

The 11 Stages of Sensational Happiness Soundtrack Lyrics

Level 0 – With Zero Grief
(Courtesy of AZLyrics)

LEVEL 0 – SENSATIONAL HAPPINESS Grief is gone – it's time for song

Welcome to a "Peaceful World" – John Mellencamp

Come on baby take a ride with me
I'm up from Indiana down to Tennessee
Everything is cool as can be
In a peaceful world

People know this world is a wreck
We're sick and tired of being politically correct
If I see through it now but I didn't at first
The hypocrites made it worse and worse
Lookin' down their noses at what people say
These are just words and words are okay
It's what you do and not what you say
If you're not part of the future then get out of the way

Come on baby take a ride with me
I'm up from Indiana down to Tennessee
Everything is cool as can be
In a peaceful world

Racism lives in the U.S. today
Better get hip to what Martin Luther King had to say
I don't want my kids being brought up this way
Hatred to each other is not okay
Well I'm not a preacher just a singer son
But I can see more work to be done
It's what you do and not what you say
If you're not part of the future then get out of the way

Come on baby take a ride with me
I'm up from Indiana down to Tennessee
Everything is cool as can be
In a peaceful world

Lay back the top and ride with me
I'm up from Indiana down to Tennessee
Everything is cool as can be
In a peaceful world

The money's good and the work is okay
Looks like everything is rollin our way
'Til you gotta look the devil in the eye
You know that bastard's one big lie
So be careful with your heart and what you love
Make sure that it was sent from above
It's what you do and not what you say
If you're not part of the future then get out of the way

Come on baby take a ride with me
I'm up from Indiana down to Tennessee
Everything is cool as can be
In a peaceful world

Lay back the top and ride with me
I'm up from Indiana down to Tennessee
Everything is cool as can be
In a peaceful world

Hey yeah
Hey yeah
Hey yeah
Hey yeah

Writer(s): John Mellencamp

11 Stages of Sensational Happiness Theme Song
Somewhere over the Rainbow/What a Wonderful World –
Israel Kamakawi'ole

Somewhere over the rainbow
Way up high
And the dreams that you dreamed of
Once in a lullaby

Somewhere over the rainbow
Bluebirds fly
And the dreams that you dreamed of
Dreams really do come true

Someday I'll wish upon a star
Wake up where the clouds are far
Behind me
Where trouble melts like lemon drops
High above the chimney top
That's where you'll find me

Somewhere over the rainbow

Bluebirds fly
And the dream that you dare to,
Oh why, oh why can't I?

Well I see trees of green and red roses too,
I'll watch them bloom for me and you
And I think to myself
What a wonderful world

Well I see skies of blue
And I see clouds of white
And the brightness of day
I like the dark
And I think to myself
What a wonderful world

The colors of the rainbow so pretty in the sky
Are also on the faces of people passing by
I see friends shaking hands
Singing, "How do you do?"
They really sing, "I...I love you"

I hear babies cry and I watch them grow
They'll learn much more than we'll know
And I think to myself
What a wonderful world

Someday I'll wish upon a star
Wake up where the clouds are far
Behind me
Where trouble melts like lemon drops
High above the chimney top
That's where you'll find me

Oh, somewhere over the rainbow
Way up high
And the dream that you dare to
Why, oh why can't I? I?

Writer(s): E.y. "yip" Harburg, Robert Thiele

Stage 1 –RECKONING (Find your Self-Worth) (GRIEF PREVENTION)

#1 Catch & Release – Matt Simons

(Repeat of Split Personality Grief Escape Hatch)

Holding the line against Grief

There's a place I go to
Where no one knows me
It's not lonely
It's a necessary thing
It's a place I made up
Find out what I'm made of
The nights I've stayed up
Counting stars and fighting sleep

Let it wash over me
I'm ready to lose my feet
Take me off to the place where one reveals life's mystery
Steady on down the line
Lose every sense of time
Take it all in and wake up that small part of me
Day to day I'm blind to see
And find how far
To go

Everybody got their reason
Everybody got their way
We're just catching and releasing
What builds up throughout the day

It gets into your body
It flows right through your blood
We can tell each other secrets
And remember how to love

There's a place I'm going
No one knows me
If I breathe real slowly
Let it out and let it in
It can be terrifying
To be slowly dying
Also clarifying
We end where we begin

So let it wash over me
I'm ready to lose my feet
Take me off to the place where one reveals life's mystery

Steady on down the line
Lose every sense of time
Take it all in and wake up that small part of me
Day to day I'm blind to see
And find how far
To go

Everybody got their reason
Everybody got their way
We're just catching and releasing
What builds up throughout the day

It gets into your body
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Everybody got their reason
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What builds up throughout the day

And it gets into your body
And it flows right through your blood
We can tell each other secrets
And remember how to love

Writer(s): Matthew Griffith Simons, Erik Mattiasson

Stage 2 – CHANGE

New Shoes – Paolo Nutini

Woke up cold one Tuesday
I'm looking tired and feeling quite sick
I felt like there was something missing in my day to day life
So I quickly opened the wardrobe
Pulled out some jeans and a T-Shirt that seemed clean
Topped it off with a pair of old shoes
That were ripped around the seams
And I thought these shoes just don't suit me

Hey, I put some new shoes on
And suddenly everything is right
I said, hey, I put some new shoes on and everybody's smiling
It's so inviting
Oh, short on money

But long on time
Slowly strolling in the sweet sunshine
And I'm running late
And I don't need an excuse
'Cause I'm wearing my brand new shoes

Woke up late one Thursday
And I'm seeing stars as I'm rubbing my eyes
And I felt like there were two days missing
As I focused on the time
And I made my way to the kitchen
But I had to stop from the shock of what I found
A room full of all of my friends all dancing round and round
And I thought hello new shoes
Bye bye them blues

Hey, I put some new shoes on
And suddenly everything is right
I said, hey I put some new shoes on
And everybody's smiling, it's so inviting
Oh short on money but long on time
Slowly strolling in the sweet sunshine
And I'm running late and I don't need an excuse
'Cause I'm wearing my brand new shoes

Take me wandering through these streets
Where bright lights and angels meet
Stone to stone they take me on
I'm walking to the break of dawn
Take me wandering through these streets
Where bright lights and angels meet
Stone to stone they take me on
I'm walking to the break of dawn

Hey, I put some new shoes on
And suddenly everything is right
I said, hey I put some new shoes on
And everybody's smiling, it's so inviting
Oh short on money but long on time
Slowly strolling in the sweet sunshine
And I'm running late and I don't need an excuse
'Cause I'm wearing my brand new shoes

Hey, I put some new shoes on
And suddenly everything is right
Hey, I put some new shoes on
And suddenly everything is right
I said, hey I put some new shoes on

And everybody's smiling, it's so inviting
Oh short on money but long on time
Slowly strolling in the sweet sunshine
And I'm running late and I don't need an excuse
'Cause I'm wearing my brand new shoes

Writer(s): Mathew William Benbrook, Paolo Giovanni Nutini, James Paxton
McMillan Duguid

Stage 3 –ACCEPTANCE (GRIEF PREVENTION)

Let it Be - Beatles

(Repeat of DLIM Grief Escape Hatch)
Holding the line against Grief

When I find myself in times of trouble
Mother Mary comes to me
Speaking words of wisdom
Let it be

And in my hour of darkness
She is standing right in front of me
Speaking words of wisdom
Let it be

Let it be, let it be, let it be, let it be
Whisper words of wisdom
Let it be

And when the broken-hearted people
Living in the world agree
There will be an answer
Let it be

For though they may be parted there is
Still a chance that they will see
There will be an answer
Let it be

Let it be, let it be, let it be, let it be
Yeah, there will be an answer
Let it be

Let it be, let it be, let it be, let it be
Whisper words of wisdom
Let it be

Let it be, let it be, let it be, let it be

Whisper words of wisdom
Let it be

And when the night is cloudy
There is still a light that shines on me
Shine until tomorrow
Let it be

I wake up to the sound of music
Mother Mary comes to me
Speaking words of wisdom
Let it be

Let it be, let it be, let it be, yeah, let it be
There will be an answer
Let it be

Let it be, let it be, let it be, yeah, let it be
There will be an answer
Let it be

Let it be, let it be, let it be, yeah, let it be
Whisper words of wisdom
Let it be

Writer(s): John Winston Lennon, Paul James McCartney

Stage 4 – SENSATIONAL LOVE

I Want Crazy – Hunter Hayes

(5 Stages of Euphoria Repeat – Love is crazy sensational)

I'm booking myself a one-way flight
I gotta see the color in your eyes
Yeah, tellin' myself I'm gonna be alright
Without you, baby, is a waste of time

Yeah, our first date, girl, the seasons changed
It got washed away in a summer rain
You can't undo a fall like this
'Cause love don't know what distance is

Yeah, I know it's crazy

But I don't want "good" and I don't want "good enough"
I want "can't sleep, can't breathe without your love"
Front porch and one more kiss
It doesn't make sense to anybody else

Who cares if you're all I think about
I've searched the world and I know now
It ain't right
If you ain't lost your mind

Yeah, I don't want easy
I want crazy
You with me, baby?
Let's be crazy

I wanna be scared. Don't wanna know why
Wanna feel good. Don't have to be right
The world makes all kinds of rules for love
I say you gotta let it do what it does

I don't want just another hug and a kiss goodnight
Catchin' up calls and a date sometimes
I love that we're rebels, and we still believe
We're the kind of crazy people wish that they could be

And I know we're crazy, yeah

But I don't want "good" and I don't want "good enough"
I want "can't sleep, can't breathe without your love"
Front porch and one more kiss
It doesn't make sense to anybody else

Who cares if you're all I think about
I've searched the world and I know now
It ain't right
If you ain't lost your mind

Yeah, I don't want easy
I want crazy
You with me, baby?
Let's be crazy

No, I don't want "good" and I don't want "good enough"
I want "can't sleep, can't breathe without your love"
Front porch and one more kiss
It doesn't make sense to anybody else

Who cares if you're all I think about
I've searched the world and I know now
It ain't right
If you ain't lost your mind

Yeah, I don't want easy

I want crazy
Yeah, look at us, baby
Tonight the midnight rules are breaking

There's no such thing as wild enough
And maybe we just think too much
Who needs to play it safe in love?
Let's be crazy!

Who cares if we're crazy? We gotta be crazy!
I know that we're crazy. so let's be crazy!

Writer(s): Troy Verges, Lori McKenna, Hunter Easton Hayes

Stage 5 – FORGIVENESS (GRIEF PREVENTION)

Forgiveness – Matthew West

(Repeat of Blindsight Grief Escape Hatch)

Holding the line against Grief

It's the hardest thing to give away
And the last thing on your mind today
It always goes to those who don't deserve

It's the opposite of how you feel
When the pain they caused is just too real
Takes everything you have just to say the word...

Forgiveness
Forgiveness

It flies in the face of all your pride
It moves away the mad inside
It's always angers own worst enemy
Even when the jury and the judge
Say you gotta right to hold a grudge
It's the whisper in your ear saying 'Set It Free'

Forgiveness, Forgiveness
Forgiveness, Forgiveness

Show me how to love the unlovable
Show me how to reach the unreachable
Help me now to do the impossible

Forgiveness, Forgiveness

Help me now to do the impossible
Forgiveness

It'll clear the bitterness away
It can even set a prisoner free
There is no end to what its power can do
So, let it go and be amazed
By what you see through eyes of grace
The prisoner that it really frees is you

Forgiveness, Forgiveness
Forgiveness, Forgiveness

Show me how to love the unlovable
Show me how to reach the unreachable
Help me now to do the impossible
Forgiveness

I want finally set it free
So show me how to see what Your mercy sees
Help me now to give what You gave to me
Forgiveness, Forgiveness

Writer(s): Matthew Joseph West

Stage 6 – UNCONDITIONAL LOVE & FAITH (complete trust & confidence)

Saved my Life – Andy Grammer & R3HAB

Pop Quiz – Is this a Rock LOVE song or Christian (or both?)

Oh-oh-oh-oh
Oh-oh-oh-oh
I think you should know you saved my life

I don't think you realize
What you've done for me
Oh, I don't think you realize
What a little love could mean

Oh, you, you stayed by my side
And you, you keep on the lights
And you knew just what to say
When I was fadin'
Sometimes all that you need is
Someone who can believe in you
More than you do

I was lost until I saw your halo
I was blind until I saw your light
I believe, oh, friend, we all have angels
And you are mine
I think you should know you saved my life

Oh-oh-oh-oh
Whoa-oh-oh-oh
I think you should know you saved my life
Whoa-oh-oh-oh
Whoa-oh-oh-oh
I think you should know you saved my life

I don't think you realize
What you're words can do
Oh, the whole world was fallin' all 'round me
But I held on to you

Oh, you, you stayed by my side
And you, you keep on the lights
And you knew just what to say
When I was fadin'
Sometimes all that you need is
Someone who can believe in you
More than you do

I was lost until I saw your halo
I was blind until I saw your light
I believe, oh, friend, we all have angels
And you are mine
I think you should know you saved my life

Oh-oh-oh-oh
Whoa-oh-oh-oh
I think you should know you saved my life

I was lost until I saw your halo
(Whoa-oh-oh-oh)
(Whoa-oh-oh-oh)
I was blind until I saw your light
I think you should know you saved my life
I believe, oh, friend, we all have angels
(Whoa-oh-oh-oh)
(Whoa-oh-oh-oh)
And you are mine (You are mine)
I think you should know you saved my life

Writer(s): Andy Grammer & R3HAB, Jake Torrey, Johnny Simpson and Jon Levine

Stage 7 – COMPASSION (GRIEF PREVENTION)

(Repeat of Pure Evil Grief Escape Hatch)

Holding the line against Grief

Broken People Help Broken People

Give Me Your Eyes – Brandon Heath

Looked down from a broken sky
Traced out by the city lights
My world from a mile high
Best seat in the house tonight

Touched down on the cold black top
Hold on for the sudden stop
Breathe in the familiar shock
Of confusion and chaos

All those people goin' somewhere
Why have I never cared?

Give me Your eyes for just one second
Give me Your eyes so I can see
Everything that I keep missing
Give me Your love for humanity

Give me Your arms for the broken-hearted
The ones that are far beyond my reach
Give me Your heart for the ones forgotten
Give me Your eyes so I can see

Step out on a busy street
See a girl and our eyes meet
Does her best to smile at me
To hide what's underneath

There's a man just to her right
Black suit and a bright red tie
Too ashamed to tell his wife
He's out of work, he's buyin' time

All those people goin' somewhere
Why have I never cared?

Give me Your eyes for just one second
Give me Your eyes so I can see
Everything that I keep missing
Give me Your love for humanity

Give me Your arms for the broken-hearted
The ones that are far beyond my reach
Give me Your heart for the ones forgotten
Give me Your eyes so I can see

I've been there a million times
A couple of million eyes
Just move and pass me by
I swear I never thought that I was wrong

Well, I want a second glance
So, give me a second chance
To see the way You've seen the people all along

Give me Your eyes for just one second
Give me Your eyes so I can see
Everything that I keep missing
Give me Your love for humanity

Give me Your arms for the broken-hearted
The ones that are far beyond my reach
Give me Your heart for the ones forgotten
Give me Your eyes so I can see

Give me Your Eyes
(Give me Your eyes for just one second)
Lord, give me Your eyes
(Give me Your eyes so I can see)
Everything
(Everything that I keep missing)
That I keep missing

Give me Your heart
(Give me Your arms for the broken-hearted)
For the broken hearted
(The ones that are far beyond my reach)
Give me Your heart
(Give me Your heart for the ones forgotten)
Lord, give me Your eyes
(Give me Your eyes so I can see)

Writer(s): Brandon Heath, Jason Ingram

Stage 8 - PASSION

Follow Your Arrow – Kacy Musgraves

(5 Stages of Euphoria Repeat – Passion is following your dreams)

If you save yourself for marriage
You're a bore
If you don't save yourself for marriage
You're a whore-able person
If you won't have a drink
Then you're a prude
But they'll call you a drunk
As soon as you down the first one

If you can't lose the weight
Then you're just fat
But if you lose too much
Then you're on crack
You're damned if you do
And you're damned if you don't
So you might as well just do
Whatever you want
So

Make lots of noise
Kiss lots of boys
Or kiss lots of girls
If that's something you're into
When the straight and narrow
Gets a little too straight
Roll up a joint, or don't
Just follow your arrow
Wherever it points, yeah
Follow your arrow
Wherever it points

If you don't go to church
You'll go to hell
If you're the first one
On the front row
You're self-righteous
Son of a-
Can't win for losing
You'll just disappoint 'em
Just 'cause you can't beat 'em
Don't mean you should join 'em

So make lots of noise
Kiss lots of boys

Or kiss lots of girls
If that's something you're into
When the straight and narrow
Gets a little too straight
Roll up a joint, or don't
Just follow your arrow
Wherever it points, yeah
Follow your arrow
Wherever it points

Say what you think
Love who you love
'Cause you just get
So many trips 'round the sun
Yeah, you only
Only live once

So make lots of noise
Kiss lots of boys
Or kiss lots of girls
If that's what you're into
When the straight and narrow
Gets a little too straight
Roll up a joint, I would
And follow your arrow
Wherever it points, yeah
Follow your arrow
Wherever it points

Writer(s): Kacey Musgraves, Shane McAnally, Brandy Clark

Stage 9 – REPENTANCE (GRIEF PREVENTION)

Repentance Song – Jermaine Edwards

(Repeat of Accidental Grief Escape Hatch)

Holding the line against Grief

Here I am broken, I'm feeling sad.
How did I get here, led away by my fleshly desires?
For God I will pray, and the time to seek your face,
Watch my life right before my eyes drift like a ship without a sail,
But I seek you till I found strength for my life,
and now I feel joy, that no words can describe.

Oh Where? Where else can I go, but to you O'Lord
I know you restore me; I can't live without you Lord.
Won't make it on my own,
I'm begging you Lord, please have mercy

Thank you for one more chance,

Forgiven and now I can dance.
With you lord I know I belong,
yeah, that's why I'm singing this repentance song,
Can't allow myself to let go so I close all of the doors to sin, that's warring with my
soul.

Oh Where? Where else can I go but to you O'Lord,
I know you restore me, I can't live without you Lord.
Can't make it on my own,
I'm begging you Lord, please have mercy

Sometimes it's hard, but I know you're working on me,
On things some people can't see
But you said you love me and you'd never leave me
So I try, pray obey and believe, you've given me the keys
So now i am set free, yes.

CHOROUS

Oh Where? Where else can I go but to you O'Lord,
I know you restore me; I can't live without you Lord.
Won't make it on my own,
I'm begging you Lord, please have mercy
Have mercy, have mercy Lord, Please have mercy Jesus,
Mercy, Mercy.

Writer(s): Jermaine Edwards

Stage 10 – LIVING (a full & happy life) **My List – Toby Keith**

Under an old brass paperweight is my list of things to do today
Go to the bank and the hardware store, put a new lock on the cellar door
I cross 'em off as I get 'em done but when the sun is set
There's still more than a few things left I haven't got to yet

Go for a walk, say a little prayer
Take a deep breath of mountain air
Put on my glove and play some catch
It's time that I make time for that
Wade the shore and cast a line
Look up a long lost friend of mine
Sit on the porch and give my girl a kiss
Start livin', that's the next thing on my list

Wouldn't change the course of fate but cuttin' the grass just had to wait
'Cause I've got more important things like pushin' my kid on the backyard swing
I won't break my back for a million bucks I can't take to my grave
So why put off for tomorrow what I could get done today

Like go for a walk, say a little prayer
Take a deep breath of mountain air
Put on my glove and play some catch

It's time that I make time for that
Wade the shore and cast a line
Look up a long lost friend of mine
Sit on the porch and give my girl a kiss
Start livin', that's the next thing on my list

Raise a little hell, laugh 'til it hurts
Put an extra five in the plate at church
Call up my folks just to chat
It's time that I make time for that
Stay up late, then oversleep
Show her what she means to me
Catch up on all the things I've always missed
Just start livin', that's the next thing on my list

Under an old brass paperweight
Is my list of things to do today

Writer(s): Norman Randolph Bishop, Tim James

Stage 11 – SENSATIONALLY HAPPY PEOPLE - HELP PEOPLE **Reach Out I'll be There – Four Tops**

Now if you feel that you can't go on (can't go on)
Because all of your hope is gone (all your hope is gone)
And your life is filled with much confusion (much confusion)
Until happiness is just an illusion (happiness is just an illusion)
And your world around is crumbling down, darlin'

(Reach out) Come on girl reach on out for me
(Reach out) Reach out for me
Hah, I'll be there with a love that will shelter you
I'll be there with a love that will see you through

When you feel lost and about to give up (to give up)
'Cause your best just ain't good enough (just ain't good enough)
And your feel the world has grown cold (has grown cold)
And your drifting out all on your own (drifting out on your own)
And you need a hand to hold, darlin'

(Reach out) Come on girl, reach out for me
(Reach out) Reach out for me
Hah, I'll be there to love and comfort you
And I'll be there to cherish and care for you

(I'll be there to always see you through)
(I'll be there to love and comfort you)

I can tell the way you hang your head (hang your head)
You're not in love now, now you're afraid (you're afraid)
And through your tears you look around (look around)
But there's no peace of mind to be found (no peace of mind to be found)

I know what your thinking
You're a loner, no love of your own, but darling

(Reach out) Come on girl reach out for me
Reach out, just look over your shoulder
I'll be there to give you all the love you need
And I'll be there you can always depend on me
I'll be there

Writer(s): Lamont Herbert Dozier, Brian Holland

Sensational Happiness SWAN SONG

Happy – Pharrell Williams

This song is so obviously happy there are no substitutes

It might seem crazy what I'm about to say
Sunshine she's here, you can take a break
I'm a hot air balloon that could go to space
With the air, like I don't care, baby, by the way

Uh

(Because I'm happy)
Clap along if you feel like a room without a roof
(Because I'm happy)
Clap along if you feel like happiness is the truth
(Because I'm happy)
Clap along if you know what happiness is to you
(Because I'm happy)
Clap along if you feel like that's what you wanna do

Here come bad news, talking this and that (Yeah!)
Well, give me all you got, don't hold it back (Yeah!)
Well, I should probably warn you I'll be just fine (Yeah!)
No offense to you
Don't waste your time, here's why

(Because I'm happy)
Clap along if you feel like a room without a roof
(Because I'm happy)
Clap along if you feel like happiness is the truth
(Because I'm happy)
Clap along if you know what happiness is to you
(Because I'm happy)
Clap along if you feel like that's what you wanna do

Bring me down
Can't nothing bring me down
My level's too high to bring me down
Can't nothing bring me down, I said
Bring me down
Can't nothing bring me down

My level's too high to bring me down
Can't nothing bring me down, I said

(Because I'm happy)
Clap along if you feel like a room without a roof
(Because I'm happy)
Clap along if you feel like happiness is the truth
(Because I'm happy)
Clap along if you know what happiness is to you
(Because I'm happy)
Clap along if you feel like that's what you wanna do
(Because I'm happy)
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(Because I'm happy)
Clap along if you feel like that's what you wanna do

Bring me down
Can't nothing bring me down
My level's too high to bring me down
Can't nothing bring me down, I said

(Because I'm happy)
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(Because I'm happy)
Clap along if you feel like a room without a roof
(Because I'm happy)
Clap along if you feel like happiness is the truth
(Because I'm happy)
Clap along if you know what happiness is to you
(Because I'm happy)
Clap along if you feel like that's what you wanna do

Writer(s): Lamont Herbert Dozier, Brian Holland