

Baz Luhrmann

"Everybody's Free (to Wear Sunscreen)"

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Ladies and gentlemen of the class of 2007, 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, never
mind
You will never understand the power
And the beauty of your youth until they've faded
But trust me, in twenty years
You will look back at photos of yourself

And recall in a way you can't grasp now
How much possibility lay before you
And how fabulous you really looked
You are not as fat as you imagine

Don't worry about the future or worry that know that
worrying
Is as affective as trying to solve an algebra equation
By chewing bubble gum
The real troubles in your life are apt to be things
That never crossed your worried mind
The kind that blindsides you at 4 p.m. on some idle
Tuesday

Do one thing every day that scares you, sing
Don't be reckless with other peoples' hearts
Don't put up with people who are reckless with yours,
floss
Don't waste your time on jealousy
Sometimes you're ahead, sometimes you're behind
The race is long and in the end, it's only with yourself

Remember 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
Don't feel guilty if you don't know what to do with your
life

The most interesting people
I know didn't know at 22 what they wanted to do with
their lives
Some of the most interesting 40-year-olds I know still
don't
Get plenty of calcium
Be kind to knees, you'll miss them when they're gone

Maybe you'll marry, maybe you won't
Maybe you'll have children, maybe you won't
Maybe you'll divorce at 40, maybe you'll dance the
"Funky Chicken"
On your 75th wedding anniversary
Whatever you do, don't congratulate yourself too much
Or berate yourself either
Your choices are half chance, so are everybody else's

Enjoy your body, use it every way you can

Don't be afraid of it or what other people think of it
It's the greatest instrument you'll ever own, dance
Even if you have nowhere to do it but your own living
room
Read the directions even if you don't follow them
Do not read beauty magazines, they will only make you
feel ugly

Brother and sister together will make it through
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

Get to know your parents, you never know when they'll
be gone for good
Be nice to your siblings, they are your best link to your
past
And the people most likely to stick with you in the future
Understand that friends come and go
But a precious few, who should hold on

Work hard to bridge the gaps in geography and
lifestyle
For as 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 fanaticise that when you were
young
Prices were reasonable, politicians were noble
And children respected their elders

Respect your elders, don't expect anyone else to
support you
Maybe you have a trust fund, maybe you'll have a
wealthy spouse
But you'll never know when either one will run out
Don't mess too much with your hair or by the time
you're forty
It will look eighty-five
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
Wishing the past from the disposal, wiping it off
Painting over the ugly parts and recycling for more
than it's worth
But trust me on the sunscreen

Brother and sister together will make it through, oh
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, oh yeah, everybody's free, oh yeah,
oh, to feel good

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