



### 1. Lift You Up

B. Hershey (lyrics/music) & N. Russo (music)

Every day when I wake up I look for the sound of the hope  
for the future  
Reach so deep, I'm ready to make my way falling forward. I  
can't help looking for

CHORUS:

Something to gift. Something to lift  
Something to give you, I lift you up  
I lift you up, I li-ift you u-u-up

Every day when I notice the feelings inside me that hurt me  
and guide me I

Take one moment more to explore what's too  
real, no big deal, you and me always see there's

CHORUS

It's a song, it's a mem'ry  
It's a way forward, it's rain in the sky  
It's a string, it's a pedal  
It's a vibration, it's the glint in your eye  
It's laughter, allowing myself to cry

CHORUS

(solos)

Every day I strum my guitar how I  
feel something real always shaking, it's coming  
Sweet and clear, I hear what I long for: this song shaking free,  
yeah, the music's in me. It's...

CHORUS

I li-ift you u-u-up (repeating out)

### 2. Let's Grow Our Roots Deep And True

B. Hershey (lyrics/music) & N. Russo (music)

The struggle of refugees is like a storm that keeps blowing,  
and requires strong roots and community building to survive.  
We should all be able to grow our roots deep and stay true to  
ourselves wherever we are.

Hurricane, icy cold  
Can't keep us from grabbing hold  
Let's grow our roots deep and true  
When the eye is over me  
I'm just like a redwood tree  
Let's grow our roots deep and true (3x)

Though I bend to the ground  
Though I bend to the ground  
Still I'm gonna stick around  
Let's grow our roots deep and true  
Come on now, take my hand  
You and I can barely stand  
Let's grow our roots deep and true (3x)  
(Solos)

Every day we survive  
Is one more story for our lives  
Let's grow our roots deep and true (3x)  
Let the calm fin'lly come  
We're struggling but not more than some

Reach for me. I'll reach for you  
Whatever comes, we'll make do

Though they shout "Go on home"  
Why must we forever roam?  
Let's grow our roots deep and true  
When the storm fin'lly breaks  
We'll know we got what it takes  
Let's grow our roots deep and true (3x)

### 3. Stop This Climate Change

B. Hershey (lyrics/music), N. Russo (music), R.I.A. Salaam  
(Ra\$h Ca\$h) (spoken word)

There's fire in the haystacks  
Ice deep in your eyes  
Flooding in the gutters,  
And a hailstorm full of lies  
Burning in the village  
Oil slicks in the bay  
Storms in ev'ry corner  
And no safe place to stay

CHORUS:

Though it feels so strange  
We gotta stop this climate change  
We gotta stop this climate and change  
We gotta stop this climate change

We've fallen in the ashes  
Breathed that choking air  
Tried to find the living  
But death was waiting there  
I've been to the graveyard  
Seen those ghosts escape  
Scrambling for the mountains  
In the avalanche we made

CHORUS

Change the climate, change who we are  
Why deny it? We've gone too far  
No more blinders or sacrificed lambs  
Lend a shoulder. Toughen our hands

Well there's fire in the haystacks  
Ice deep in your eyes  
Flooding in the gutters  
And a hailstorm full of lies  
Burning in the village,  
Oil slicks in the bay  
Storms in ev'ry corner,  
And no safe place to stay

CHORUS

Make a change, make a change

Spoken Word:

We gotta make a change before we wash away  
We all gon' turn into dust if we don't change our  
ways  
No love it's only lust and these killings  
The Lord give me strength to take care of these  
villains  
And most importantly please watch out for ya  
children

You start em up young teach them how to make  
a difference  
The kids are the future, the planet's karma sutra  
Instead of doing right you doing whatever suits  
ya

But imma suit up and hit the front lines  
I'm earth's soldier — I heard it from the grape  
vines  
But keep it real and understand it's gone take  
time

I FaceTime with God so I don't face crime  
Get it?  
If you don't please do not sweat it  
My versus like them scriptures from the man up  
in heaven

And best believe we bout to fix the earth — hope  
the people get this message  
We bout to fix the climate — everything perfect  
timing  
Brighter than the sun that shine right in July  
And the solstice just passed best believe I'm  
aligned  
With the universe giving me answers, giving me  
guidance

### 4. Open A Door

B. Hershey (lyrics/music)

Open a door  
Open a door to the place you adore  
One little taste  
Before you're erased  
Open a door

Open a dream  
Open a dream that seems wide and worthwhile  
Look deep inside  
When your dreams hide  
And open a dream

And though it may seem far too hard  
You must step to the task  
And become what you ask  
And though you may pull yourself back  
Say you're not what they need

Look again. You're the seed that's growing

Open a chance  
Open a chance to be more than a glance  
You are the cure  
When you dream more  
Open a door  
(solos)

And though it may seem far too hard  
You must step to the task  
And become what you ask  
And though you may pull yourself back  
Say you're not what they need  
Look again. You're the seed that's growing

Open a chance  
Open a chance to be more than a glance  
You are the cure  
When you dream more  
Open a door

Extended ending:

Look deep inside  
When your dreams hide  
Open a dream  
One little taste  
Before you're erased  
Open a door  
A dream, a door, a chance for more  
A task, a need, at last, a seed  
A pull to grow, a cure, a door

### 5. I Broke The Egg

B. Hershey (lyrics/music)

I broke the egg, I let it fall,  
I saw it crack against the wall  
And now it's oozing to the floor  
You saw my fingers as it flew  
Oh, yeah, your face turned stiff and blue  
And then you slammed right out the door  
And now you won't be back no more

And so you're gone, gone, gone  
And yeah it's good, good, good  
So good for me  
You held me back, back, back  
I wanted slack, slack, slack  
And now I'm free

My naked foot stepped in that mess  
So slimy, sticky, I confess  
That I began to shake my toe  
And now I'm laughing like a fool  
I have no plans for keeping cool  
I'm letting loose and letting go

And so you're gone, gone, gone  
And yeah it's good, good, good  
But not for you  
You held me back, back, back  
I wanted slack, slack, slack  
And now we're through

And in the aftermath I shook  
I had to take a bath and look  
At how we always up and walk  
You needed me, I needed you  
But there is one thing we don't do  
We don't know how to sit and talk

And so you're gone, gone, gone  
And yeah it's good, good, good  
But not for me  
You held me back, back, back  
I wanted slack, slack, slack  
But now I'm free

And so you're gone, gone, gone  
And yeah it's good, good, good  
But good for who?  
You held me back, back, back  
I wanted slack, slack, slack...  
But I wanted you



## 6. Leavin'

B. Hershey (lyrics/music), N. Russo (music)

Leavin'. It's so hard to be leavin' you  
Like I know I gotta do.  
Believe me. Oh, please believe me.  
I love you so  
Even though I'm gonna go.

The road keeps calling,  
I keep falling  
For the dream ahead.  
It calls me nightly,  
Holds on tightly  
Though I'd rather be with you instead.  
But I'm leavin'.  
Yeah, I'm leavin'.

Remember, by mid September  
I'll come back here  
So there's nothing more to fear.  
I'm returning  
When dreams stop burning  
Inside my mind  
And I'm ready to unwind.

The road keeps calling  
I keep falling  
For the dream ahead.  
It calls me nightly,  
Holds on tightly  
Though I'd rather be with you instead.  
But I'm leavin'.  
Yeah, I'm leavin'.  
(solos)

Well, I know it's gonna be hard  
When the road between us is long  
But no matter how far you are  
I'll be back before it all goes wrong

Stop bugging. Let's get to hugging  
And say goodbye  
Even as we cry.  
Just hold me. Go on and scold me  
But I tell you true  
I'm coming back for you.

The road keeps calling,  
I keep falling  
For the dream ahead.  
It calls me nightly,  
Holds on tightly  
Though I'd rather be with you instead.  
But I'm leavin'.  
Yeah, I'm leavin'.  
Extended ending:  
Still believing,  
Though I'm grieving,  
By the next full moon  
Though I'm leaving now,  
I'll be back soon  
Take this as a vow,  
I'll be back soon  
Though I'm leaving now,  
I'll be back soon  
Though I'm leaving now,  
I'll be back soon

## 7. What's Meant To Last Will Last

B. Hershey (lyrics/music)

Don't you wanna throw it all away  
Don't you need to clear the system  
Don't you wanna throw away the past  
What's meant to last will last

Don't you want to sweep the dirt  
Though the sweeping, it may hurt  
Don't you wanna clear the path  
What's meant to last will last

Oh I know you and you know me, too  
And I know all the things you wanna do

Don't you wanna laugh out loud  
Don't you wanna make yourself proud  
Don't you wanna have a blast  
What's meant to last will last  
(Solo)

Don't you wanna fill up your shoes  
Don't you wanna outshine the news  
Don't you wanna give up the past  
What's meant to last will last

Don't you want to clean that slate  
Don't you wanna fill up your plate  
Don't you want to end this fast  
What's meant to last will last

Oh I know you and you know me  
I think this journey - might set us free

Don't you wanna laugh out loud  
Don't you wanna make yourself proud  
Don't you wanna have a blast  
What's meant to last will last  
(Solo)  
Ooh, the breezes, how they blow  
How it teases with the - things I wanna know

Don't you wanna laugh out loud  
Don't you wanna make yourself proud  
Don't you wanna have a blast  
What's meant to last will last

Don't you wanna throw it all away  
Don't you need to clear the system  
Don't you wanna throw away the past  
What's meant to last will last  
Don't you wanna throw away the past  
What's meant to last will last

## 8. Run

B. Hershey (lyrics/music)

*Dedicated to oppressed women world wide and victims of gun violence. Let's work towards peace for all.*

I am looking for your soul  
Hiding from your gun  
I am frozen in my tracks  
I'm looking for a chance to run

Frozen by this rotten log  
I recall the day  
That I first did hear that lie  
That led me here today

People are good  
We're all the same  
People are beautiful  
No matter who they blame

Mama tried to feed my dreams  
Hide my one true fate  
But this world of darkness seems  
To bring me only hate

Hate was swirling all around  
Gumming up the vines  
Like a demon makes no sound  
Like poison in my wine

People are good  
We're all the same  
People are beautiful  
No matter who they blame

Oooh  
I am looking in your eyes  
And I know what you've done  
I'll be here for all my days  
Just looking for a chance to run  
I'm looking for a chance to run

## 9. Spread Your Wings

B. Hershey (lyrics/music), N. Russo (music)

Ain't no use in sitting on the sidelines  
Watching other folks ignore the signs  
Get on up and see what the future brings  
When you Spread Your Wings

How you gonna change things if you're hidden  
Cut the strings that keep you where you've been  
You can change a life, change most everything  
When you Spread Your Wings

CHORUS:  
Spread your wings and fly  
Come on, take to the sky  
With a dream of unity that sings  
Spread your wings and fly  
Like a sure sunrise  
Come on, spread your wings  
See the hope around you like a beacon  
Asking you to start what must be done  
You got more to say on how much freedom rings  
When you Spread Your Wings  
CHORUS

And just because you're down right now  
Don't make it a place you gotta stay  
There are friends you don't know no how  
Who'll help you clear the cobwebs away  
CHORUS

## 10. Give It To Me Real

B. Hershey (lyrics/music)

After so much time  
Avoiding my glances  
You've got something on your mind  
I'm taking my chances  
No more staying quiet  
Talk to me. Just try it  
CHORUS:

I can take it  
What's on your mind  
I won't break  
And I'm not blind  
You've got something  
Holding you back  
I can feel  
Give it to me real (2x)

You used to smile  
Like I was golden  
It's been a while  
Whatcha been holding back  
So much left unspoken  
I don't think we're broken  
CHORUS

Look in my eyes. My heart's open  
I'm ready for this cry  
Reach for me now. I will listen,  
So please don't lie.

CHORUS  
Extended ending:  
Break open and reveal  
The way you really feel  
No, don't conceal  
No, you don't have to be ideal  
I won't break... I won't break...

## Ain't Gonna Let Nobody Turn Me 'Round

Traditional

11. Freestyle spoken word by R.I.A. Salaam (Ra\$h Ca\$h)

12. Ending: Freedom over me rhap! by Dr. David Pleasant, Drumfolk Riddim Specialist



*The ever-timely traditional protest song is such a deep, important song, we ended up recording two versions to embrace celebration and sacrifice.*

Ain't gonna let nobody  
Turn me 'round, turn me 'round, turn me 'round  
Ain't gonna let nobody  
Turn me 'round  
I'm gonna keep on walking  
Keep on talking  
Marching up to freedom land  
Additional verses:  
Ain't gonna let no hatred...  
Ain't gonna let injustice...  
Ain't gonna let no stumbling block...  
Ain't gonna let no bully...  
Ain't gonna let nobody...  
Freedom over me rhap!  
Freedom, freedom over me  
Freedom over me

