO FIGHT, just don't bite
And don't call names and don't start flames
Just be fair if you both care.....
And love's not going anywhere

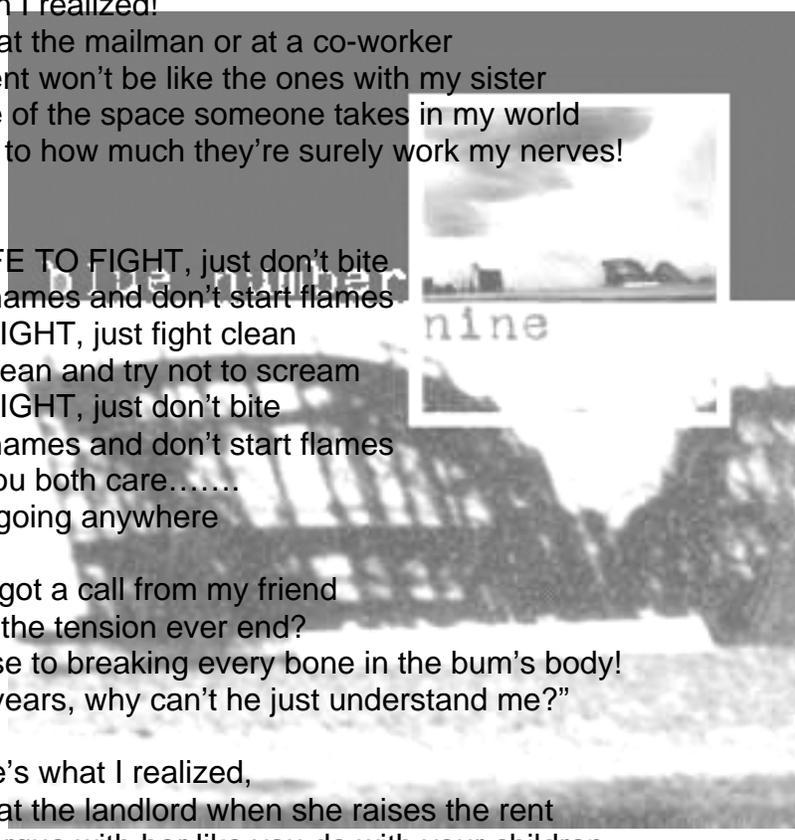
Later that day, got a call from my friend
She cried, "Will the tension ever end?
I came this close to breaking every bone in the bum's body!
After all these years, why can't he just understand me?"

So I said, "Here's what I realized,
You'll get mad at the landlord when she raises the rent
But you won't argue with her like you do with your children
'Cause the size of the space someone takes in your world
Is in proportion to how much they're gonna work your nerves!"

CHORUS

I said the love's not going anywhere
Love's not going anywhere

CHORUS



Coming Back Human

Lyrics by Stefanie Seskin

When I come back if I could be a cat
I'd sleep a lot and get pet with the nudge of my head
Wouldn't have to defrost my car or fall on the ice
My job would be the game of killing mice
When I come back, if I could be a swan
I'd swim around then fly to get dry
In a pond in a park people would feed me when it's light
And I wouldn't fear being there at night

You could laugh at me, you could put me down
I'd never cry, I'd never frown
But what if I missed these emotions?
When I die, I'm coming back human

CHORUS:

To feel the feel of tears again
COMING BACK HUMAN - To feel the feel of hope again
COMING BACK HUMAN - To feel the feel of passion and love and desire that burns
When I die, I'm coming back human

When I come back, if I could be a bear
There be no heating bills and no thermal underwear
When I opened my mouth I would get respect
And for months at a time I'd just rest
When I come back, if I could be a snake
I'd get around easily, you wouldn't hear or see me
No age lines or wrinkles, I'd shed my old skin
And eat all I want and stay thin

You could laugh at me, you could put me down
I'd never cry, I'd never frown
But what if I missed these emotions?
When I die, I'm coming back human

CHORUS

Only people are cruel only people can mock and hate
But to trade this life isn't worth the loss of the good
Only people can create, that's why

CHORUS

To feel the feel of feelings for another | To feel the caresses of a lover
To feel the feel of shoulders to cry on and the comfort in a friend to rely on
To feel empathy and creativity, to feel team unity
To feel mischievous, mysterious, to feel drunk and delirious
To feel anger and love even when it hurts | To feel rhythm of the mystic universe