

m

Singing

Against

Shrinks

Morgan Firestar



# Tell It To A Shrink

①.A.

If you're look-in to tell your trou- bles to a

man who puts you down, If you're

hop-in to find a part of your mind that'll

turn your life a— round, If you

want to be like all the rest , and you're

look- ing for some— one who al- ways knows best, if you

want to change with- out hav- ing to think, Don't

talk to me a- bout it, No, No— ,

tell it to a Shrink , Oh,



G A  
 I, I don't be- lieve, that there's

D Bm  
 A-ny-thing you need, but the

G A  
 Free-dom and the space, to be-

D D7  
 long to the hu-man race, and

G A  
 I don't care to lis-ten to the

D D7  
 at- tri- butes you say you're miss-in, if you

Bm F#m  
 buy the tales they tell, please

G/D A/D G/D AD  
 tell me why they can't make you well ?

AD  
 IF you're DS al coda



# Tell It To A Shrink

♩

(and when I) lis- ten, you'll know my

Bm

in- ter - est is real

A

I - know how you Feel

Fine







# Depression

(2)

Woke up this morn — ing,

Hear — ing you call, have — n't seen you since you

were a kid — , but I've heard it all — ,

For an ounce of de — pres — sion — , you've

had a pound of cure, and they

think they can help you — , but they're

Real — ly not sure — , (Fine)

Are you a bas — ket case, my

cous — in — , have you lost your soul to their

Chords: A, E, F#m, D, G, Amaj, E, D, F#m, D, E.



Handwritten musical notation on a three-staff system. The lyrics are: "games? I've seen their vic-tims by the doz-en, and I don't think it's you that's in-sane, DC al Fine". Chords are written above the notes: F#m, A, A, F#m, C#m, C#m, D, Bm, E, E.

verses:

2. I understand depression, had it since I was three,  
~~I know what you've been through, because it happened to me,  
 I'd believed in the doctors in a medical way,  
 If I'd kept on believing, I'd be a space case today,~~  
 Are you in trouble now, my cousin? Are you calling out my name?  
 Are there shock doctors by the dozen, trying to torture your brain?
3. I tried to visit, but I didn't have time,  
~~It's hard to see you, across three thousand miles,  
 I'd send information, but it wouldn't get through,  
 So I'm here on the sidelines, and I'm rooting for you,~~  
 Why don't you look inside, my cousin? And see the anger you can't control?  
 I've seen sufferers by the dozen, a afraid to step out of that role,
4. I don't like your mother, and I never did,  
~~I've seen right through her, since I was a kid,  
 It's to her advantage to see you as sick,  
 She blames you for her problems, it's a family trick,~~  
 Have you given up, my cousin? Are you just too tired to try?  
 I've seen people stand up by the dozen, Freedom has taught them to fly,
5. I woke up this morning, hearing you call,  
 Haven't seen you since you were a kid, but I've heard it all,  
 And I'm sending you courage, as I sing this song,  
 I hope that you'll fight back, and learn to be strong.



# Fear

Chords:  $\sharp\sharp$ ,  $\sharp$ , C, A, F $\sharp$ m

Fear, yes it's fear, and it's

Chords: D, E

here, yes it's here, in—

Chords: A, F $\sharp$ m

side these halls so bar-ren, where

Chords: D, E

there's no love or car-in,

Chords: A, C $\sharp$ m

fear rules by de-sign, how

Chords: D, A

else can you con-trol a wan-der-ing

Chords: E, E7, A

mind? we've giv-en up on the world you i—

Chords: A7, D

mag-ine, we've passed you by, and

Chords: E, A, A7

that's why you're a-fraid, so you



D E  
pin us down with signs of the mind you've

F#m F#m  
fash-ioned, and

D E  
that's how men-tal ill-ness is

A A7 D  
made, this needle is your

F#m E  
wea-pon, and ig-nor-ance your

A D C#m  
force, so many tor-tures hap-pen, con-

E E7  
cealed behind closed doors, these

D A  
hos-pi-tals are grave-yards for

F#m D E  
vic-tims of your lies, where you pa-rade,

E7 E6 E7  
oh, ma-ni-a-cs, in san-i-ty's dis-guise, you cre-



Fear (3-B)

D ate your use, and E teach a-buse, some-

A day, you will A7 pay your dues, to

D we who've seen the E harm you mean, and have

A noth- ing more to A7 lose, in

D fight- ing you, we're A fight- ing fear, and we'll

F#m keep right on, F#m 'til psy- chi-

A a- tric do- min- ion o-ver

E pub- lic o- pin- ion is D A gone

fine



# People Behind Walls

4.

The image shows a handwritten musical score on a spiral-bound notebook page. The score is written on a single staff in treble clef with a key signature of two sharps (F# and C#) and a common time signature (C). The lyrics are written below the notes, and chords are indicated above the staff. The music is written in a simple, accessible style, likely for a beginner or intermediate musician. The score is divided into several lines of music, each with its own set of lyrics. The lyrics are: "I've been walk-in a lone-ly road, but I'm glad that I've final-ly be-gun, to pay back a debt I owed, Back to the folks where I start-ed from, the peo-ple be-hind walls, who helped me through the night, and who may still be, pri-son-ers of so-ci-e-ty." The chords used are A, E, F#m, D, Bm, and p (piano). The score ends with a double bar line and repeat signs.

Key signature: F# C#  
Time signature: C

A — I've been  
A E F#m  
walk-in a lone-ly road,  
D E  
but I'm glad that I've final-ly be-gun, to  
A F#m  
pay back a debt I owed,  
D E  
Back to the folks where I start-ed from, the  
A D A  
peo-ple be-hind walls, who  
Bm E  
helped me through the night, and who  
D E F#m p  
may still be, pri-son-ers  
D E A  
of so-ci-e-ty.



A E F#m

I've been walkin a lonely road,  
 D E  
 But I'm glad that I finally begun  
 A E F#m  
 To pay back a debt I owed,  
 D E  
 To all the folks where I started from,  
 A D A  
 The people behind walls  
 Bm E  
 who helped me through the night and who  
 D E F#m  
 May still be  
 F#m D E A  
 Prisoners of society.

It's kind of hard to care,  
 I made my escape, now I want to enjoy life,  
 It's kind of hard to dare  
 To challenge a system that tries to destroy life,  
 and people behind walls,  
 Who helped me through the night and who  
 May still be  
 Prisoners of Psychiatry.

The prison's called another name,  
 And the torture is known as therapy,  
 The principle's the same,  
 To punish those who don't fit the society,  
 The people behind walls,  
 Who helped me through the night, and who  
 Should not be  
 Prisoners of psychiatry.

The Goddess put me behind bars,  
 So that I could see reality,  
 And she gave me the gift to write songs,  
 And I'll write them and sing them until they're all free,  
 The people behind walls,  
 Who helped me through the night, and who  
 Will someday be  
 Free members of society.



# Shock Treatment

5.

With drugs and death your  
on-ly dream, you lin-ger,  
so pa-ra-lyzed, you can-not lift a  
fin-ger, the sparks will fly, in-  
side your mind, the wires will glow, the  
wheels un-wind, and you will go, be-  
fore your time, Ca-ra  
mi-a, sweet soul Sin-ger.



## To Two Shock Victims, Virginia and Cara

With drugs and death your only dreams, you linger  
So paralyzed you cannot lift a finger,  
The sparks will fly inside your mind,  
The wires will glow, the wheels unwind,  
And you will go, before your time,  
Cara mia, sweet soul singer.

Your upper-class morality still beckons  
As shocks patrol the ground you lose each second,  
Herded back along a line  
Of platitudes, of truth denied,  
You left your heart back with your mind,  
Now it's my hopes, Virginia, you're wreckin'.

We've all heard the clicks of keys behind us,  
Every detail serving to remind us  
Of empty days that stretch ahead,  
Of strength untried, of words unsaid,  
And timidly we plan instead  
For a freedom that may never find us.

Survival gives the gift of tightrope walking,  
Deathdealers are the prey we now are stalking,  
With truth and time to follow  
And no more pain to swallow,  
Their lies are sounding hollow,  
When they speak, it's the devil talking

Song by Morgan Firestar, copyright 1980



# Sunrise

6.A

2/4  
C Maj7/G C Maj7/G F Maj7 F Maj7  
Sun-

C Maj7/G C Maj7/G F Maj7 F Maj7  
Rise, Through barred win dows,  
C Maj7/G C Maj7/G F Maj7 F Maj7  
Mad-ness wak-in up, the

F G C C/B Am  
jin-gle of keys, I'm down on my knees,  
Dm7 Dm7/G C Maj7/G C Maj7/G  
Don't you think we've had e-nough,

F G C C/B  
We bear the pain of an in-hu-mane  
Am Am F Am  
sys-tem, and we pro-claim,

Em F F  
Just by ex-ist-ing, we're still re-sist-  
G G G7 G7 G7  
ing, Your plas-tic



Sunrise (6B)

C C/B Am Am  
 world, Your hy-po-crit-i-cal

F F C  
 lies, You can't e-ven fake

Dm7 G G7  
 ten-der-ness, there's ice in your eyes,

G7 F F Am Am  
 As you fight down our sto-ries,

Dm Dm G7 G7  
 our glo-ries and vi-sions, with

F F C C/B  
 drugs that steal our dreams at night, 'til the

Dm7 Dm7 Dm7/G Dm7/G  
 on-ly light we see, is a-noth-er sun-

Cmaj7/G Cmaj7/G Fmaj7 Fmaj7  
 rise, through barred win-dows,

Cmaj7/G Cmaj7/G Fmaj7 Fmaj7  
 Mad-ness wak-in up, the

F F C C/B  
 jin-gle of keys, I'm down on my knees



Sunrise(6C)

Am Dm7 Dm7/G Cmaj7/G  
 , tell - ing you we've had e - nough ,

Cmaj7/G G G Fmaj7  
 of your small mind - ed mah - ners -

Fmaj7 Dm7 Dm7/G Cmaj7/G  
 , ig - nor - ance on par - ade ,

Cmaj7/G Dm Dm G7 G7  
 I'm not here to play char - ades , I

F C Dm  
 did - n't come to see you , to lis - ten to your

Dm Dm Dm C C/B  
 Cra - zy point of view

Am F F G7 G  
 , I came to feel te - lep - a - thy , to

Em Em Fmaj7 Fmaj7  
 write down this re - al - i - ty , to

Bb Bb F F Am  
 read it out , to watch it grow , to be

Am Dm Dm G7 G7  
 with those who real - ly know , the



Sunrise (6D)

C C Am Am Dm7 Dm7

truth, the pain, the ho-li-ness, the

Dm7/G Dm7/G C C/B Am Am

love, what life can be

F G C Em

As we strug-gle with your pow-er, as we

Fmaj7 Fmaj7 Cmaj7/G Cmaj7/G

dream of be-ing free

Dm G7 Em Am

out-side these walls, the fight goes on

Dm7 Dm7 Dm7/G Dm7/G

and be-cause we see it all

G7 C C/B Am Am

we bear the pain of an in-hu-mane sys-tem,

F Am Em F

and we pro-claim, just by ex-ist-ing,

F G G Dm7

we're still re-sist-ing, a

Dm7/G Cmaj7/G Cmaj7/G

noth-er sun rise,



Handwritten musical score for "Sunrise (6E)". The score is written on ten staves of music paper. Each staff contains a line of lyrics and a corresponding line of musical notation with chord symbols above it. The lyrics are: "through barred win-dows, Mad-ness wak-in up, the jin-gle of keys, I'm off of my knees, I ain't say-in please, Guess I final-ly had e-nough, I'm one soul, who's gained con-trol of my life of my mind, of the vi-sions I find, I'm one soul who's gained con-trol, one more soul, and that's e-nough." The chord symbols include Fmaj7, Cmaj7/G, G, C, Am, Dm7, Dm7/G, C/B, Bb, and F. The musical notation includes notes, rests, and bar lines.

Fmaj7

Fmaj7

Cmaj7/G

Cmaj7/G

through barred win-dows, Mad-ness

Fmaj7

Fmaj7

F

wak-in up, the jin-gle of

G

C

Am

keys, I'm off of my knees, I

F

F

Dm7

ain't say-in please, Guess I final-ly

Dm7/G

Cmaj7/G Cmaj7/G

F

had e-nough, I'm one

G

C

Am

G

soul, who's gained con-trol of my life

G

C

C/B

Am

Bb

of my mind, of the

Bb

G

G

F

vi-sions I find, I'm one

G

C

Am

soul who's gained con-trol, one more

Dm7

Dm7/G

Cmaj7/G

Cmaj7/G

soul, and that's e-nough.