

Baz Luhrmann "Everybody Is Free"

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Baz Luhrmann - Everybody Is Free (To Wear Sunscreen)
Spoken By Lee Perry??
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Ladies and Gentlemen of the class of ?9...

Wear Sunscreen

If I could offer you only one tip for the future,
sunscreen would be it.
The long term benefits of sunscreen have been proved
by scientists whereas
the rest of my advice has no basis more reliable than
my own meandering experience
I will dispense this advice now.

Enjoy the power and beauty of your youth; oh
nevermind; you will not understand
the power and beauty of your youth until they have
faded. But trust me, in 20 years
youll look back at photos of yourself and recall in a way
you cant grasp now how
much possibility lay before you and how fabulous you
really looked.
Youre not as fat as you imagine.

Dont worry about the future; or worry, but know that
worrying
is as effective as trying to solve an algebra equation by
chewing bubblegum.
The real troubles in your life are apt to be things that
never crossed your
worried mind; the kind that blindsides you at 4pm on
some idle Tuesday.

Do one thing everyday that scares you.

Sing.

Dont be reckless with other peoples hearts, dont put up
with people who
are reckless with yours.

Floss

Dont waste your time on jealousy; sometimes youre

ahead, sometimes youre behind
the race is long, and in the end, its only with yourself.

Remember the compliments you receive, forget the
insults; if you succeed in doing
this, tell me how.

Keep your old love letters, throw away your old bank
statements.

Stretch

Dont feel guilty if you dont know what you want to do
with your life
the most interesting people I know didnt know at 22
what they wanted to do with
their lives, some of the most interesting 40 year olds
know still dont.

Get plenty of calcium.

Be kind to your knees, youll miss them when theyre
gone.

Maybe youll marry, maybe you wont, maybe youll have
children,
maybe you wont, maybe youll divorce at 40, maybe
youll dance the funky chicken
on your 75th wedding anniversary.
What ever you do, dont congratulate yourself too much
or berate yourself either
your choices are half chance, so are everybody elses.
Enjoy your body,
use it every way you can dont be afraid of it, or what
other people think of it,
its the greatest instrument youll ever own..

Dance even if you have nowhere to do it but in your own
living room.

Read the directions, even if you dont follow them.

Do NOT read beauty magazines, they will only make
you feel ugly.

Get to know your parents, you never know when theyll
be gone for good.

Be nice to your siblings; they are the best link to your
past and
the people most likely to stick with you in the future.

Understand that friends come and go, but for the
precious few you should hold on.
Work hard to bridge the gaps in geography in lifestyle
because the older you get,
the more you need the people you knew when you were
young.

Live in New York City once, but leave before it makes
you hard;
live in Northern California once, but leave before it
makes you soft.

Travel.

Accept certain inalienable truths, prices will rise,
politicians will philander,
you too will get old, and when you do you'll fantasize
that when you were
young prices were reasonable, politicians were noble
and children respected their
elders.

Respect your elders.

Dont expect anyone else to support you. Maybe you
have a trust fund,
maybe you have a wealthy spouse; but you never know
when either one might run out.

Dont mess too much with your hair, or by the time its
40, it will look 85.

Be careful whose advice you buy, but, be patient with
those who supply it.
Advice is a form of nostalgia, dispensing it is a way of
fishing the past
from the disposal, wiping it off, painting over the ugly
parts and recycling
it for more than its worth.

But trust me on the sunscreen...

=====
Quindon Tarver
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Everybody's free, everybody's free, everybody's free
Everybody's free, everybody's free, to feel good, to
feel good

Brother and sister together will make it through oh, huh
yeah
Someday a spirit will take you and guide you there
I know you've been hurting ,but i've been waiting to be
there for you
And I'll be there, just helping you out whenever I can

Everybody's free ohh yea yeah
Oh Every ho yeah
Oh to feel good
Ohh to feel good*
(** chorus :
Everybody's free, everybody's free
Everybody's free, everybody's free, everybody's free,

to feel good)

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