

Audrey Auld Mezera

"Self-help Helped Me"

Visit "[Self-help Helped Me](#)" on MotoLyrics.com

I've been trying to find myself
But I don't know where to look
My friend found himself in a Buddha book
So I went down to the city mall
To the new age store
But when I got there I forgot what I'm looking for

So I signed up for yoga at the local gym
And I paid fifteen dollars to find out what's within
Well it's kind of like the garage
Full of twenty years of junk
Hey look there's that old vinyl skirt
I wore when I was punk

I've been trying to find myself
But I don't know where to look
My friend found herself in a Chicken Soup book
So I went down to the city mall
To the crystal store
But when I got there I forgot what I'm looking for

I went to see the Dalai Lama and his band

He's still rocking hard
Though he got kicked off his land
And I left with a t-shirt and a warm and fuzzy grin
Now I'm smoking incense and I've learned to love
again

Now I'm eating real food
Like organically grown beans
And I don't wash my hair now
Cause it's not about being clean
If I had fifty dollars well I'd give it all away
But there's this course on sharing
And the deadline is today

Cause I've been trying to find myself
But I don't know where to look
My friend found himself in a Dr. Phil book
So I went down to the city mall
To the psychic fair

But when I got there no one knew what I was looking for

Visit [Audrey Auld Mezera](#) page on MotoLyrics.com, to get more lyrics and videos.

[MotoLyrics.com](#) | Lyrics, music videos, artist biographies, releases and more.