

# EMPOWERMENT SONGS

## LYRICS



## Song Lyrics

## Song Lyrics

1. [Welcome To The Real Me](#) - p3
2. [Miracle](#) - p4
3. [I Am Who I Am](#) - p5
4. [Inside Me](#) -p6
5. [Speak My Truth](#) -p7
6. [Price To Pay](#) -p8
7. [Shine A Light](#) -p9
8. [Hero's Journey](#) -p10
9. [Breaking Free](#) -p11
10. [My Time](#) -p12
11. [Hold On To This Feeling](#) -p13
12. [Fire Inside](#) -p14
13. [My Power](#) -p15
14. [The Now](#) -p16
15. [My Soul](#) -p17
16. [Best Version Of Me](#) -p18
17. [This Day](#) -p19
18. [Future](#) -p20
19. [All About Love](#) -p21
20. [Alive](#) -p22
21. [Hell Yeah](#) -p23
22. [Fight](#) -p24
23. [Today Is My Life](#) -p26
24. [I Want It All](#) -p27
25. [Good Enough](#) -p28
26. [Faith](#) -p29
27. [When You Have A Dream](#) -p31
28. [Where You Are Supposed To Be](#) - p33
29. [The One](#) -p34
30. [Unstoppable](#) -p35
31. [Way Of The Warrior](#) -p36

**Thank You:**

To my wonderful wife, Sarah, for allowing me to follow my heart and dreams, and for lovingly supporting both me and our family whilst I do so.

To Ella, my daughter (and biggest fan), and Joshua, my young son. Thanks for singing and dancing along to my music, and for giving me a reason to be the best that I can be.

To Mum and Dad for giving me a lifetime of unconditional support, guidance and love. This album is dedicated to you both.

To my sister, Gemma, for helping me out on numerous occasions and always supporting me.

To the amazing contributors that feature on this album; thanks for joining me and helping make this dream and vision come true.

To the listeners and supporters of these albums. I hope that this music inspires and empowers you to be the best version of yourself.

Unleash Your Inner Anthem!

James Dand

(Inner Anthem)

All songs written by James Dand.

Tracks 1, 11, 12, 13, 18, 19, 20, 24 mixed by Stefan Krenn (Off Thoughts)

Tracks 6, 9, 15, 25, 28 mixed by Oliver Kent

## Welcome To The Real Me

There's an aching inside my skin. A hot feeling that's deep within  
A voice telling me to spread my wings, and go out there and make it happen  
A strong yearning inside my soul, A deep feeling that just won't let go  
When I embrace it, it starts to grow. Cos it is love and it is freedom  
A giant rising from within my shoes. My inner spirit is being let loose  
There's no more hiding, I will face the truth. So let me introduce... ***Welcome to the real me***  
***I'm a miracle soul. Everything I need to succeed is found within***  
***I play a superstar role. There's a genius inside and a hero under my skin***  
***I'm a beacon of light. I was born with the right to become who I was meant to be***  
***I'm the author that writes the story of my life, here I am; welcome to the real me***  
I'm cutting bonds and I am breaking chains. The blood is pumping inside my veins  
The true me don't wanna be constrained, cos that would be the ultimate sin  
No longer hiding in disguise. My right to freedom won't be denied  
I'm reaching up to touch the skies, and show the world what it's been missing  
Stop what you're doing, cos I've now arrived, It's feeling so good; I feel alive  
And all along it's been there inside, But now I've let it out ***Welcome to the real me***  
***I'm a miracle soul. Everything I need to succeed is found within***  
***I play a superstar role. There's a genius inside and a hero under my skin***  
***I'm a beacon of light. I was born with the right to become who I was meant to be***  
***I'm the author that writes the story of my life, here I am; welcome to the real me***  
  
***Welcome to the real me***  
***I'm a miracle soul. Everything I need to succeed is found within***  
***I play a superstar role. There's a genius inside and a hero under my skin***  
***I'm a beacon of light. I was born with the right to become who I was meant to be***  
***I'm the author that writes the story of my life, here I am; welcome to the real me***

Written By: James Dand // © 2020 James Dand. Lead Vocals: Jamie Brown.  
Instruments Performed By James Dand.

## Miracle

When you're feeling small, exposed and cold

I want you to know you're precious gold

When you're feeling bruised, beat up and used,

Please try to understand you've got the world in your hands

*Cos you can move mountains, you can part rivers*

*You can make wishes and have them all*

*You can lead thousands, now and forever*

*You are a genius, a miracle.... A miracle*

A perfect being, is what I'm seeing

You will always be enough, now it's time to rise up

*Cos you can move mountains, you can part rivers*

*You can make wishes and have them all*

*You can lead thousands, now and forever*

*You are a genius, a miracle.... A miracle*

You've got a lead star role to play, no one can do it the same way

You're more powerful than you know, now it's time to let it show

*Cos you can move mountains, you can part rivers*

*You can make wishes and have them all....*

*You can move mountains, you can part rivers*

*You can make wishes and have them all*

*You can lead thousands, now and forever*

*You are a genius, a miracle.... A miracle*

*A miracle... A miracle ... A miracle ...*

*A miracle*

Written By: James Dand // © 2020 James Dand. Lead Vocals: Samantha Parker.  
Instruments Performed By James Dand, with Additional Musicians: Leigh Goslin (Piano)



## I Am Who I Am

I came into this world against the odds, won the race of life and claimed my spot

Yeah, I'm a miracle, and I am so worthy

Now I recognise I've got a part to play. No-one else can play my part the same way

Yeah, I'm a unique soul, my fate is up to me

*Now I realise and I can see, I am who I am meant to be*

*Got all I need inside of me, I am who I am*

*I know that I'm remarkable. Yes, I am sensational*

*My life is incredible. I am who I am*

Now I know that I am good enough, able to receive and give out love

Yeah, I'm part of the world, and the world is part of me

And I don't have to try to be perfect, but I'll be who I am cos I'm worth it

Yeah, I'm so magical, there's spirit inside me

*Now I realise and I can see, I am who I am meant to be*

*Got all I need inside of me, I am who I am*

*I know that I'm remarkable. Yes, I am sensational*

*My life is incredible. I am who I am*

Everyday I'm so proud of me. I choose to live my life true to me

Because I accept, I am who I am

Everyday I'm caring to me, because I'm grateful that I am me

I am who I am

*Now I realise and I can see, I am who I am meant to be*

*Got all I need inside of me, I am who I am*

*I know that I'm remarkable. Yes, I am sensational*

*My life is incredible. I am who I am*

## Inside Me

I've made a decision, on my mission of discovery

I've got my own vision, of just who I am meant to be

The river of life flows, and the fun is in the ride

I feel safe cos I know, that I've got my internal guide

***Everything I need, is inside me, And I'm gonna let it shine. Everything I need, is inside me, all the time***

***Everything I need, is inside me, and I'm gonna let it show***

***Gonna release blocks, pull out all the stops. Gonna let the resistance go, now I'm in flow***

Now I'm in alignment, with my mind, my heart and my soul,

And I'm feeling vibrant, self-reliant and in control

Cos I am projecting, positive energy

The world is reflecting, it's abundance back to me

***Cos everything I need, is inside me, and I'm gonna let it shine. Everything I need, is inside me, all the time***

***Yeah everything I need, is inside me, and I'm gonna let it show***

***Gonna shape my health, gonna create wealth., every day I continue to grow, cos I'm in flow***

My higher self has now been awakened

I'm feeling good in this higher vibration

Every day's another transformation, yeah

***Everything I need, is inside me, and I'm gonna let it shine. Everything I need, is inside me, all the time***

***Yeah, everything I need, is inside me, and I'm gonna let it show***

***And I'm so happy, cos my mind's at peace. And I'm feeling free, with prosperity***

***Gonna be my best, gonna live my quest, Gonna manifest all my goals, Cos I'm in flow***

## Speak My Truth

Sometimes we don't say what we need to. Guess it's hard to admit when we're wrong

Sometimes we don't do what we should do. When we're scared, we don't feel very strong

Waiting for approval don't make problems go away

*I'm, gonna listen to my heart. I'm gonna open up my mind*

*I'm gonna come out of the dark, and leave the past behind*

*I'm ready to serve the world. I'm ready to see this through*

*I'm ready for me to be heard, and I will speak my truth. Speak my truth*

I forgive myself for wrong decisions, for every act I've made out of fear

And now I give myself permission to be vulnerable and sincere

My story can help millions. The glory comes from the truth

*I'm, gonna listen to my heart. I'm gonna open up my mind*

*I'm gonna come out of the dark, and leave the past behind*

*I'm ready to serve the world. I'm ready to see this through*

*I'm ready for me to be heard, and I will speak my truth*

I'm gonna play my part, and say what I've been needing to say

Whoa oh oh, I will speak my truth

*I'm gonna let my feelings out. I'm gonna let my truth be heard*

*I'm gonna make my presence count; tell the world what I have learnt*

*I'm, gonna listen to my heart. I'm gonna open up my mind*

*I'm gonna come out of the dark, and leave the past behind*

*Yeah, I'm ready to serve the world. I'm ready to see this through*

*I'm ready for me to be heard, and I will speak my truth*

*Speak my truth*

## Price To Pay

When you look at yourself in the mirror, tell me what do you see?  
Is it someone having fun or trapped in misery  
If you went now would the world even notice, or would it stop to mourn?  
What advice would you give your younger self? If you could would you be reborn?  
*If you feel there's more behind the door, and you have been betrayed,  
Change can always happen, but there's a price you'll have to pay*  
We tend to stay in with the masses; keep your head down, you won't get shot  
But spending lives in a bunker's not right, so I'm gonna use what I've got  
*Cos now's the time to end this crime of poison and decay  
If you want better tomorrows, you need to change something today  
It's not enough to talk so tough; it won't make you headway  
So be willing to make sacrifice. That's the price you have to pay*  
Oh yeah, The price you have to pay  
*So I'll risk a fall to have it all; blood, sweat and mistakes  
I'll give it my devotion; that's the price I have to pay  
There will be tears, and many fears, and people in my way  
But it's all part of the journey, That's the price I'm willing to pay  
Oh, the price I'm willing to pay*



## Shine A Light

It's sometimes hard to think a good thought when you're hit with so many headlines

The battle cries pierce through our armour, and we question the meaning of life

Different reasons for what we do. Different versions, of what is true

Hatred haunts us, and whilst it's tough, we can make a choice, be the voice, and live through love

***Shine a light and live in freedom. Shine a light for everyone***

***Cos you and I were born for a reason; to brighten lives just like the sun***

Each day we're going through the motions. Our mind's hard-wired to survive

Don't always see the bigger picture, or the blessings in disguise

Tiny ripples, turn into waves. Single seconds, turn into days

We can just sit and watch or stand up so tall. Let's impact lives and feel alive; it's in us all

***Shine a light and live in freedom. Shine a light for everyone***

***Cos you and I were born for a reason; to brighten lives just like the sun***

Life can bring you to your knees. You feel the pain so deep you want to cry and wave goodbye

But if you fall you can get up, find a place of love, and be and live, and smile and give

***Shine a light and live in freedom. Shine a light for everyone***

***Cos you and I were born for a reason; to brighten lives just like the sun***

***Shine a light and live in freedom. Shine a light for everyone***

***Cos you and I were born for a reason; to brighten lives just like the sun***

## Hero's Journey

I was living, but I wasn't seeing. The pain then hit me like a thunderbolt  
The world I lived in wasn't serving me, so I decided to take the call  
And there were fears, and there were doubts; signs that I am only human  
I was shown a path; a new way out, off into the unknown  
*I'm a hero on a journey. I'm a hero on a quest*  
*I'm a hero in search of glory. I'm a hero, I'll face the test*  
It ain't a holiday or a free ride. Danger lurks around each corner  
And there are many friends and many foes along the path of the warrior  
I go into the deep unknown, with my whole life on the line  
To figure out who I really am, and what I'm made of inside  
*I'm a hero on a journey. I'm a hero on a quest*  
*I'm a hero in search of glory. I'm a hero, I'll face the test*  
  
*I'm a hero on a journey. I'm a hero on a quest*  
*I'm a hero in search of glory. I'm a hero, I'll face the test*

## Breaking Free

Pay attention to the thoughts inside your head, cos they're there roaming free

Each one a line in a chapter that writes your book of destiny

Like clever con artists, they'll pretend to comfort you

But they can be silent killers. Your mind's a constant courtroom

*I'm breaking free from my own chains, The life I live ain't meant to be constrained*

*I'm breaking free. I'm letting go, Gonna take a step on freedom road*

*I'm breaking free*

Pay attention to that voice inside your head; the one that tries to tell you what not to do

Keeps you wrapped up so tightly, it doesn't always tell the truth

*I'm breaking free from all my fears, I've given in for far too many years*

*I'm breaking free. I'm setting sail. Gonna release myself from my mind's jail*

Cos I'm free to live my own dreams

Cos no-one's stamped a label on my head

And I'm free to change my own scene

So please make room; I've wings I wanna spread

*I'm breaking free; taking the plunge. Now I am the one to throw the punch*

*I'm breaking free; no looking back. I'll keep my eyes focussed on the track*

*I'm breaking free. I'm soaring high, No longer gonna be a passer by*

*I'm breaking free; I'm moving on, Gonna take a breath and sing my song*

## My Time

Tomorrow becomes today, and then it's in the past  
We think we've got a lot of time, but it goes oh so fast  
Regrets start to creep up on us about the things that we ain't done  
The graveyard hosts a billion dreams and songs that were never sung  
Hopes, prayers, and pleas for something more  
Don't wait. Get out there and score  
*I'm seizing the day because it's my time*  
*I'm paving the way like I'm number 1*  
*I'm keeping the faith, yes, it's my time*  
*I'm having my say in who I'll become*  
So many people put things off, so they don't have to change  
If left alone, things start to rot, and you can no longer play the game  
If you're waiting for the perfect time, you better get used to the wait  
If your life ain't what you want it to be, it's time to get out there and create  
Dreams, needs, things that you adore  
I won't wait. I'll go out and score  
*I'm seizing the day because it's my time*  
*I'm paving the way like I'm number 1*  
*I'm keeping the faith, yes, it's my time*  
*I'm having my say in who I'll become*  
  
*I'm seizing the day because it's my time*  
*I'm paving the way like I'm number 1*  
*I'm keeping the faith, yes, it's my time*  
*I'm having my say in who I'll become*

Written By: James Dand // © 2020 James Dand. Lead Vocals: David Ames.  
Instruments Performed By James Dand, with Additional Musicians: Simon Pellett (guitar) &  
Hal Eisenberg (drums)



## Hold On To This Feeling

No matter what goes on around, ain't no body gonna bring me down

I'm flying high with my feet on the ground

No matter what life throws at me, I can still choose if I wanna be free

And take control of my destiny

Today I'm gonna live life, how I would choose to live my life, if tomorrow there weren't no life at all

*Cos all I have is love inside when I hold onto this feeling*

*I'm soaring high, touching the sky, when I hold onto this feeling*

*It's like a million dreams have all come true*

*Like a tiny star that's shining through*

*All I am is love inside when I hold onto this feeling*

No matter who gets in my way, I get to choose how I respond each day

I'm moving on along love's free highway

No matter if there's obstacles (you know when life don't seem to want to play ball)

I choose to use my happiness protocol

Today I'm gonna live life, how I would choose to live my life, if tomorrow there weren't no life at all

*Cos all I have is love inside when I hold onto this feeling*

*I'm soaring high, touching the sky, when I hold onto this feeling*

*It's like a million dreams have all come true*

*Like a tiny star that's shining through*

*All I am is love inside when I hold onto this feeling*

*Cos all I have is love inside when I hold onto this feeling*

*I'm soaring high, touching the sky, when I hold onto this feeling*

*It's like a million dreams have all come true*

*Like a tiny star that's shining through*

*All I am is love inside when I hold onto this feeling*

Written By: James Dand // © 2020 James Dand. Lead Vocals: Dayzee Potter.  
Instruments Performed By James Dand.

## Fire Inside

Deep inside, there's a magical power that's very strong

I can feel that it wants to come out and just sing its song

So, I ain't gonna keep it in. I'll let the world all hear me sing, cos all I've got is just who I am

Light me up. Light me up

*There's a fire inside, and it's burning oh so bright. It's fuelled by my passion for life*

*There's a fire inside, and I'm here to shine its light. I'm gonna let it brighten up the sky*

There's a feeling I get that tells me I'm so magical

Knows no boundaries, don't stop when things don't seem so logical

So now I choose to let it out. I won't give in to fear and doubt; I let them go so that I can just be

Light me up

*There's a fire inside, and it's burning oh so bright. It's fuelled by my passion for life*

*There's a fire inside, and I'm here to shine its light. I'm gonna let it brighten up the sky*

*I'm gonna let it shine ... let it shine ... let it shine ...*

*let it shine ... let it shine ... let it shine ...*

My inner flame don't want to be contained; won't let it fizzle out and die

So, I'm gonna ignite my burning heart inside. Gonna set the world on fire

*There's a fire inside, and it's burning oh so bright. It's fuelled by my passion for life*

*There's a fire inside, and I'm here to shine its light. I'm gonna let it brighten up the sky*

*I'm gonna let it shine ... let it shine ... let it shine ...*

*let it shine ... let it shine ... let it shine ...*

Deep inside, there's a magical power that's oh so strong

## My Power

'Impossible' seems so logical sometimes

But there is a way. I'll be okay. I won't fall prey to what they tell me

Remain whole and sustain the climb,

Keep on moving on. I'm staying strong, so all along I can live my life so free

*Every scar that I get, whatever challenge comes next, I will remain in my power*

*I have learnt how to fall. I'm taking it all*

I can be who I am today

It's a choice I make. I won't escape from my own great, so I'll accept it

Being who I want to portray

What happens outside won't make me hide. I won't subside, cos who I am's what I transmit

*Every scar that I get, whatever challenge comes next, I will remain in my power*

*I have learnt how to fall. I'm taking it all*

*I won't lay down and die, when emotions are high I will remain in my power*

*I will conquer myself. My power's my wealth*

Woa oh oh etc.

*Every scar that I get, whatever challenge comes next, I will remain in my power*

*I have learnt how to fall. I'm taking it all*

*I won't lay down and die, when emotions are high I will remain in my power*

*I will conquer myself. My power's my wealth*

*I choose to honour my needs, knowing I will succeed when I remain in my power*

*I respond to my call for evermore*

Woa oh oh etc.

## Song Lyrics

## The Now

Many times, I've looked back in life's rear-view mirror  
Taking eyes off the road didn't make life clearer  
I guess it's easy to keep focussing on all the 'ifs' and 'should haves', but now is the time I can change  
Deep regrets; we don't forget the suffering and anguish  
Can keep us chained to the pain that never seems to vanish  
Chasing our own tail doesn't move us on, but takes us round in circles  
But now is the time I can change

***Cos it's now, and I'm here, free of doubts and fears. Cos the now is the only time there is***

***Cos it's now at this time, in body and in mind. In the now is where I choose to live***

Worrying, hurrying, fear of what just might be

Must do this, must do that, places to go, people to see

Some choose to live their life not truly here. They're locked out of the moment

But now is the time I can change

***Cos it's now, and I'm here, free of doubts and fears. Cos the now is the only time there is***

***Cos it's now at this time, in body and in mind. In the now is where I choose to live***

I'm giving 'now' all of my attention, making way for a new creation

Being in 'now' provides a transformation, yeah

Cos now the whole of me I share

***Cos it's now, and I'm here, free of doubts and fears. Cos the now is the only time there is***

***Cos it's now at this time, in body and in mind. In the now is where I choose to live***

*Where I choose to live*

*Where I choose to live*

*[Chasing our own tail doesn't move us on, but takes us round in circles]*

*Where I choose to live*

*[Chasing our own tail doesn't move us on, but takes us round in circles]*

*Where I choose to live*



## My Soul

I've spent my years waiting, anticipating

Hoping that a lucky break would seal my fate and make my life good

Searching for treasure. Yearning for pleasure

Chasing my own tail unwisely, when all I needed was inside me

Now, I'm taking a different approach. I fuel my passion inside

***I know that I am so free to be who I want to be***

***Cos, I know my role, and I've found my gold. It comes from my soul***

I used to conform to other people's views

Telling me my limitations, so I became an imitation

Of who I should be, the man that I could be

But I weren't born to be a shadow. Regret on a death bed's so sad

So I'll follow my heart and my dreams with a mission for life

***I know that I am so free to be who I want to be***

***I'm taking control, achieving my goals. It comes from my soul***

Gonna listen to my feelings. Gonna break through the glass ceiling and hold on, hold on

Gonna put the past behind me. All I need to win's inside me. Come on, come on, yeah

***Cos, I know my role, and I've found my gold. It comes from my soul***

***I'm taking control, achieving my goals***

***I know that I am so free to be who I want to be***

***Yes, I know my role, and I've found my gold***

***I'm taking control, achieving my goals***

***I won't let it go. I'll give it my all***

***Cos it is my soul***

Written By: James Dand // © 2020 James Dand. Lead Vocals: Rožle Hrovatič.  
Instruments Performed By James Dand, with Additional Musicians: Rožle Hrovatič (guitar)

## Best Version Of Me

Sticks and stones may break your bones, but words can leave you cold and paralysed

Something in you has died, and you're never the same

But that's if you let those words in to make their bed and lie under your skin

I urge you to not give in, but stand up and say

*That I can choose to believe I am who I want to be*

*Cos no other person is a better version, of me*

Some people try to bring you down, make you feel small or try to wear your crown

But you can rise from the ground to live another day

Some people tell you you're no good. You're feeling hurt and so misunderstood

But deep down you know the truth, so let's hear you say

*Yes, I can choose to believe I am who I want to be*

*Cos no other person is a better version, of me*

*And now I choose to believe I am who I'm meant to be*

*Now I am so certain I'm the best version of me*

I choose to accept who I am. I choose to love me for who I am

And no-one can hurt me without my permission. This is who I am

*Yes, I can choose to believe I am who I want to be*

*Cos no other person is a better version of me*

*Now I choose to believe I am who I'm meant to be*

*Now I am so certain I'm the best version of me*

## This Day

When I open my eyes, I see beauty around me

All the wonderful, magical things that surround me

Mother nature provides all we need; we are blessed

Sometimes it's easy to forget what it is that we possess

Like each breath of air, sometimes we tend to forget what is there

*I say "thank you" for my good health that gets me through the day*

*I say "thank you" for all my wealth, let's me live my life this way*

*And I'm thankful for the people that that have wiped my tears away*

*So with gratitude I say "thank you for this day"*

All the things I can do, all the places to see

Pretty flowers, the grass and the plants, and the wind in the trees

Though sometimes we find life tough, we can choose to face the challenges with love

*I say "thank you" for my good health that gets me through the day*

*I say "thank you" for all my wealth, let's me live my life this way*

*And I'm thankful for the people that that have wiped my tears away*

*So with gratitude I say "thank you for this day"*

Well life gets unfair when we start to compare with what others have

We're feeling short changed when we're losing life's game, and then we're feeling sad

But there's always someone worse off. When all is said, we've got a lot

So, I'm thankful for who I am

*I say "thank you" for my good health that gets me through the day*

*I say "thank you" for all my wealth, let's me live my life this way*

*And I'm thankful for the people that that have wiped my tears away*

*So with gratitude I say "thank you for this day"*

*Thank you for this day*

Written By: James Dand // © 2020 James Dand. Lead Vocals: Sara Berkopec.  
Instruments Performed By James Dand, with Additional Musicians: Leigh Goslin (Piano).

## Future

I know I felt so tired and hurt, and I was lying in the dirt, but I held on, cos that's me

I didn't plan it all that way. I didn't know I'd go astray, but I held on to me

Like the seasons always change, and the night becomes the day; like the phoenix from the flames

Like a child out from the womb, we can break out of the tomb and we can see the light of day

*Cos I can see the future; let me show it to you. Hold my hand and let's go forth today*

*And I can see the good times up ahead like fine wine. All the discontent has gone away*

*It's gone away*

I have the scars; they cut so deep, And the mountain seemed so steep, but I held on, cos that's me

I know I reached a breaking point, but I always have a choice, so I hold on to me

Cos the straight lines don't exist, and perfection's just a wish, and a fairy tale's just that

Like a plane correcting course, I just gotta reinforce I just know what I will have

*Cos I can see the future; let me show it to you. Hold my hand and let's go forth today*

*And I can see the good times up ahead like fine wine. All the discontent has gone away*

*It's gone away. Gone away*

*Cos I can see the future; let me show it to you. Hold my hand and let's go forth today*

*Cos I can see the good times up ahead like fine wine. All the discontent has gone away*

*It's gone away*

*[Well I always hold on, And I always hold on, And I always hold on]*

*Gone away*

*[Well I always hold on, And I always hold on, And I always hold on]*



## All About Love

Have you ever felt lonely like you're all on your own?

Have you ever lost focus when the passion has gone?

Have you ever felt guilty, not worthy, nor in the zone? Let it go

Has it ever felt heavy? The world's forcing you down

Has it ever felt scary? You wanna just turn around

But you keep on working. There's no time to slow it down. Wait around

It's time to look inside your heart. Take a moment to breathe

*So, come on, come on; I'll show you what it's all about. Come on, come on; everybody has their doubts*

*But the power is within you to choose what you believe. It's all about love, love, oh oh oh*

Have you ever blamed yourself? Well it's time to forgive

Have you ever harmed another with the things that you did?

Today is a new day and this new day is a loving gift. So let's give

Our experience is how we see things. There's no good and no bad

*So, come on, come on; I'll show you what it's all about. Come on, come on; release those fears, release those doubts*

*The power is within you to choose what you believe. It's all about love, love, oh oh oh*

*Come on, come on; you can choose to live life with a smile. Come on, come on; I assure you it will be worthwhile*

*Life is what you make it; be thankful for it all. Cos it's all about love, love, oh oh oh*

*Come on, come on; I'll show you what it's all about. Come on, come on; release those fears, release those doubts*

*The power is within you to choose what you believe. Cos it's all about love, love, oh oh oh*

*Come on, come on; I'll show you what it's all about. Come on, come on; release those fears, release those doubts*

*The power is within you to choose what you believe. Cos it's all about love, love, oh oh oh*

*Come on, come on; you can choose to live life with a smile. Come on, come on; I assure you it will be worthwhile*

*Life is what you make it; be thankful for it all. Cos it's all about love, love, oh oh oh. It's all about love*

Written By: James Dand // © 2020 James Dand. Lead Vocals: Emily Brown.

Instruments Performed By James Dand.

## Alive

I was born free and unique; no-one else quite the same as me

So I choose to live my life my own way

Every new day's a fresh start. I can choose to play my part

So I walk on in my own faith

Now, I go inside to reclaim who I am

***Now I'm feeling alive. I'm feeling alive. I'm feeling alive, I'm feeling alive***

I am life. I am love. I'm the stars, up above

And like them, I shine so bright

And I'm letting go and letting be, cos my own soul is the real me

To really live life is my birth right

I reach deep inside then reach up to the sky

***Now I'm feeling alive. I'm feeling alive. I'm feeling alive, I'm feeling alive***

***I'm feeling alive....., I'm feeling alive.....***

I'll follow my own bliss. That is why I exist

Let it take me way up high

***Now I'm feeling alive. I'm feeling alive.***

***I'm feeling alive, I'm feeling alive***

***I'm feeling alive....., I'm feeling alive.....***

[I feel me. I feel you]

[I heal me. I heal you]

[Let's lift up. Let's take it high]

## Hell Yeah

Well I am the sole creator of every moment of my life  
And I play this game to win, now, before life passes on by  
Well my choices shape my future, and my intentions shape my path  
I'll live it up tonight; it's my birth right  
**So, here I go with "Hell yeah." Let me hear a "Hell yeah"**  
Cos I've got that feel-good feeling, so let's start screaming. Raise your hands up in the air  
I'm in it for a "Hell yeah." Let me hear a "Hell yeah"  
Cos I've never felt so good as I'm feeling right now. I'm in paradise I swear  
Well I listen to my own heart, and I use it as my guide  
And I listen to my feelings, cos they tell me wrong from right  
And when I tell you something, I will stay true to my word  
Live it up tonight; it's my birth right  
*So, here I go with "Hell yeah". Let me hear a "Hell yeah"*  
*Cos I've got that feel-good feeling, so let's start screaming. Raise your hands up in the air*  
*I'm in it for a "Hell yeah". Let me hear a "Hell yeah"*  
*Cos I've never felt so good as I'm feeling right now. I'm in paradise I swear*  
If we're gonna do this, let's do it right. It's gotta be a big Hell yeah  
*So, can I get a "Hell yeah". Let me hear a "Hell yeah"*  
*Cos I wanna feel that feeling, so let's start screaming. Raise your hands up in the air*  
*I'm in it for a Hell yeah. Let me hear you "Hell yeah"*  
*Cos I've never felt so good as I'm feeling right now. I'm in paradise I swear*  
*Can I get a Hell yeah? Sing it to me, "Hell yeah".*  
*Well there's no half measures. Let's do this together. So, show me that you care, and shout "Hell Yeah"*



## Fight

Sometimes I find me face down in the gutter. Sometimes I have been pushed there by another

But I get back up to fight another day

Sometimes I hit the floor of the arena. With the crowd shouting abuse; "you're just a dreamer"

But I've got news for you. Listen up; "I'm here to stay"

When I feel like I'm gonna lose control, I must dig deep and look inside, then I know

*I'm gonna fight for my life. Cos everyday my heart is my guide*

*I'm gonna fight for my dream. It's who I am; it's what I believe*

*(Whoa oh oh oh oh) I live my own life. (Whoa oh oh oh oh) I've got the freedom inside*

*(Whoa oh oh oh oh) Cos I know it's right. I'm gonna fight now*

So many people standing on the side-lines telling me where to go. They think I am blind

But it's not until you play in the game that you can see

I ain't giving in to back-seat drivers who try to map out my route as life advisors

They ain't willing to drive themselves where I wanna be

When I just want to throw the towel in, I know I can find a reason to rise again

*I'm gonna fight for my life. Cos everyday my heart is my guide*

*I'm gonna fight for my dream. It's who I am; it's what I believe*

*(Whoa oh oh oh oh) I live my own life. (Whoa oh oh oh oh) I've got the freedom inside*

*(Whoa oh oh oh oh) Cos I know it's right. I'm gonna fight now*

Every critic that berates me; every blamer that will slate me don't mean a thing

Cos every single time I'm knocked down, then get back on my feet before the count out

I'm still living, and I am winning

*I'm gonna fight for my life. Cos everyday my heart is my guide*

*I'm gonna fight for my dream. It's who I am; it's what I believe*

*(Whoa oh oh oh oh) I live my own life. (Whoa oh oh oh oh) I've got the freedom inside*

*(Whoa oh oh oh oh) Cos I know it's right. I'm gonna fight now*

Written By: James Dand // © 2020 James Dand. Lead Vocals: Victoria Smith-Gillard & James Dand. Instruments Performed By James Dand.



## Fight (cont)

*I'm gonna fight (Every time I'm bleeding, bleeding)*

*I'm gonna fight (Every time I'm screaming, screaming)*

*I'm gonna fight (Every time I'm grieving, grieving)*

*I'm gonna fight*

*I'm gonna fight (Every time I'm weeping, weeping)*

*I'm gonna fight (Every time I'm pleading, pleading)*

*I'm gonna fight (Every time I'm seething, seething)*

*I'm gonna fight*

## Today Is My Life

*Because today is my life, and I'm gonna live it right. Yeah*

Hello brand new day. Let's get it underway. I'll rev the engine up and get my wheels in motion

Thank you for this life. I'll let love be my guide before my last goodbye

A base of empathy mixed with integrity. A lot of fun, and a whole big stack of passion

My recipe for life. I will enjoy the ride, and here's my reason why

*Because today is my life, and I'm gonna make the most of every second of time*

*Today is my life, and I'm gonna live it right*

I step out in the world to shine my light and help. Shaping my destiny and writing my own story

Cos I'm responsible. Everything's possible, so I'll take it all

And I ain't gonna wait around and hang out with the crowd. I set my sail leading for brighter horizons

I'm gonna stand up tall; be so remarkable. Today I'll give it my all

*Because today is my life, and I'm gonna make the most of every second of time*

*Today is my life, and I'm gonna live it right. Yeah*

*Because today is my life, and I'm gonna make the most of every second of time*

*Today is my life, and I'm gonna live it right*

*Yeah, today is my life, and I'm gonna make the most of every second of time*

*Today is my life, and I'm gonna live it right*

Whoa oh oh etc.

## I Want It All

Some people have their money, but ain't wealthy inside

They're feeling kind of empty. Don't know the reason why

For others life's a struggle to try to pay the bills

A life of lack and envy, and microwaved meals

But this universe is all abundant We can choose to be the same

*I want it all. Want to be free. I want the wealth and the health in myself, because that's the key*

*I want it all. Want to be free. I want to do what I want to do, with whom I want, whenever I please*

Many people out there work all night and day

They're owning a big mansion, but they've got no time to stay

And some people are famous. Their picture's on your wall

But home life ain't so stable. Their marriage takes a fall

That's why I choose to live my life on purpose; everything in harmony

*I want it all. Want to be free. I want the wealth and the health in myself, because that's the key*

*I want it all. Want to be free. I want to do what I want to do, with whom I want, whenever I please*

*I want it all. Want to be free*

*I want it all. Want to be free. I want the wealth and the health in myself, because that's the key*

*I want it all. Want to be free. I want to do what I want to do, with whom I want, whenever I please*

## Good Enough

Cos you can't see it, doesn't mean it isn't there. The path of cynicism will take you into despair

So, every single day, now, I take a bit of action

Cos it aint happened, doesn't mean it never will. Don't try to make a mountain out of a tiny mole hill

Cos I'll keep on moving on now that I've got some traction

I wanna... I wanna ... I need a ... I need a ... I gotta do it now

I wanna ... I wanna ... I gotta ... I gotta ... I'm gonna take it away and live my life today

***Cos I can do it, I'll really, really do it, cos I know I am good enough***

***Cos I can make it, I'll really, really make it, cos I know I am good enough. Yeah***

It must be real if I can see it in my mind, cos I write my own future; it's a life by design

And deep inside of my heart, I know that it can happen

There is a hero inside, waiting to come out. My spirit is more powerful than voice of doubt

And I know I was put here to get some satisfaction

I wanna ... I wanna ... I gotta ... I gotta ... I'm gonna live my life, so let's take it away

***I can do it, I'll really, really do it, cos I know I am good enough***

***Cos I can make it, I'll really, really make it, cos I know I am good enough***

***Cos I can do it, I'll really really, do it, cos I know I am good enough***

***I can make it, I'll really really, make it, cos I know I am good enough***

Good enough, Good enough, Good enough. Oh yeah.

*[I can do it, I'll really really do it, cos I know I am good enough]*

*[I can make it, I'll really really make it, cos I know I am good enough]*

***I will do it, I'll really, really do it, cos I know I am good enough***

***I will make it, I'll really, really make it, cos I know I am good enough***

***I will do it, I'll really, really do it, cos I know I am good enough***

***I will make it, I'll really, really make it, cos I know I am good enough***

Written By: James Dand // © 2020 James Dand. Lead Vocals: Russell Greenleaf.  
Instruments Performed By James Dand, with Additional Musicians: Samantha Parker  
(backing vocals)



## Faith

Everybody has their ups and has their downs

Sometimes you jump so high then land flat on the ground

It takes time to climb the mountain to the top

If you lose your footing, it's a long way down to drop

But there is something that protects you. Helps you back on track, takes up the slack

Offers you the knack to carry on

*It's faith*

*Faith will take you higher, and it can make you brighter*

*Every single day, always come what may, what you need is faith*

*Faith to keep on holding on. It can make you feel so strong*

*Every single day, always come what may, Oh, you need faith*

Sometimes the path you take leads right to a dead-end

Sometimes the straight-looking road has a million tiny bends

Sometimes the people you meet can start to slow you down

Can't get off the roundabout that's going round and round

But there is an answer to it all. Gets you right on track, you get your mojo back,

Yes, it's fact, that what you need is...

*Faith*

*Faith will take you higher, and it can make you brighter*

*Every single day, always come what may, what you need is faith*

*Faith to keep on holding on. It can make you feel so strong*

*Every single day, always come what may, Oh, you need faith*

They say with faith you can move mountains. At least the ones you've made yourself

You don't know what's in store for you, the next challenge that you'll have to get through

But if you never give up, then you'll never lose. Faith

Written By: James Dand // © 2020 James Dand. Lead Vocals: Kerry O'Sullivan.  
Instruments Performed By James Dand.

## Faith (cont)

*Faith**Faith will take you higher, and it can make you brighter**Every single day, always come what may, what you need is faith**Faith to keep on holding on. It can make you feel so strong**Every single day, always come what may, Oh, you need faith**Faith will take you higher, and it can make you brighter**Every single day, always come what may, what you need is faith**Faith to keep on holding on. It can make you feel so strong**Every single day, always come what may, Oh, you need faith*

## When You Have A Dream

I've got a feeling deep inside my heart to do something different and be something more  
A tingling sensation running down my back; a yearning to go where I've not been before  
Cos this world is filled with treasures and wonders. Miracles happen everyday  
A voice in my head tells me I am crazy. But I won't be misled, so I take a breath, and get ready to jump  
*It doesn't matter if you're big or small. It doesn't matter if you're rich or poor*  
*What you've done, wherever you've been, or whatever you have seen*  
*It doesn't matter if you're young or old. It doesn't matter where you live in the world*  
*Black or white, somewhere in between; none of it matters, when you have a dream*  
I'm stepping out into the unknown. Breaking awa, from what I've been used to  
I'm willing to go where happiness flows, and where there's barriers, I'm gonna break though  
I hold the compass of life  
Cos I've got a spirit, and it's wanting to roam free. It's a magical power, and I'm casting its spell when I believe  
*It doesn't matter if you're big or small. It doesn't matter if you're rich or poor*  
*What you've done, wherever you've been, or whatever you have seen*  
*It doesn't matter if you're young or old. It doesn't matter where you live in the world*  
*Black or white, somewhere in between; none of it matters, when you have a dream*  
My past won't be my future. I choose to make a new life  
I'm winning or I'm learning. As I take the leap, I start to fly  
*It doesn't matter if you're big or small. It doesn't matter if you're rich or poor*  
*What you've done, wherever you've been, or whatever you have seen*  
*It doesn't matter if you're young or old. It doesn't matter where you live in the world*  
*Black or white, somewhere in between; none of it matters, when...*

## When You Have A Dream (cont)

*It doesn't matter if you're big or small. It doesn't matter if you're rich or poor*

*What you've done, wherever you've been, or whatever you have seen*

*It doesn't matter if you're young or old. It doesn't matter where you live in the world*

*Black or white, somewhere in between; none of it matters, when...*

*You have a dream*

*When you have a dream*



## Where You Are Supposed To Be

I know you get a little disheartened sometimes when the world don't seem to recognise

How much you're trying

You wonder why others get the luck, You're feeling just a little stuck

But keep on smiling

Oh, just focus on the things you've got. Instead of thinking that you've lost the fight, keep faith inside

*Look up... the world is waiting. Don't stop, just keep creating*

*Keep on participating. Just take a mo to look around and breath*

*Have trust it'll be okay now. Let love guide your way now*

*I know that everyday you're exactly where you are supposed to be*

All the things you haven't done that you need to do. You're wondering how you'll ever get through

You're feeling guilty

But Rome just wasn't built in a day, So don't get yourself dismayed

Keep calm. It will be

Oh, there's lessons to be had each day. Both good and bad point the way to your dreams. Keep the belief

*Look up... the world is waiting. Don't stop, just keep creating*

*Keep on participating. Just take a mo to look around and breath*

*Have trust it'll be okay now. Let love guide your way now*

*I know that everyday you're exactly where you are supposed to be*

Oh, don't compare yourself to the rest. The mirror's where you'll find your test. You'll be what you can see

*Look up... the world is waiting. Don't stop, just keep creating*

*Keep on participating. Just take a mo to look around and breath*

*Have trust it'll be okay now. Let love guide your way now*

*I know that everyday you're exactly where you are supposed to be*

*You're exactly .... where you're supposed to be*

Written By: James Dand // © 2020 James Dand. Lead Vocals: Anette.  
Instruments Performed By James Dand.

## The One

Here I stand at the crossroads, wondering which way to go

But if I close my eyes, and search inside; I know

Tomorrow my life's the result of the choices I make today

And if it's to be, then it's up to me; I know

So, I step out on this road, and leave all I have known

*Cos I can be the one who lets love light the path. I can be the one who leaves the past behind*

*I can be the one who fights for what I feel is right, and be the one to fully live my life*

*I can be the one*

I've still got the scars of old wounds. And there's still pain deep inside

But I made it through, and now I'm on the other side. Oh, yeah

And I can do it all again if I make faith my friend

*Cos I can be the one who lets love light the path. I can be the one who leaves the past behind*

*I can be the one who fights for what I feel is right, and be the one to fully live my life*

*Yes, I can be the one who really makes a difference. I can be the one who leaves a legacy*

*I can be the one who makes the world a better place, living with love, so happy and so free*

*I can be the one ..... oh oh oh oh ..... the one*

*Yes, I am the one who lets love light the path. I am the one who leaves the past behind*

*I am the one who fights for what I feel is right, and I'm the one to fully live my life*

*Yes, I am the one who really makes a difference. Now, I am the one to leave a legacy*

*I am the one who makes the world a better place, living with love, so happy and so free*

*The one who makes the world a better place*

*Living with love, so happy and so free*

*Cos I am the one*

Written By: James Dand // © 2020 James Dand. Lead Vocals: Samantha Parker.  
Instruments Performed By James Dand, with Additional Musicians: Leigh Goslin (piano)

## Unstoppable

No mountain will be too tall for the climb; that's right

No valley will stop me from reaching high when I fly

Challenges every day. Obstacles in my way. Hurdles to overcome. Dead weights I must outrun

Reasons to give it up. Problems that trip me up. But none of these things will stop me

*When I'm living in my skin, I'll be the one who gets back up upon my feet*

*When I'm living from my heart, I'll be unstoppable, unbreakable, you'll see*

*I get up and go again. I get up and go again. I get up and go again. I get up and go again*

*I get up and go again. I get up and go again. I get up and go again*

Their words might hurt but won't make me give up. I'll hang tough

These doubts inside my head won't be too much. I'll rise above

I've fallen, got the scars. There were times it felt so hard, where I had to ride the waves, stick it out for a better day

I'll keep on digging deep. Willing to take the leap. Cos nothing will stop the real me

*When I'm living in my skin, I'll be the one who gets back up upon my feet*

*When I'm living from my heart, I'll be unstoppable, unbreakable, you'll see*

*I get up and go again. I get up and go again. I get up and go again. I get up and go again*

*I get up and go again. I get up and go again. I get up and go again*

*When I'm living in my skin, I'll be the one who gets back up upon my feet*

*When I'm living from my heart, I'll be unstoppable, unbreakable, you'll see*

*I get up and go again. I get up and go again.*

*[I'll keep on moving on, I'll keep on staying strong]*

*I get up and go again. I get up and go again*

*[And as life moves along, I know I'll sing my song]*

*I get up and go again. I get up and go again.*

*[Cos I'm unstoppable, I am unbreakable]*

*I get up and go again*

Written By: James Dand // © 2020 James Dand. Lead Vocals: Russell Greenleaf.  
Instruments Performed By James Dand, with Additional Musicians: Leigh Goslin (piano) &  
Oliver Kent (snare drum)

### Way Of The Warrior

(Instrumental)

Written By: James Dand // © 2020 James Dand. Instruments Performed By James Dand,  
with Additional Musicians: Leigh Goslin (piano)



### The Next Steps:

If you haven't yet done so, I'd encourage you to do the following:

#### 1. Become part of the Inner Anthem Facebook Community:

Join a community of positive people and get free support, advice, tips, competitions, challenges, music and much more:

Go to: <https://www.facebook.com/groups/inneranthem>

#### 2. Subscribe to the Inner Anthem YouTube Channel:

Watch documentaries on the Empowerments Songs albums and songs, masterclasses on mindset and much more:

Go to: <https://www.youtube.com/inneranthem>

#### 3. Join us at live and online events:

Experience the power of music and mindset transformation, and take your OWN development and results to the next level:

Go to: <https://www.inneranthem.com/>

# UNLEASH YOUR INNER ANTHEM!

### About James:

James is the UK's leading "Empowerment Songwriter", an international speaker and trainer, a best-selling author, and has been commissioned to write personalised branded songs for multimillion-pound companies. Over the past two decades, he has worked with thousands of people as a college/university lecturer and coach. His music achievements include being featured on a national charity release alongside recognised artists such as Ronnie Wood (Rolling Stones), Reg Presley (The Troggs) and Steve Craddock (Ocean Colour Scene); reaching the final of the UK National Songwriting Contest; and having been offered a record contract.

Having worked with some of the world's top coaches and trainers, he now helps personal development enthusiasts become committed and empowered to achieve more so that they have a positive impact in the world.



### About Inner Anthem:

Inner Anthem provides training courses and music designed to empower you to live the life you really want.

For more information, visit: <https://www.inneranthem.com/>

## UNLEASH YOUR INNER ANTHEM!





**Inner  
Anthem**