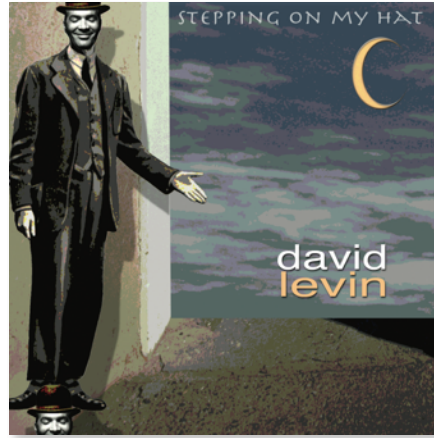
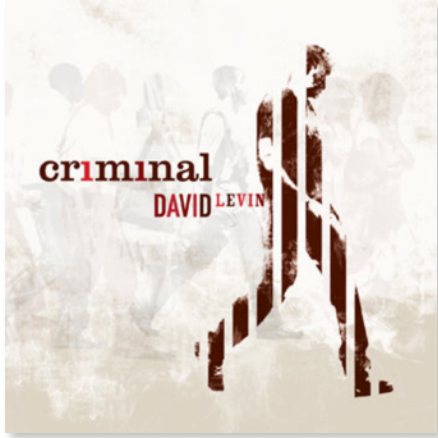


THE INNER GAME COLLECTION

Lyrics and Comments



The six songs in this collection weren't written with *Raise Your Inner Game* in mind (some are over 20 years old), but they speak to the same inner truths, and communicate them in a way that words alone can't do.

The idea is, once you've read the book, listening to these will help remind you of what you've learned and deepen your connection with the material.

Enjoy!

TRY

Try is an early attempt to communicate what 20 years later became *Raise Your Inner Game*. In hindsight, the word “try” is problematic because we have other associations with it. But if every time you hear *try*, you replace it with “engage with raising your inner game,” the song does a good job of reinforcing some of the core observations of the book.

The challenge is to do it with a straight face. :-)

Try

All you ever wanted
All you can become you will become
When you try

Can you hear me now I'm in your head
I'm the voice that wants to make you proud
I am always here but I'm hard to hear
'Cause all the other voices scream so loud

But when you try, you open up your sky
Lift the veil from your eyes
All you ever wanted
All you can become you will become
When you try

There's a crazy game going in your head
Every single moment of your life
It's, "Here's what you want, but here's what you do instead"
You can bring them back together if you try

[crs]

When you try, we begin
It will move you like the water moves the wind
Build a model, let it fly
You have won the battle every time you try

Can you hear me now?
I'm your whispering heart
I'm the one who's words are crystal clear
With the world all around us always screaming in our ears
The voice we should be listening to is the hardest one to hear

[crs]

THE BEST IN US

This one has two elements. First, it's an illustration of the effects of Level 4 triggers. Our new father is genuinely touched by the beauty of his new baby girl, which lifts him up to Level 4 where he sees the beauty in us all. Second, the chorus is the call to action that's implied in his new perspective.

The Best In Us

Brand new father with his baby girl
Smiles the smile of a hopeful world
She's so fragile and glorious
She smiles the tears of the Best in Us

Sweet emotions wash his words away
His whispering heart speaks of peaceful ways
Words so quiet and mysterious
Tell him the story of the Best in Us

We are stronger than our weakest moments, better than our darkest days
If we'd look as hard to the best in each other
One of these days, the worst will fade away

The river comes from underground
Fills him up as he looks around and sees us all
So fragile and glorious
He drinks from the waters of the Best in Us

The river comes from underground
Fills us up as we look around and see us all
So fragile and glorious
Drink from the waters of the Best in Us

CAN'T GET COMFORTABLE

This one speaks to the difficulties so many people are feeling lately – and the reason I wrote *Raise Your Inner Game*: Life has become so stressful and distracting that we simply can't get comfortable. That is, unless we learn new inner skills. (A little sad to realize that I wrote this 20 years ago and it's even more relevant today.)

Can't Get Comfortable

Brought myself to the big big city
It's got a heart like big bass drum
Always pounding, pounding
It's astounding that you ever get used to it
But you do, and I did, and I was
Before I met you
That was before I met you

Can't get comfortable
Put on my big shirt
Slip on my old brown shoes but they're not comfortable
Try to hang with my gang but I can't get comfortable

I had a good clear picture in black and white
It felt all fight
But now it's faded, shaded
I feel jaded and black and blue
In my heart there's a part
Like a train off track
I can never go back, never go back
And that's because of you

[crs]

We can talk about tomorrow
Like it's just another day
But I'm wondering about this feeling
Will it ever go away?

Sometimes I'm a little ... I'm like a little boy
With my toys piled around me, trouble never found me
But now the door is open wide
And the whole world can get inside
And I'm scared
I'm afraid I'm afraid of you

WE'RE OK (FOR HUMANS)

This song takes a compassionate, meta-level look at the human condition. The truth is, it's incredibly difficult, emotionally, to be human. The combination of self-awareness and our logical faculties burden us with endless longing and self-inflicted suffering. Yet, in spite of all that, we're still able to find joy and beauty, and serve each other. It's a beautiful and heroic story, really, that's helpful to keep in mind.

We're OK (for Humans)

Mother Nature came today
A stop for tea along the way
She said she'd come from not so far
She was asking how we are
And I said,

We're OK, for humans
OK, for humans

If we could fly like the birds
Floating high above the words
We would see what freedom sees
We could be what we could be
So you see ...

We're OK, for humans
OK, for humans
It's so hard to feel so far away
But considering what we are, we're OK

There is beauty down here too
Brilliant lights shining through
Flowers grow in burning sand
Soldiers offer up their hand

We're OK, for humans

CRAZY FOOL

This is the story of a relationship where one partner keeps getting stuck on Level 3. Our hero just wants the two of them to be present with each other. But their partner keeps getting pulled away into their negative thoughts.

Crazy Fool

Somebody here's crazy
One of us just lost our mind
I'm thinking it's you, babe
'Cause this wouldn't be the only time

Crazy, crazy, crazy fool
Why does this have to be so hard to do?
Easy, easy, it's all right
Can't we just be together?

You're off about some problem
All serious, all sincere
But weren't we having a moment?
Didn't you just disappear?

Crazy, crazy, crazy fool
Why does this have to be so hard to do?
Easy, easy, it's all right
Can't we just be together?

Something out there shakes you
You're caught up in every fight
You've got to change to whole world
Can't you just change mine tonight?

[crs]

LET'S THINK ABOUT THIS

The original idea for this was a small town newspaper editor during WWII, editorializing about the pending Japanese internment. But it's also an illustration of how fear triggers Level 3 thinking (logic, no empathy), turning us into different people. Think about how clearly wrong the Japanese Internment seems now, from a human perspective, yet how logical it seemed at the time. Learning to raise our inner game is how we avoid slipping into this kind of false logic – and the skill is desperately needed in today's world. Our hero is standing up for Level 4 thinking in the face of a community that's deeply in the grip of Level 3.

Let's Think About This

Some are funny
Some are sad
Some the fathers we never had
Friends and neighbors yesterday
Overnight we have turned away
Passions pull our world apart
But we are free to free our hearts

Let's think about this
Think it through
Let's think about this
Is this the best that we can do?
Let's think about this now, does it feel right?
Let's think about love and hope and light

They're our sisters
They're our sons
They're our family, one by one
Don't we know them anymore?
Don't we love them like we did before?

[crs]

Passions pull our world apart
But we are free to free our hearts