

The Golden Mean: Songs for the Pursuit of Happiness

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1. Order: The Golden Mean

Now the sun is rising in the sky
And the golden mean delights my eye
Neither excess nor deficiency
The golden mean
It's here to be seen

Don't be scared or rash
Be courageous
Courage knows what not to fear
Don't be stingy or extravagant
Be generous
Give as much as you can bear

Don't be humble or proud
Just be modest
Modesty's the color of virtue
Don't be secretive or talkative
Be honest
Honesty means your lies can never hurt you
Don't be apathetic or angry
Be composed
Don't be indecisive
Cause everybody knows
That indecision or impulsiveness defeats the goal
Of achieving calm self control

Don't seek quarrels or flattery
Seek friendship
Friendliness will best protect your back
Don't be morose or absurd
Be good humored
Good humor includes wittiness and tact
Don't be slothful or greedy
Be ambitious
Ambition earns honorable fame
Don't be self-indulgent or insensible
Practice temperance
Among pleasures, that's the golden mean

The golden mean/the golden mean
In the sky it's there to be seen
The rising sun's
The image of the one
And only golden mean

2. Temperance: Calm Self-Mastery

This is a song about a mix of emotions
What are the emotions? You decide
They're in my voice as musical motions
I'm feeling on the inside
You're hearing on the outside

Take anger and calm
Mix them up in my song
I'm feeling the healing of a golden balm
Take anger and calm
Mix them up in my song
I'm feeling the healing of a golden balm

Before they met
They were two separate emotions
One was gentle and the other was spleen
I blended them up in a singular motion
Temperate and balanced like the golden mean

Controlling your emotions
Takes work every minute
Gotta work hard to stay easy and light
Keep working hard
Every hour and every minute
To stay in the zone of calm delight

Calm self-mastery
Work to achieve it consistently
Calm self-mastery
Working every minute for tranquility

3. Humility: Judge Not

When you judge
Your mind get all distracted
You're just not focused on your rhythm and rhyme
When you judge the way someone else has acted
You're giving yourself a pass for wasting time

Judge not
And conserve your energies
Judge not
And purify your mind
Judge not
Be still the waters
Judge not
And access the Divine

When you judge
Your mind races with turbulent emotions
Like anger and jealousy
Haughtiness and fear
Instead of tearing someone down
Lift yourself up with your devotions
And still your mind like the waters clear

Judge not
And avoid distractions
Judge not
And keep your focus clear
Judge not
Control your thoughts and actions
So they're totally focused on the now and here.

Instead of judging others for heaven or damnation
Ask yourself how you're using every minute of the day
Are you avoiding facing up to your own procrastination?
Well get to work it's the only way

Judge not
If your anxiety's mounting
Judge not
It's time to greet the dawn
Judge not
It's time for self-accounting
And now I've finished my (judge not!) song

4. Industry: Industry alone

Temperance

Sincerity

Courage

Humility

These are the virtues I pray for today

I woke in the night

I grope to the light

I open my heart and soul

To virtuous insight

And I pray I pray I pray I pray

For industry

For industry alone can justify me

For industry alone can justify me.

Prudence

Frugality

Justice

Tranquility

These are the virtues I pray for today

I woke in the night

I grope to the light

I open my heart and soul

To virtuous insight

I pray I pray I pray I pray

For industry

For industry alone can justify me

For industry alone can justify me.

Order

Moderation

Courage

Resolution

These are the virtues I pray for today

I woke in the night

I grope to the light

I open my heart and soul

To virtuous insight

I pray I pray I pray I pray

For industry

For industry alone can justify me

For industry alone can justify me

5. Frugality: Thomas Jefferson

I'm Thomas Jefferson, hello
I'm here to greet you
And you'll find me so
Attached to freedom of the mind
I exercise my own and I invariably find
That government can't control our speech
Unless I'm president
I practice what I preach
The goal to limit
Federal powers
Occupies my waking hours
I'll roll them back
With a frontal attack
Except when I expand them from the rear
I'm Thomas Jefferson I'm here

I'm Thomas Jefferson I'm here
Declaring independence
And I'm quite sincere
Three goals define us every hour
Liberty, equality, and limited power
By limiting power
We'll extend
The freedom and equality
Of poor white men

The freedom of the rest
I repeatedly attest
We'll expand in the future
At a time that's best

When I reflect
That God is just
I'm full of fear
I'm Thomas Jefferson I'm here

If Jeffersonian you'd be
Have faith in the dictates
Of our democracy
Be optimistically inclined
Detect steady perfection
Of the human mind

All error we must tolerate
While reason remains free
To set it straight

The blood of tyrants
And patriots fine
Must refresh the tree of liberty
From time to time

The path of truth leads straight to me
To Jefferson and liberty

6. Sincerity: The Light Within

I sit upon a cliff beside the sea
And watch the sun arise above the waves
I hear the seagulls singing peacefully
And feel the wind that tossed the ancient graves
Sun blazing through the clouds
Astonishes me
I feel the light that everybody craves
Each sunrise when I watch the day begin
I liberate the sacred light within

Each sunrise when I watch the day begin
I liberate the sacred light within
Each sunrise when I watch the day begin
I liberate the sacred light within

I did but prompt the age to quit their clogs
Banishing their monkish superstition
Abandoning the church and synagogues
That laugh the earnest seeker to derision
The eternal truth, like casting pearl to hogs
Concealed in those who seek another's vision
Cast off the dogma and you'll soon begin
To liberate the sacred light within

Each sunrise when I watch the day begin
I liberate the sacred light within
Each sunrise when I watch the day begin
I liberate the sacred light within

7. Resolution: Just Do What You Resolve

Last night you asked me to write a song
About carrying out your resolutions
I wrote it this morning when I got out of bed
While carrying out my ablutions
I've done what I resolved
When you asked last night
And I said I'd just do it
And since I've just done what I said
I certainly don't rue it

Just resolve to do what you should
And then just do what you resolve
Just carry out your resolutions instantly
When you've just done what you resolved
Then every problem's solved
You've just mastered yourself with industry

I really should eat less
Do it
I really should write more
Do it
I really should get out of bed asap

Just get out of bed
Eat less and write more
like you said
And then resolve to do more instantly

I really should work out
Do it
I really should break out
Do it
I really should write a book and a song today

I just wrote my song
And soon before dawn
I'll just work on my book
It's the only way

8. Moderation: Alexander Hamilton

I'm Alexander Hamilton
I'm better than Thomas Jefferson
I'm better than Adams and Madison
I'm better than Burr and Jay

Along with General Washington
I won the battle of Trenton
A surprise attack on the Hessian
Beginning on Christmas Day

After midnight
Crossed the Delaware
Land in sight
By the morning
Hessians in disarray

I'm a hero
Shooting a cannon
through the snow
Seized with fear
The Hessians surrender and pray

The victory trumpet sounds
America rebounds
The bravery of our plan
Acclaimed across the land
With drum and fife
The battle strife
Hailed all my life
Til judgment day

Along with Jemmy Madison
I drafted the Constitution
A more perfect solution
To rebels like Daniel Shays

I favored life tenure for Presidents
A permanent Washington residence
And also life tenure for Senators hence
A Congress that's here to stay

After the Convention
Wrote the Federalist
Number one Nationalist
Launched the Bank
At the Treasury in a day

Fought with Jefferson
Came a cropper
What's Necessary and proper?
Fought with Adams
Madison Burr and Jay

The fatal shot resounds
And Aaron Burr rebounds
A would be Caesar appeared
In just the way I feared
Since Burr's arrest
At my behest
What Caesar's repressed
The USA?

9. Tranquility: Security is an Illusion

Security is an illusion
I won't find it when I pray
And when I see confusion
I'll look for it in the day

Cause I know nothing
I feel everything
I sing something
I kneel for nothing
But wisdom and beauty
And joy in the trees around me
And harmony
And pity
And compassion
For those around me

Security is an illusion
I won't find it when I pray
Futurity is an intrusion
On being present in the day

O the beauty of the world
When you're in nature
O the beauty of the world
When you're at peace
It's the duty of the world
When you're in nature
To take yourself to the quiet place

O the pleasure of the world
When you're in nature
O the measure of the world
When you're at peace
It's the treasure of the world
When you're in nature
I'll take my harmonies
And wrap 'em up
Like a Golden Fleece

10. Cleanliness: John Quincy Adams

“This is the end of earth
I am content”
Said John Quincy Adams
His head was bent
His eyes were tightly shut
But they could see
The divine light
That night
That inspired
And hard wired him
To fight for liberty

“This is the end of earth
I am composed”
Said John Quincy Adams
Because he knows
He’s worked his whole life
For self-mastery
So that no man
Can another man’s
Master be
All men must be free
In peace and liberty

John Quincy Adams
Was walking by the river
The sky was dark
But his mind was light
Glowing with the fervor

And when the sun came up
He wrote a poem
Imagining the sequel
When freedom glowed equally
In every mind and home

“Who but shall learn that Freedom is the prize
Man still is bound to rescue or maintain
That Nature’s God commands the Slave to rise
And on the oppressor’s head to break his chain
Roll, years of promise, rapidly roll round
Till not a Slave shall on this earth be found.”

11. Justice: Love's the Answer

There's lots of questions about love
I know I know I know I know
Does it come from inside or from above?
I know I know I know I know

But whatever the question
I know
I know
I know
Love's the answer

If you want to know the truth of the matter
I know I know I know I know
Whatever the question; love's the answer
Love's the answer

Cause love conquers hate
And helps us calmly meet our fate
And love heals our pain
It cools and calms like the morning rain

Love isn't a state of perfect caring
I know I know I know I know
It can be a struggle to keep your bearing
I know I know I know

But even when you struggle to accept the ones you love
Just the way they are and not an image from above
You always know the answer to all questions that I know of
Love's the answer

If you want to know the truth of the matter
I know I know I know I know
Whatever the question; love's the answer
Love's the answer

12. Silence: Silence is Golden

When you're addressed
Apply this three-part test
Before you speak in reply

And whenever you're moved
To chastise or reprove
Examine your reasons why

Is it true
Is it kind
Is it necessary?
Only speak when it's necessary

Silence is Golden's
The name of this song
Sing it in your mind
It's not very long

And after you croon
This silent tune
Here's a rule you'll be ready to apply

Silence is golden
So hold your tongue
Think before you speak

And while you're holding
Your smoldering tongue
Try this swell technique

Is it true
Is it kind
Is it necessary?
Only speak
When it's necessary

Silence is golden
So hold your tongue
Think before you speak

Your friends but not God
May think it's odd
When you think before you speak

The pregnant pauses
Before your clauses
Will mark you as unique

But although
When you're in flow
Some will interrupt you
Keep your cool
And don't let them disrupt you

Silence is golden
It's just the only way
Take your time
In composing
What you want to say

And before too long
Just like I composed this song
You'll have aced your self-composing
technique

Silence is golden
So hold your tongue
Think before you speak

And while you're holding
Your smoldering tongue
Try this swell technique

Is it true
Is it kind
Is it necessary?
Only speak
When it's necessary

Silence is golden
So hold your tongue
Think before you speak
Think before you speak

13. Coda: Song of Devotion

My morning devotion is sung to the sun
I'm composing myself and my song
I'm feeling all feelings to connect to the one
And set aside the feelings that are wrong

The feelings I'll cultivate are temperate and calm
My happiness is a glowing golden mean
This sunrise devotion is a golden balm
Not in excess but always in between

Here's a song of devotion
No need for a potion
A song of devotion
With calming emotion

Here's a song of devotion
No need for a potion
A song of devotion
With self-composed emotion

The sky is glowing with an orange glow
The orange sun is rising above the trees
I'll temper my elation 'cause I always know
The pleasures of sudden wonder cease to please

And now the sun is blazing like a fiery ball
With fortitude and justice I can feel it
With temperance and prudence I'm feeling the all
And with this song forever I can hear it.

Coda: The Pursuit of Happiness

The pursuit of happiness
Means being a lifelong learner
The pursuit of happiness
Means learning every day
And I feel such happiness
That you're a lifelong learner
Let's spend a lifetime learning together
It's the only way

When you're wondering just how to spend your life
Stop wondering and start to read a book
When you're pondering just how to spend your life
Stop pondering and take a closer look

You can't control the turns of fortune or of fate
The only thing you can control is your thoughts and deeds
So read a book when you wake up
Every morning you'll feel great
You'll feel you've seized control of how your life proceeds

The pursuit of happiness
Means being a lifelong learner
The pursuit of happiness
Means learning every day
And I feel such happiness
That you're a lifelong learner
Let's spend a lifetime learning together
It's the only way