I am the bird in water, the whale on sand I am the flood, the fire, the oil spill I'm feeling scared and I am overwhelmed And so I don my mask and finger bells

Sh-sh-sh-shara, now get to work
Sh-sh-sh-sh-sh-shara, this is going to hurt
Be brave, dear one, be changed or be undone
Be brave, dear one, be changed or be undone, undone

I am the slave, I'm under house arrest
I am the beater, I am beaten for less
Than being punk and feeling anger swell
And so I don my beaded dress and finger bells

Sh-sh-sh-shara, now get to work
Sh-sh-sh-sh-sh-shara, this is going to hurt
Be brave, dear one, be changed or be undone
Be brave, dear one, be changed or be undone, undone

It's so hard, it's so heavy to be hungry to be happy It's alright, it's so easy just to breathe It's so hard, it's so heavy to be hungry to be happy It's alright, it's so easy just to breathe

Oh god, what would you do with me? Oh god, what's my responsibility? Oh god, what would you do with me? Oh god, what's my responsibility?

Sh-sh-sh-shara, now get to work Sh-sh-sh-sh-shara, this is going to hurt Be brave, dear one, be changed or be undone Be brave, dear one, be changed or be undone

I'll be brave, dear one be changed or be undone Be brave, dear one, be changed, be changed Be changed, changed