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

<u>11 Stages of Sensational Happiness Theme Song</u> Somewhere over the Rainbow/What a Wonderful World – Israel Kamakawiwo'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

<u>Stage 1 – RECKONING (Find your Self-Worth) (GRIEF PREVENTION)</u> #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 And it flows right through your blood We can tell each other secrets And remember how to love

Everybody got their reason Everybody got their way We're just catching and releasing 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

<u>Stage 2 – CHANGE</u> 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

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

<u>Stage 3 –ACCEPTANCE (GRIEF PREVENTION)</u> 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

<u>Stage 4 – SENSATIONAL LOVE</u> Simple – Florida Georgia Line

The way your fingers fit in mine It's five plus five, not rocket science This day in time, that's hard to find It's true the road we're on ain't a traffic jam It's a Sunday drive on a piece of land It's paradise as long as I'm with you

It's like one, two three Just as easy as can be Just the way you look at me You make me smile Ain't no need to complicate it, we both know that's overrated We've been there, it's safe to say it ain't our style It's just that simple, S-I-M-P-L-E Simple as can be It's just that simple, S-I-M-P-L-E Simple as can be

> We used to live on Instagram Worry 'bout who all gives a damn 'Bout where we've been and where we ended up Then I met you and you met me And all the rest is history; an epiphany That all we need is us

It's like one, two three Just as easy as can be Just the way you look at me You make me smile Ain't no need to complicate it, we both know that's overrated We've been there, it's safe to say it ain't our style We're just simple like a six string The way this world was meant to be Like laughin' love, make a lot out of a little Its just that simple, S-I-M-P-L-E Simple as can be Its just that simple, S-I-M-P-L-E Simple as can be

Ain't no need to complicate it, we both know thats overrated We've been there, its safe to say it ain't our style, yeah It's like one, two three Just as easy as can be Just the way you look at me You make me smile Ain't no need to complicate it, we both know that's overrated We've been there, its safe to say it ain't our style We're just simple like a six string The way this world was meant to be Like laughin' love, make a lot out of a little Its just that simple, S-I-M-P-L-E Simple as can be Its just that simple, S-I-M-P-L-E Simple as can be Its just that simple, S-I-M-P-L-E Simple as can be It's just that simple, S-I-M-P-L-E Simple as can be

Writer(s): Brian Kelley, Tyler Reed Hubbard, Mark L. Holman, Michael Wilson Hardy

<u>Stage 5 – FORGIVENESS (GRIEF PREVENTION)</u> Forgiveness – Matthew West (Repeat of Blindside 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

<u>Stage 6 – UNCONDITIONAL LOVE & FAITH (complete trust & confidence)</u> Saved my Life – Andy Grammer & R3HAB

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

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 Whoa-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 Whoa-oh-oh I think you should know you saved my life I was lost until I saw your halo (Whoa-oh-oh) (Whoa-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

<u>Stage 7 – COMPASSION (GRIEF PREVENTION)</u> Give Me Your Eyes – Brandon Heath

(Repeat of Pure Evil Grief Escape Hatch) Holding the line against Grief

Happy People Help People

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 Run - One Republic

When I was a young boy living in the city All I did was run run run run run Staring at the lights they look so pretty Momma said "son son son son son You're gonna grow up, you're gonna get old All that glitters don't turn to gold But until then just have your fun Boy, run run run run run"

> Yeah, run run run Run run run

When I was a young kid living in the city All I did was pay pay pay pay pay And every single dime that good Lord gave me I could make it last 3, 4, 5 days Living it up but living down low Chasing that luck before I get old And looking back, oh, we had some fun Boy run run run run

> They tell you that the sky might fall They'll say that you might lose it all So I run until I hit that wall

Yeah I learned my lesson, count my blessings Look to the rising sun and run run run

Yeah, one day well the sky might fall Yeah, one day I could lose it all So I run until I hit that wall If I learned one lesson, count your blessings Look to the rising sun and run run run

Run run run

Didn't get everything that I wanted But I got what I need, yeah yeah I see that light in the morning Shining down on me So take me up high, take me down low Where it all ends nobody knows But until then let's have some fun, yeah Run run run run run

They tell you that the sky might fall They'll say that you might lose it all So I run until I hit that wall Yeah, I learned my lesson, count my blessings Look to the rising sun and run run run

Yeah, one day well the sky might fall Yeah, one day I could lose it all So I run until I hit that wall If I learned one lesson, count your blessings Look to the rising sun and run run run

> Run run run Yeah Run run run

Yeah, I learned my lesson, count my blessings Look to the rising sun

Yeah, I learned my lesson, count my blessings Look to the rising sun

Yeah, if I learned one lesson, count your blessings Look to the rising sun, yeah, run run run Writer(s): Brent Michael Kutzle, Ryan B Tedder, Tyler Spry, John Nathaniel

<u>Stage 9 – REPENTANCE (GRIEF PREVENTION)</u> 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

<u>Stage 10 – LIVING (*a full & happy life*)</u> 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

<u>Stage 11 – SENSATIONALLY HAPPY PEOPLE - HELP PEOPLE</u> 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

<u>Sensational Happiness SWAN SONG</u> 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) 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

(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) 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