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Engineered by jaguar mollerup

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Altruism arranged by s. jones and k. dahl; Is This A Love Song? arranged by s.jones,

k. dahl & j. mollerup

All other arrangements by s. jones

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It's Just a Body...3:54

This is a body and I'm contained therein
Sure it's a bit unique but its really just
like yours & hers & his
A body gives life takes love & hunts death
It's a cloak of heat heartbeat & breath

I don't see how people can possibly avoid being part
Of some kind of Barbie culture
At such a young age, we're led to buy
in & over time we're too broken to buy out
This creates a society of walking wounded dolls
who worship the beautiful over the wise
Empty dolls with empty eyes

chorus
It's just a body
It's just a body

So where do we go from here? Our separate ways I suspect
But is that due to philosophical or physiological differences?
I ask that question because of the vacant aching look in your eye
But it's okay my friend we both know why

chorus
Flesh, blood & bone
Which part offends you the most?

Don't get stuck in thinking
That's all there is to you
It's just a body doing its job
Giving your soul a chance to
It's just a-

chorus
Flesh, blood & bone
Who'd want to turn it to stone?

salam jones

The Gypsy Song 3:10

So you're still huntin' me down after all these futile years
Guess you'll always prey on the ones with all the fears
How you hold me like a lover, then hurt me like a man
Build me up to somethin' mighty
To tear me down with just one hand
You tear me down with just one hand

chorus
Suck me in like fire spit me out like stone
I fall for you every time you call me home
Suck me in like fire spit me out like stone

How can you heal the scars when
you're the one who put them there?
What kind of magic is this? I don't know. I don't care.
I keep runnin' away even to the other side
You're always waitin' on me to take me for another ride
Go on take me for another ride

chorus

Surrender surrender surrender surrender

chorus

salam jones

Heaven 6 2:46

The clouds are thick in the sky heaven 6
I can still hear you sigh heaven 6
Will I ever know why?

Heaven 6 let me float into
Heaven 6 you soothe yes you soothe

If I compare you to him heaven 6
No one will win heaven 6
There's no such thing as sin, in

Heaven 6 let me float into
Heaven 6 you're so so smooth

A secret heaven 6
Is in the whisper of this

Heaven 6 strong tall true
Heaven 6 when its 4 against 2
Heaven 6 you're so pure
Heaven 6 unbeatable & sure

salam jones



Shakin' Off The Day 4:54

If I can climb mountains
Surely I can get over this
Don't wanta leave Dharma behind but
A change of scenery sounds like bliss

Well there's birds chasin' cats
I know a lot about that
Can you hear me my lover oh, well
Musta told you what you already know well

chorus
I'm just shakin' off the day
Tryin' to sweep it all away
Shakin' off the day

If you think your twilight's tough
Try lookin' through the light of mine
Take one heavy dose of devotion
Swallow it in the nick o' time

So many huge little wars
Dead flowers and dirty floors
Ears and doors shut to the shouting
But I listen and talk about a thing, just talk of things

chorus
I've climbed many mountains
And I'm gonna get over this
By takin' one more dose o' devotion
To cherish like a parting kiss

salam jones

I'm Sorry 4:05

I remember every second when it hits me each night
Why did I never tell you how much I needed you?
A part of me blackened when I was left and you were right
Didn't even let myself know it, but I never do

prechorus
Who believes unspoken words?
Well listen, I'm alone without you, and

chorus
I'm sorry, it may be too late
But I'm sorry, 'bout a twist of fate
Sorry, it could've been prevented

All this apologizing guess you wanta know what I really mean
If the answer was in my pocket I'd take it out for you to see
No intellectualizing, ego or self-esteem
The value of what we are is above what's between you and me

prechorus
Let me unload a few more silent words
Coz I'm still alone without you, and

chorus
I'm sorry, I do regret
Sorry I haven't said it yet
But the words haven't been invented

It's killin' me coz I should be the one
So when you came to me that day, a married man
There was only one thing to say

chorus
I'm sorry 'bout the Saturday
When you walked that last walk
And walked away

s. jones & j. mollerup

Chantal 3:29

He said it was cold & swore it was extra gray
Musta passed 10,000 cars to God-knows-where that day
He thought about you long gone, as many
miles as there were cars
Night fell, he stopped dead & when he looked up,
there were no stars

chorus
And he walked, Chantal
Til he ran, Chantal
And he ran til the wind brought tears to his eyes, Chantal

He'd wanted to beg, demand, lay his claim,
plead no damn way
Not to control, he just worships you enough to pray
Everybody flies so fast but, nobody really
has their wings, y'know
He's behind you but maybe you're lookin'
outward for inward things

chorus
We must walk, Chantal
Til we run, Chantal
Then run some more when the wind brings
tears to our eyes, Chantal

Don't know what he's missin' more, you or the point
But he knows his heart has been sacrificed
Perhaps there's somethin' you forgot to anoint
Oh pardon that one my dear

chorus
We must walk, Chantal
Then we'll run, Chantal
Or we're just like circles always changing direction

salam jones

Tomorrow or Yesterday 5:36

Sweep the floor fold the laundry, must be midnight if it's a day
Scrub it down wash it up do another load
Is it tomorrow or is it yesterday?
Got three toilets to clean scrape lunch together
The dinner bell's always loomin'
Is it tomorrow or is it yesterday?

There's clothes in my closet haven't worn in years
Doesn't matter if they fit another baby's on the way
Is it tomorrow or is it yesterday?
Old friend calls have to hang up children cryin'
I think I'm gettin' grey
Shall I mow the lawn tomorrow or yesterday?

Seem's like somebody always needs
somethin' and I owe everybody everything
Better pay or they'll take it all away
Can't they see I'm payin'?
Tomorrow and yesterday and to my man when's the last time
I held you like a hurricane holds the wind
And I wish people'd stop callin' me missus
Today and everyday

I used to be beautiful don't know what
the hell that means anymore
And I don't care anyway
It won't matter tomorrow it didn't matter yesterday
So what if I don't sew hardly cook so well
Don't look out the windows so I don't do 'em?
They're not goin' anywhere either
Anyday

Don't think I don't love my family, myself, its just
I don't want it all to be the same
Please grant me the thrill of tomorrow
In yesterday

salam jones

“This is a body and I'm contained therein
Sure it's a bit unique but its really just like yours & hers & his”

Photo of Salam by Marc Chalifoux

Is This a Love Song? 3:38

This is the night that I hit you in the face, the heart, the soul
With the wind blowing outside, it just keeps blowing
My hand is bruised we're both confused
Like your face, your heart, your soul, you're a victim I know

I'm terrified that you'll never forgive me
With your face, your heart, your soul
That God will not and will throw me to the dogs
How I weary of travelling life as lonely
as your face, your heart, your soul
But I bet no one's lonelier than you are right now

prechorus
And I'm sorry, and I'm lonely and I hate myself, I hate myself

chorus
Make no mistake this is a love song
I've wanted to make the madness stop all along
Make no mistake this is a love song

These words I speak won't stop the pain
In your face, your heart, your soul
Still I offer them like sacrificial lambs
On bended knee, both arms trembling, I lift them to
Your face, your heart, your soul
A part of me hopes you'll kick them away - another doesn't

Is it over? Are you gone? Can I live without
Your face, your heart, your soul?
Oh God I know what I've done and what I am
Stay and I'm reminded, leave and I forget
Your face, your heart, your soul
And I must not forget, never forget

prechorus
chorus
A love song, a love song a love song, our love song
Our love song, a love song

This is the night that I hit you in the face, the heart, the soul
With the wind blowing outside, will it ever stop blowing?
And I'm sorry, and I love you, and I hate myself

salam jones

Altruism 3:06

Devotion, simplicity, integration
Egalitarianism, sacrifice
Innocence, humility, wisdom
Gilded giants giving grace

chorus
Some days you wonder what it's all about
Yeah you wonder what it's all about

Courtly, knightly, honest honour
Grand, regal, high idealism
Purity, principles, lion-hearted strength
Noble men, noble women, nobility

chorus

Soaring, supreme, open omnipotence
Truth, compassion, love
Gentleness, tenderness, selfless service
Absolute altruism

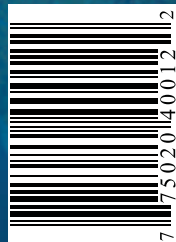
We must learn to expect & profess
The world at its best no less
Lay down the rest
There is only altruism

chorus

salam jones

Jones shakin' off the day

- 1 Shakin' Off The Day 4:54
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Jones shakin' off the day

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Jones shakin' off the day