

The Tunes in Our Heads

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Have you ever wondered about the effects of muttering along with the lyrics of the tunes blaring in your ear during your freeway or county road drive?

Consider Bobby Vinton's or Akon's (depending on your age) *Lonely* song, "Lonely, I'm so lonely. I have nobody to call my own." We mothers and fathers want you to know Bobby and Akon, "We are here for you."

Beware the message in Fools Garden's *Lemon Tree* that buys into the passive victim role with:

"I'm sitting here in a boring room. . .

I'm wasting my time, I got nothing to do. ..And I wonder why."

How about volunteering for goodness sake? There is much need in the world without boring yourself.

As if those lyrics weren't idiotic enough we have Aqua's *Barbie Girl* encouraging the idea that females can be as dim witted as Paris and Nichole demonstrate on the show *Simple Life*. Parents beware your junior high daughter singing along with:

"I'm a blond bimbo girl, in a fantasy world.

Dress me up, make it tight, I'm your dolly . . .

You can touch, you can play, if you say 'I'm always yours.'"

Here's some brainwashing for co-dependence in *The Reason* by Hoobastank:

"I've found a reason for me

To change who I used to be

A reason to start over new

and the reason is you."

Another way to state this message is in Bryan Adams *Everything I do—I do it for you*.

Then there's Norah Jones' *Turn Me On* lyrics which reeks with helplessness.

"Like a flower waiting to bloom

Like a lightbulb in a dark room

I'm just sittin' here waitin' for you to come on home and turn me on."

Please, Norah, learn to switch on your own light and bloom your flower by watering it yourself.

On the other hand here are some assertive lyrics from Jennifer Lopez in *That's Not Me*:

"Won't tolerate no more... That's it.

I tried so hard to be what you wanted me to be.

If it can't be 50/50, then know that it don't fit me.”

In Village People's **YMCA** a young man is encouraged to reach out for help and support:

“I said young man, what do you want to be?
I said young man, you can make real your dreams.
You've got to know that one thing,
No man does it all by himself.
I said young man, put your pride on the shelf,
And just go there, to the YMCA.”

For those challenged with self esteem issues Gavin Degraw's hit ***I Don't Want to Be*** might be the antithesis with these lines:

“All I have to do is think of me and I have peace of mind.
I'm tired of looking 'round rooms wondering what I gotta do
Or who I'm supposed to be.
I don't want to be anything other than me.”

If we want to think big, think optimistically, think with the best intentions we have Elton John's ***Imagine***:

“Imagine all the people living life in peace.
You may say I'm a dreamer but I'm not the only one.”

Wonderful Stevie Wonder has some relationship enhancing messages:

“Life is very short, and there's no time
For fussing and fighting, my friend. . .
We can work it out. We can work it out.”

And in ***These Three Words***:

“When was the last time that they heard you say
Mother or father, I love you?
And when was the last time that they heard you say
Daughter or son, I love you?”

And in ***Place in the Sun***:

“Cause there's a place in the sun where there's hope for ev'ryone
Where my poor restless heart's gotta run. There's a place in the sun.”

Finally, there's the popular ***Candy Shop*** by 50 Cent which I initially believed was about sugary sweets. Finally, I clued into the metaphor with words like “seductive,” “lick the lollypop,” “Don't you stop . . . 'till you hit the spot.” I just might add it to my *Merry Lovemaking* presentation.

Choose the tunes in your head so you might have your drum beating to a supportive rhythm.

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