BE HARD ON YOURSELF

i The Tear In The Big Picture:

Big ball of rocks and water
Spinning round in space
Blue green and made of magic
Miracles on miracles on miracles with miracles inside
Why would you kill it?

Be hard on yourself You've been spoilt for years Be hard on yourself You'll be glad you did You'll be glad you did

Something to pull the sheep across the field Bag of grass and straw How can it keep growing?

Be hard on yourself You've been spoilt for years Be hard on yourself You'll be glad you did You'll be glad you did

Run towards the things that scare ya I dare ya There's a tear in the big picture Can't burn it Got to fix it Heard you say life's what you settle for Nobody told you Less can be more

Strap in
Get ready
Foot down
Push the button
Blow it all up
And be hard on yourself

Strap in
Get ready
Foot down
Push the button
Blow it all up
And be hard on yourself

ii Lust for Luxury:

Don't talk to me of need Don't talk to me of want Don't talk to me of dreams

The world has seen enough impatient bags of blood

Don't talk to me of speed Acceleration never did you any good

The monkey wants a new toy And that's all that it knows Something to pull the sheep across the field

The only way forward is to fall over Or you can learn to be hard on yourself

The monkey wants a new toy And that's all that it knows The monkey wants a new toy And that's all that it knows

Cause of death: Lust for luxury Cause of death: Lust for luxury Cause of death: Consumption

iii You Can Learn

The only way forward is to fall over Or you can learn to be Or you can learn to be Hard on yourself

You can do better You can do better But do it now

We haven't got long
We haven't got long
To the end of the song

Be hard on yourself

Strap in
Get ready
Foot down
Push the button
Blow it all up
Blow it all up

Paint a picture, sing a song, plant some flowers in the park Get out and make it better You've got an hour before it's dark...

REPROGRAM THE GENE

i Invincible:
I don't want to be a boy
I don't want to be a girl
I want to be happy
I want to be clever
In no pain whatsoever

I want to be invincible
I want some peace of mind
I wanna share your thoughts
I wanna waste your time

I want to be Dr Frankenstein Put my brain in a box Full of LED light You can have it for Christmas Next year it'll be cheaper And fourteen times as bright

I seen the future! It aint orange, it's green
I been listening to Greta T
Begins with a letter C
The cure's coming at us
The cure is the disease

I don't wanna be food for the trees
I don't wanna fever
I don't wanna cough
As the planet simply shrugs us off
Don't wanna say goodbye to the earth and the sky
As the last of the animals
Curls up and dies
The rats and the roaches have no place to hide

We'll have the earth and the seas
To do with as we please
And all the strange human beings
Who we once used to be
Will be locked down
Knocked down
Unknown
Overgrown
But I'm gonna be
Invincible
Invincible

ii Trouble-Free Life:

You can turn up the gain on the pain All the problems you really don't have In this trouble-free life

In the trouble-free life

I've seen the future. It aint orange. Listen to Greta T Begins with a letter C The spore's already on the breeze We get what we deserve The cure is the disease The cure is the disease

Don't wanna fever
Don't wanna flood
I wanna be the thing you love
Don't wanna say goodbye
But I'm watching the time
The flowers and the bees
Vanishing beneath our feet
I don't want to be food for the trees

iii A Cure For Us?:

Locked down Knocked down Country in tiers Shakin' this one's gonna take years

Reprogram the gene We're clever enough but... Is there a cure for us? Is there a cure for us? Is there a cure for us?

I'm gonna be a friend of the earth Let's all be friends of the earth Let's all be friends

ONLY A KISS (Instrumental)

MURDER MACHINES

Murder machines Fragments of life Too small to see

Don't know we're only human A planet there for using Take their cells and multiply Until it dies

I put my arms around her I put my arms around her I put my arms around her And I killed her with love I killed her with love I killed her

Tested positive
No antibodies
No vaccine No escape

Don't know we're only human
A planet there for using
Take their cells and multiply until it dies

I put my arms around him
I put my arms around him
I put my arms around him
And I killed him with love
I killed him with love
I killed him with love

Reached out Never thought An innocent act Only a kiss

She put her arms around him She put her arms around him She put her arms around him And she killed me

She put put her arms around me She put put her arms around me She put put her arms around me And she killed me with love She killed me with love She killed me with love She killed me with love

THE CROW AND THE NIGHTINGALE

Thank you for your words of longing
It doesn't really matter whether or not I understood them
'Doesn't really matter where they take me
Or how they take me...
A witch-black hill in a storm
An unruly sea of salt-frozen fear
Or a paradise of palms
As long as it's not here
As long as it's not here
But a rooftop I can go, to scream above the birds
Adding my dull sheen to your brilliant words
A job for Christo...

Wrapping the sun with silk Wrapping the sun

Wrapping the sun ...with silk
Wrapping the sun
Wrapping the sun with silk
Make it something that can be looked at ...without hurting
I can try

I can't fly but I'll open my rough beak Squawk at the sky The crow and the nightingale

I can't fly but I'll open my rough beak Squawk at the sky The crow and the nightingale The crow and the nightingale

Wrapping the sun with silk
Wrapping the sun
Wrapping the sun with silk
Make it something
Better than blindness
Better than darkness
Make it something that can be looked at
Without hurting
Without hurting

Locking Helen of Troy in a padded room Behind frosted glass Howlin' at the moon Squawking at the sky A racket, And a tune.

SIERRA LEONE

i Chance In A Million

I found this object deep below the ground Chance in a million under rubbish town Where little barefoot children scratch around Fishing for treasure in the broken glass

Dug around for years
In darkness and in sweat
Finding nothing yet until today, until today
A billion years of waiting
For me to come along
Bigger than my hand, how can this be?
Now I'm free
But I won't sell this diamond
I won't sell this diamond

ii The White Sand

I'm sleeping in the white sand I'm sleeping in the white sand I'm dreaming in the white sand of Sierra Leone

I'm sleeping in the white sand I'm dreaming in the white sand I'm sleeping in the white sand Of Sierra Leone

iii The Diamond

I won't sell this diamond
I won't sell this diamond
I know she could give me
Incalculable riches
Everything I ever wanted
All that men desire
I don't need that now

I won't sell this diamond
Though I have no need for it
Except to be me
To do as I please
I will hide this diamond
And I'll never be the same again
Finally I'm free
To have my own mind
For the first time in my life

Walking free In Freetown Walking free

Dozing in the sunset like the haze on the road Shimmering my head

iv The Blue Warm Air

Hold her to my eye
Starin' at the sky
See the colours split and light divide
She sends me into dreams
A fire she has inside
Indigo and green
Shot through with laser beams
And visions too

Sparkle in the blue warm air Sparkle in the blue warm air Of Sierra Leone

v More Than Treasure

I won't... sell this diamond I won't

This is more than treasure
This is more than treasure
This was sent to me from God

This is more than treasure This is more than treasure This was sent to me from God

Dreaming in the white sand
Dreaming in the white sand
Bathing in the laughter of children
Who dance into the sea

I'm dreaming in the white sand.

CARE

i Maintenance Drugs

They give me maintenance drugs Said I'll be okay They give me maintenance drugs They said I'd be okay So I'm taking my time Living from day to day You gotta live

No one knows how much time No one knows how much time No one knows how much time they've got left N'est-ce pas?

An hour before it's dark

They give me maintenance drugs Said I'll be okay They test me once a year They test me once a year

You have to care You have to care You have to care You have to care

No one knows how much time No one knows how much time No one knows They said I'll be okay They said I'll be okay

An hour before it's dark They said I'll be okay An hour before it's dark

An domhan

Whether you like it or not When it's gone, it's gonna take you with it This one Whether you like it or not

When it's gone, it's gonna take you with it An domhan

Whether you like it or not

When it's gone, it's gonna take you with it

This one

Whether you like it or not

When it's gone, it's gonna take you with it

ii An Hour Before It's Dark

An hour before it's dark An hour before it's dark An hour before it's dark

These are the days that will flash before our eyes at the end
These are the moments burned into the sacred places of our hearts
Thank you for making me truly, truly alive
In a life where luxury was sometimes, to survive
Under the weight of lost love, disillusionment and shame
You came warm, and loved me like a tropical storm
Spiralled me up into the air

iii Every Cell

These are the days that will flash before our eyes at the end Yours are the words that will whisper in my body as it fades Yours is the laughter burned into my days Locked away in every cell I came, I saw, I fell, And I changed Found freedom in a diamond I won't trade Not even for heaven

And as I unpeeled you, you realised You loved me enough to leave me forever

iv Angels On Earth

The angels in this world are not in the walls of churches
The angels in this world are not in the walls of churches
The angels in this world are not on the walls of churches
The heroes in this world are not in the hall of fame
The angels in this world are not in the walls of churches

I saw a man paint a woman on the wall
Mask on her face, screen over her eyes
Hospital clothing, worried and exhausted
A thing of beauty, a thing of care
Pure class right there, right there
The angels in this world are not in the walls of churches

The angels in this world are not in the walls of churches
The angels in this world are not rendered in bronze or stone
The heroes in this world, working while we're all sleeping
She wrapped her arms around me
He wrapped his arms around me
He wrapped his arms around me

An angel here on earth came down here To carry me home
To carry me home.