

# Virus Of The Mind

Heather Nova

Well I was watching this talk show the other day  
And on it there was this guy and he was saying  
When you let other people tell you what's right  
When you leave your instinct and your own truth behind he said  
That's a virus of the mind. that's a virus of the mind  
I guess it's kind of like losing your sight; for a  
Second you think that they might be right, and it  
Feeds the doubts you have inside, and it  
Almost starts to feel like a crime  
To follow your own rhythm and rhyme

Yeah I'm pretty happy living in my own sweet time I'm pretty happy  
And I don't need your virus of the mind

Well I went to this party thing last night  
A lot of people I hadn't seen in a long time  
And they wanted to know about my life,  
But making me feel like it wasn't quite right  
Like where's your kids and where's your car?  
I said I don't have either but I have a guitar  
And I ended up feeling like I was a freak  
So I found some wine and something to eat  
And I talked to a dog to pass the time  
Told myself I'm doing fine,  
It's just a virus of the mind  
It's just a virus of the mind

Yeah I'm pretty happy living in my own sweet time I'm pretty happy  
And I don't need your virus of the mind

It's in the deep of your soul  
It's on the tip of your tongue  
It's the feeling you get when you feel young  
It's in the sound of the beat  
It's in the base of your spine  
It's in your gut reaction, yeah every time  
But they tell you what you should have,  
They tell you who you should be  
It's in the pictures and ads and in the magazines  
I'm kicking it off like a bug in the breeze  
'cause is anyone out there inside me?  
I said is anyone out there inside me?  
I say is anyone?