

JUST STAND UP!

Melissa Etheridge

The heart is stronger than you think
It's like it can go through anything
And even when you think it can't, it finds a way
To still push on, though

Sometimes, you want to run away
Ain't got the patience for the pain
And if you don't believe
Look into your heart
The beat goes on

I'm telling you that
Things get better, through whatever
If you fall
Dust it off, don't let up

Don't you know, you can go
Be your own miracle
You need to know

If the mind keeps thinking
You've had enough
But, the heart keeps telling you
Don't give up

Who are we to be questioning
Wondering what is what
Don't give up, through it all
Just Stand Up

It's like we all have better days
Problems getting all up in your face
Just because you go through it
Don't mean it got to take control, no
You ain't gotta find no hiding place
Because, the heart can beat the hate
Don't wanna let your mind keep playing you
And saying you can't go on

I'm telling you that
Things get better, through whatever
Don't you know you
Can go
Be your own
Miracle
You need to know
You don't got to be a prisoner
In your mind
If you fall, dust it off
You can live with your life
Yeah

Let your heart be the guide
Yeah, yeah, yeah

And you will know that your good
If you trust in the good

Everything will be alright, yeah
Light up the dark, if you follow your heart
And it will get better
Through whatever

You got it in you, find it within
You got it in now, find it within now
You got it in you, find it within
You got it in now, find it within now
You got it in you, find it within
Find it within you
Find it within