

CHORUS

**It's an inside job
Yes an inside job
Feeling my heart throb
Love my inside job**

Verse 1

**For years and years I've waited.
For others to approve of me.
Took courses, classes, therapy
Hoping they would improve me. CHORUS**

Verse 2

**I kept on looking outward
To my imagined judging mob
Till it dawned on me
It's an inside job. CHORUS**

Verse 3

**Was pulled to fix me... change me..
Take some saving action.
Wise teachers taught me kindly
First step is self-compassion. CHORUS**

Verse 4

**No right or wrong no judging.
No good or bad or grudging
No shame no guilt no blame
Self-love is mine to claim. CHORUS**

IT'S AN INSIDE JOB by Emily I Sing ©EISEN 2023 April 14, 2023
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Verse 5

**My minds a sprawling landscape
With fronts of changing weather
I am my steady sky.
We can do this together CHORUS**

CHORUS

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Verse 6

**No one else can judge me
A swami or a slob
It's what I choose to tell myself...
It's an inside job. CHORUS**

Verse 7

**Inside I've many voices.
With stories, tones and rules.
I'm the master of my choices
The crafter of my tools CHORUS**

Verse 8

**So when my mind gets crowded
And I expect it to.
My lonely only human side
Reminds me what is true**

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