

Be Happy

By: Colby Jeffers

Lyrics and Credits

**BE
HAPPY**



C O L B Y J E F F E R S

About Me

I am a changemaker rapper from Phoenix, Arizona. My mission in music is to uplift, educate, and inspire others to contribute to the betterment of the world. I've produced a total of 7 albums, each centered on messages of faith, oneness, unity, justice, love, spirituality, and service to humanity.



My artistry draws from a diverse range of influences, from hip hop legends to changemakers, as well as various faith-inspired artists. I'm continually striving to sharpen my craft and learn how to best use my creative talents in service to humanity.

I am a member of the Baha'i Faith, so I believe in the oneness of humanity and seek to promote spiritual transformation in all of my endeavors. I am a husband and father, and deeply love my family. I am passionate about community building and youth empowerment, and these passions all help inspire my music.

The Album

This album started with me putting inspirational quotes on the theme of "happiness" from the Baha'i Writings to melodies over hip hop beats, as a way to engage my children in our morning devotionals. I ended up creating some catchy hooks, and decided to turn them into full songs.

Over my past couple of albums, I hadn't done much collaborating with other artists, so I also had a strong desire to invite other singers and rappers onto this project. Over the years, I've had the pleasure to connect with a variety of talented artists, so I went through each song on the project and thought about which artist would fit best into each track. I'm SO PLEASED with the results!

I wanted the album to explore the theme of happiness from a variety of angles, and for that to be reflected in the album, both lyrically and sonically. I hope you enjoy the album and that it brings you inspiration, reflection, and happiness!

Album Credits

Recorded at: Tallcat Studios | **Mixed by:** BeatzbyLeksai

Instrumentals and Featured Artists:

Track	Featured Artist(s)	Instrumental Producer
1) I Want You To Be Happy	Bonnie Lisbeth	Dreamlife
2) Live Together	shahin & Sarah Mohebiany	Kid Ocean
3) Bringers of Joy	Ayana Butterfly	Kid Ocean
4) Springtime	Diversoul	DopeBoyzMuzic
5) Gladden Our Hearts	Shameem	Don P
6) Good of All	D-Light	Apollo V
7) Utmost Desire	jeph.ilosopher	DopeBoyzMuzic
8) Happy, Happy, Happy	Sema Muziki & Sarah Mohebiany	DopeBoyzMuzic
9) Joy Gives Us Wings	Brian	Mike Lightner
10) Sunshine Everywhere	The Mighty Rhino	DopeBoyzMuzic
11) Be Calm, Be Strong, Be Grateful	Gregory Stutzer	Don P
12) True Happiness	Shadi Toloui-Wallace, Peyt Spencer, & Karim Rushdy	Dreamlife
13) My Spirit		Kid Flash

Song Lyrics



*“I want you to be happy...to laugh, smile and rejoice
in order that others may be made happy by you.”*

– ‘Abdu'l-Bahá

1) I Want You To Be Happy (ft. Bonnie Lisbeth)

Inspiration from the Baha'i Writings:

"I want you to be happy...to laugh, smile and rejoice in order that others may be made happy by you." - **Abdu'l-Bahá**

Song Lyrics:

[Bonnie Lisbeth]

I want you to be happy
Happy, happy, happy

[Colby Jeffers]

Yo, it's time to keep 100 like a century,
Joy and happiness will heal you like a remedy,
When you show love it will empower like some energy,
And spread to others like a chain reaction, that's some chemistry
Happiness attracts others like a magnet,
Brings out your inner child like a sand pit,
It's the bread of the spirit, like a sandwich,
Think you don't deserve it, scratch that, like a bad itch,
Let's become a new people shine a new light,
If you ain't ready for a change you can move right,
In this dark world we could be the moonlight,
There is no time to waste, starting tonight,
Love is the foundation, feel the harmony,
Gotta give my whole self, not just part of me,
Trying to shine like a star, that's astronomy,
When you are happy I am happy, no dichotomy,

[Chorus - Bonnie Lisbeth]

I want you to be happy
To laugh, smile and rejoice
In order that others may be made happy by you
You, you, yeah

[Colby Jeffers]

Be the change that you wanna see,

If you want a happy world, happy is what you gotta be,
In thoughts, in words, in deeds, in means,
The more you focus on serving others the happier you'll be,
Look, when you're winning I am winning, we're the same team,
If you sink I'll help you float just like a plane seat,
Selfishness will make you happy, that's a fake dream,
Serving God, serving others, that's the same thing,
Let's become a new people shine a new light,
If you ain't ready for a change you can move right,
In this dark world we could be the moonlight,
There is no time to waste, starting tonight,
Love is the foundation, feel the harmony,
Gotta give my whole self, not just part of me,
Trying to shine like a star, that's astronomy,
When you are happy I am happy, no dichotomy,

[Chorus - Bonnie Lisbeth]

I want you to be happy
To laugh, smile and rejoice
In order that others may be made happy by you
You, you, yeah

[Colby Jeffers & Bonnie Lisbeth] x 2

Laugh, smile and rejoice
Laugh, smile and rejoice
Laugh, smile and rejoice
I want you to be happy

[Chorus - Bonnie Lisbeth]

I want you to be happy
To laugh, smile and rejoice
In order that others may be made happy by you
You, you, yeah

[Bonnie Lisbeth]

Happy, happy, happy
I want you to be
Happy, happy, happy
I want you to be

2) Live Together (ft. shahin & Sarah Mohebiany)

Inspiration from the Baha'i Writings:

"It is the wish of our heavenly Father that every heart should rejoice and be filled with happiness, that we should live together in felicity and joy." - **Abdu'l-Bahá**

Song Lyrics:

[Colby Jeffers - Pre-chorus]

It is the wish of our heavenly Father
that every heart should rejoice
and be filled with happiness,

[Colby Jeffers & Sarah Mohebiany - Chorus]

that we should live together, live together,
that we should live together in felicity and joy, yeah,
It is the wish of our heavenly Father
that every heart should rejoice
and be filled with happiness, yeah

[Colby Jeffers - Verse 1]

So many words to describe our many differences,
But we're more similar than different afraid that we're missing it,
We're all created from the same dust,
.1% of our DNA is all that separates us, yeah
Ponder that in your heart,
8 billion people on the planet, let's go back to the start,
If you believe in Adam and Eve or scientific discoveries
That prove our common humanity, it should make us all believe that...

[Colby Jeffers - Pre-chorus]

It is the wish of our heavenly Father
that every heart should rejoice
and be filled with happiness, that we should

[Colby Jeffers & Sarah Mohebiany - Chorus]

live together, live together,
that we should live together in felicity and joy, yeah,

It is the wish of our heavenly Father
that every heart should rejoice
and be filled with happiness, yeah

[shahin - Verse 2]

I swear, I don't live in vain
I swear, I don't mind the pain
I swear, I would do the same, all over, all over again
If I was born from another, another mother it's the same, yeah
Never been the type of guy to live in the world of names, nah
I believe in action,
Show me your intention
Show me what your craving
Dig within your dungeon
Tell me ain't it unity,
Don't you see you are the key

[Colby Jeffers - Pre-chorus]

It is the wish of our heavenly Father
that every heart should rejoice
and be filled with happiness, that we should

[Colby Jeffers & Sarah Mohebiany - Chorus]

live together, live together,
that we should live together in felicity and joy, yeah,
It is the wish of our heavenly Father
that every heart should rejoice
and be filled with happiness, yeah

[Colby Jeffers - Verse 3]

Artificial borders and boundaries meant to divide,
Humankind was designed to be kind not to colonize,
Homosapiens are meant to be wise, free your mind
From prejudice and fanaticism illumine your eyes,
Pangea's not a myth, Earth is one land, one home,
One God, One Creator, one fam so,
We offend God when we hurt each other,
The best way to praise God is to love one another, because

[Colby Jeffers - Pre-chorus]

It is the wish of our heavenly Father
that every heart should rejoice
and be filled with happiness

3) Bringers of Joy (ft. Ayana Butterfly)

Inspiration from the Baha'i Writings:

"I beg of God that ye will be bringers of joy, even as are the angels in Heaven."

- Abdu'l-Bahá

Song Lyrics:

[Intro - Colby Jeffers & Ayana Butterfly]

Whoa (Whoa)

Yeah-ee-yeah (Yeah-ee-yeah)

Bring that joy (We bring that joy)

Yeah, yeah, yeah

[Chorus - Colby Jeffers & Ayana Butterfly]

I beg of God (beg of God)

That ye will (that ye will)

Be bringers of joy,

Bring that joy,

Be bringers of joy

I beg of God that ye will be bringers of joy,

Bring that joy (bring that joy)

Be bringers of joy

[Colby Jeffers]

No greater gift, so I rap it from my heart and then deliver it,

And the more I give, the more that I get, when you give it don't diminish it,

Don't wanna see you hurt or to make you grieve, wanna set you free, feel deliverance

Take away the things that are keeping you down, that's how I make a difference

This is not love of the body, this is love from the soul, like the sun we're spreading that light,

Shining out like the stars of heaven, like a constellation together so bright,

To such as degree to become as one being, one people, one spirit, unite,

Bringing that joy to awaken your heart and your soul and together we rise,

[Chorus - Colby Jeffers & Ayana Butterfly]

I beg of God (beg of God)

That ye will (that ye will)

Be bringers of joy,

Bring that joy,
Be bringers of joy
I beg of God that ye will be bringers of joy,
Bring that joy (bring that joy)
Be bringers of joy

[Ayana Butterfly]

Be a bringer of joy tryna do my part
It's a bold task as I make my art
Stay on my mind make me realize
That when I start to feel the blue feeling blue
Meditating when I'm in a mood
Gotta rewind let me unwind
Bring it right back to the joy I choose
Reaching deep down yeah it's in my heart
Letting things go when it gets too hard
Trust in above really all I got
Peace of mind on my mind
Feeling true in my groove
Any dark thought oh I overthrew
Gravity not for me
Drifting up to a better view

[Chorus - Colby Jeffers & Ayana Butterfly]

I beg of God (beg of God)
That ye will (that ye will)
Be bringers of joy,
Bring that joy,
Be bringers of joy
I beg of God that ye will be bringers of joy,
Bring that joy (bring that joy)
Be bringers of joy

[Chorus - Colby Jeffers & Ayana Butterfly]

I beg of God (beg of God)
That ye will (that ye will)
Be bringers of joy,
Bring that joy,
Be bringers of joy

Even as are the angels in Heaven
Bring that joy (bring that joy)
Be bringers of joy, yeah

4) Springtime (ft. Diversoul)

Inspiration from the Baha'i Writings:

*"If you do not smile now, for what time will you await and what greater happiness could you expect? **This is the springtime** of manifestation. The vernal shower has descended from the cloud of divine mercy; the life-giving breeze of the Holy Spirit is wafting the perfume of blossoms. From field and meadow rises a fragrant breath of thanksgiving like pure incense ascending to the throne of God. The world has become a new world; souls are quickened, spirits renewed, refreshed. **Truly it is a time for happiness.**" - Abdu'l-Bahá*

Song Lyrics:

[Chorus - Colby Jeffers]

If you do not smile now, for what time will you await...This is the springtime, yeah
If you do not smile now, for what time will you await...This is the springtime
The world has become a new world,
Souls are quickened,
Spirits renewed, refreshed (spirits renewed, refreshed)
Truly it is a time for happiness (a time for happiness)

[Colby Jeffers]

Yes! It's the time for re-birth, rejuvenation, renewal,
A time I prefer, sun shining on my skin and I feel that breeze,
Birds are singing out their songs, it sounds like these words, yo,
If you do not smile now, for what time will you await?
This is the springtime, embrace it, we cannot reverse,
To the winter, too cold, and my back and knees hurt, yeah,
Religion's like this cycle, seasons reoccur,
Every time the Message is renewed we see the green emerge,
New life, fresh and bright, the spirit mirrors the Earth,
The Word of God like an ocean of light to immerse
Your soul in and clean the dirt time to align with this cycle and go in,
Come out like a clean shirt, beaming bright like the future,
All the Prophets referred to this Day that we are living, and that's why you see me grinning,
yeah

[Chorus - Colby Jeffers]

If you do not smile now, for what time will you await...This is the springtime, yeah
If you do not smile now, for what time will you await...This is the springtime
The world has become a new world,
Souls are quickened,
Spirits renewed, refreshed (spirits renewed, refreshed)
Truly it is a time for happiness (a time for happiness)

[Diversoul]

Don't you know things go in cycles
Diversoul, springtime revival
Been through these departures and arrivals
Yet I know, I know, deeds still most vital
That's just the set up
I feel it man, your fed up
Life keeps coming and it don't let up
Andy said tho, you gotta keep your head up
Q said bro fall off your bicycle then get up
Shine bright, give light for the Most High
The vibe's right, know that I am most kind
I wear a smile on my heart like most times
And only little smirks from the lips for the dope rhymes
Life is hard, some times you get clotheslined
Tough to reach those with hard hearts and closed minds
They show no signs, no signs, before the show time
Until I shine bright, give light it's go time

[Outro Chorus - Colby Jeffers]

If you do not smile now, for what time will you await...This is the springtime, yeah
If you do not smile now, for what time will you await...This is the springtime

5) Gladden Our Hearts (ft. Shameem)

Inspiration from the Baha'i Writings:

"O Thou kind Father, God! Gladden our hearts through the fragrance of Thy love. Brighten our eyes through the Light of Thy Guidance. Delight our ears with the melody of Thy Word, and shelter us all in the Stronghold of Thy Providence." - **Abdu'l-Bahá**

Song Lyrics:

[Chorus - Colby Jeffers & Shameem]

O Thou (O Thou)

Kind Father, God (Kind Father, God)!

Gladden our hearts (Gladden our hearts)

Through the fragrance of Thy love

Brighten our eyes (Brighten our eyes)

Through the Light (through the Light)

of Thy (of Thy)

Guidance (guidance)

Delight our ears (Delight our ears)

With the melody (with the melody)

of Thy Word (of Thy Word)

and shelter us all in the Stronghold of Thy Providence (of Thy Providence)

of Thy Providence

And shelter us all in the Stronghold of Thy Providence

[Colby Jeffers]

All humanity created from the same stock,

Our collective future's on the line, straight talk,

Only as strong as the weakest link, keep the chain locked,

Power comes from unity that's what the Greatest Name taught,

O God let the religions agree, let us live in perfect harmony,

Yeah Yeah Yeah,

One family, help us to see, the whole Earth is one home,

O God bring that Most Great Peace

Delight us with that melody,

That makes us feel so heavenly,

One song that everybody sings,

Music that'll set you free,

[Shameem]

Delight us with that melody,
That makes us feel so heavenly,
One song that everybody sings,
Music that'll set you free,

[Chorus - Colby Jeffers & Shameem]

O Thou (*O Thou*)
Kind Father, God (*Kind Father, God*)!
Gladden our hearts (*Gladden our hearts*)
Through the fragrance of Thy love
Brighten our eyes (*Brighten our eyes*)
Through the Light (*through the Light*)
of Thy (*of Thy*)
Guidance (*guidance*)
Delight our ears (*Delight our ears*)
With the melody (*with the melody*)
of Thy Word (*of Thy Word*)
and shelter us all in the Stronghold of Thy Providence (*of Thy Providence*)
of Thy Providence
And shelter us all in the Stronghold of Thy Providence

[Shameem]

In the darkness of the night,
I turn expectant to Your light,
You provide for all and yet I'm thirsty,
Yearning for the Ocean of Your Mercy,
When I see the world in this state,
It's so easy just to lose faith,
But I know that You give life to all,
You hear my call,
And You help us to reach the goal,
So I'm singing...

[Chorus - Colby Jeffers & Shameem]

O Thou (*O Thou*)
Kind Father, God (*Kind Father, God*)!
Gladden our hearts (*Gladden our hearts*)

Through the fragrance of Thy love
Brighten our eyes (*Brighten our eyes*)
Through the Light (*through the Light*)
of Thy (*of Thy*)
Guidance (*guidance*)
Delight our ears (*Delight our ears*)
With the melody (*with the melody*)
of Thy Word (*of Thy Word*)
and shelter us all in the Stronghold of Thy Providence (*of Thy Providence*)
of Thy Providence
And shelter us all in the Stronghold of Thy Providence

6) Good of All (ft. D-Light)

Inspiration from the Baha'i Writings:

"Happy the soul that shall forget his own good, and like the chosen ones of God, vie with his fellows in service to the good of all." - **Abdu'l-Bahá**

Song Lyrics:

[Intro - Colby Jeffers]

Yeah yeah yeah, oooo, yeah yeah yeah, oooo

[Chorus - Colby Jeffers]

Happy is the soul that shall forget his own good (his own good)
Happy is the soul that shall forget his own good (his own good)
And like the chosen ones of God (like the chosen ones of God)
Vie with his fellows in service to the good of all

[Colby Jeffers]

10,000 hours you become an expert,
24 a day, tell me where you spend yours?
Time is precious, it's more valuable than treasure,
We're always learning something, who is your professor?
Happiness is based on more than just your salary,
Truly wish what's best for others, not just flattery
The love inside your heart should burn just like some calories,
This music's made to lift your spirit climb this ladder please,

[Chorus - Colby Jeffers]

Yeah yeah yeah, oooo, yeah yeah yeah, oooo
Happy is the soul that shall forget his own good (his own good)
Happy is the soul that shall forget his own good (his own good)
And like the chosen ones of God (like the chosen ones of God)
Vie with his fellows in service to the good of all

[D-Light]

Sacrificing, waking up for the greater good
Feeling happier emotions than you thought you would
Lighting up the world with love as it turns

Everyday spreading energy like firewood burns (yeah)
Restore this withered land to sweet new life
Spreading love, stopping hate, spiritual springtime
Forget yourself and you'll be free from the prison of worry
Mission's raising us up to its pinnacles of glory

[Chorus - Colby Jeffers]

Yeah yeah yeah, oooo, yeah yeah yeah, oooo
Happy is the soul that shall forget his own good (his own good)
Happy is the soul that shall forget his own good (his own good)
And like the chosen ones of God (like the chosen ones of God)
Vie with his fellows in service to the good of all

7) Utmost Desire (ft. jeph.ilosopher)

Inspiration from the Baha'i Writings:

"Your utmost desire must be to confer happiness upon each other. Each one must be the servant of the others." - **Abdu'l-Bahá**

Song Lyrics:

[Intro - jeph.ilosopher]

ilosopher

Jeffers

[Colby Jeffers]

Yeah, sometimes my actions are **confusing me**

I know what's right but still get caught up **in the foolery**

I'm supposed to work for **unity**

I've been awakened to my selfish ways, and now I'm **losing sleep**

If I said I'm perfect I'd be lying, like I play in **Detroit**

Gotta bring myself to account each day like I work for **Deloitte**

Make an adjustment like a trip to **The Joint**

When the goal is to serve, everybody wins, **maybe that's the point**

It took some time for me to see it but now I realize

That we can't see in the darkness it's all part of the design

God told us to be a lamp, it's time to reply

So we shine

[Chorus - Colby Jeffers & jeph.ilosopher]

Your utmost desire must be to confer happiness upon each other

Your utmost desire must be to confer happiness upon each other

Each one must be the servant of the others

Happiness upon each other

[jeph.ilosopher]

It's kind of funny how

We get so busy lifting weights for our health

We could be building that same muscle lifting up someone else

I'm feeling like, my work and life

They don't need to balance

They need to unite
How many virtues can I earn if I serve you right
What about reciprocal joy when I can reverse your plight
Help you live your perfect life
You might be wondering, what about me
If i give everything away, will i have what i need
The moral is, the more we give
The more spiritual blessings that we can form within
How do we know which of our possessions are important things
We tend to rationalize until we're hoarding things
Taking space for joy it seems
That's why not only serving others is promoting peace
But scientifically, helping can boost your dopamine
Wow
I feel it in my veins when I'm vain
But I fill generosity through my arteries, go
Pump it out then
Pump it out then

[Chorus - Colby Jeffers & jeph.ilospher]

Your utmost desire must be to confer happiness upon each other
Your utmost desire must be to confer happiness upon each other
Each one must be the servant of the others
Happiness upon each other

8) Happy, Happy, Happy (ft. Sema Muziki & Sarah Mohebiany)

Inspiration from the Baha'i Writings:

"When we find truth, constancy, fidelity, and love, we are happy..." - Abdu'l-Bahá

Song Lyrics:

[Chorus - Colby Jeffers & Sarah Mohebiany]

When we find truth, constancy, fidelity, and love,
We are happy, happy, happy, (happy, happy, happy)
Happy, happy, happy, we are happy,
When we find truth, constancy, fidelity, and love,
We are happy, happy, happy, (happy, happy, happy)
Happy, happy, happy, we are happy,

[Colby Jeffers]

It's a cold world, but I'm feeling **warm inside**
Of my soul cuz the cold don't touch my spirit, **feel the fire**
Of the Love of God, it is all around me, **omnipresent**,
My body's the wrapping but my life's the gift, yeah I'm **the present**,
It is quite apparent, could be sick and poor and **with no means**,
But still be happy, happy, happy, because **spiritually**,
I am independent of my body, yet they **are connected**,
Joy and pain, or love and hate, we feel them deep, our **soul's affected**,
When we feed our spirit with the holy virtues, **we are happy**,
But sin and vices only want to use and hurt you, **can't let 'em sap me, I know that**,

[Chorus - Colby Jeffers & Sarah Mohebiany]

When we find truth, constancy, fidelity, and love,
We are happy, happy, happy, (happy, happy, happy)
Happy, happy, happy, we are happy,
When we find truth, constancy, fidelity, and love,
We are happy, happy, happy, (happy, happy, happy)
Happy, happy, happy, we are happy,

[Verse - Sema Muziki]

Hello morning, hello dawn,
Hello night when I'm cold,
Hello us, them, and we,
Is there light when I'm gone,
Hello beauty, hello sunshine,
Can you teach me to grow?
Hello darkest of night
There is love in the light
Hello Martin, can I dream and treat life like a queen?
The morning after I see the light I come to igniting
My dreams are nothing I own
Since there are mountains to fold,
The world is more than you see,
You will see when you believe,
Hello beauty, please give ear,
Don't let yourself disappear,
Dreaming was nothing to me,
When I was told by a king there's only one life to live,
Forever comes when you dream,
Forever comes when you dream,

[Sarah Mohebiany]

Dream a dream in the night sky,
Dream a dream in the moonlight,
Dream a dream under the sun,
To dream a dream, will it be alright?
Dream a dream in the night sky,
Dream a dream in the moonlight,
Dream a dream under the sun,
To dream a dream, it'll be alright?

[Chorus - Colby Jeffers & Sarah Mohebiany]

When we find truth, constancy, fidelity, and love,
We are happy, happy, happy, (happy, happy, happy)
Happy, happy, happy, we are happy,
When we find truth, constancy, fidelity, and love,
We are happy, happy, happy, (happy, happy, happy)
Happy, happy, happy, we are happy,

When we find truth, constancy, fidelity, and love,
We are happy, happy, happy, (happy, happy, happy)
Happy, happy, happy, we are happy,

9) Joy Gives Us Wings (ft. Brian)

Inspiration from the Baha'i Writings:

"Joy gives us wings! In times of joy our strength is more vital, our intellect keener, and our understanding less clouded. We seem better able to cope with the world and to find our sphere of usefulness. But when sadness visits us we become weak, our strength leaves us, our comprehension is dim and our intelligence veiled. The actualities of life seem to elude our grasp, the eyes of our spirits fail to discover the sacred mysteries, and we become even as dead beings." - Abdu'l-Bahá

Song Lyrics:

[Chorus - Colby Jeffers]

Joy gives us wings
Joy gives us wings to fly so high

[Colby Jeffers]

We only really feel 2 things, **joy and pain**,
Feels like they live in different quarters, but the **coin's the same**,
The way you feel can turn on a dime, to **coin a phrase**,
When you endure the rain, **the sun's a joy to behold**,
Especially when the world is **wet with tears**,
From the pain and grief, it's hard to **forget your fears**,
And when everyday a new threat **seems to appear**,
Look to the edge of the atmosphere, **what brings joy to your soul?**
When sadness comes to visit, **my spirit feels weak**,
When depression shows up, **I can't even speak**,
Anxiety stops by and tries to **trick my mind**,
Got me feeling dead inside, **pain destroying the home**,
Inside my heart... Lord forgive me for these **trespasses**,
My heart belongs to You, that's Your home, I **give it back**,
And instantly I feel relief, my joy returns, I'm **better now**,
To keep my spirit from the rain, I fly above the clouds

[Chorus - Colby Jeffers]

Joy gives us wings
Joy gives us wings to fly so high
Joy gives us wings

Joy gives us wings to fly so high

[Brian]

I woke up this morning with a lot to say
went inside bathroom splashed some water on my face
Little devil on my shoulder started talking crazy
I've been running for so long
Why he gotta chase me?
Put up 4 walls just to keep me safe
I got the whole wide world inside a picture frame
And that's enough ain't it?
But that's just him talking
So I sit locked in
These mental chains
The glass walls keep me contained
I sit and I pray
I meditate and then zone
bring my soul out
If I don't break it, my whole life is wasted.
I got light inside my heart, so I gotta make it
grab a chair, throw it out the wall.
I see the cracks in it
put my fist through it
I hear the birds chirping. This is God's music.
I feel inner peace when my feet hit the grass
I feel blessed
This too shall pass

[Chorus - Colby Jeffers & Brian]

Joy gives us wings
Joy gives us wings to fly so high
Joy gives us wings
Joy gives us wings to fly so high

10) Sunshine Everywhere (ft. The Mighty Rhino)

Inspiration from the Baha'i Writings:

"When a man turns his face to God he finds sunshine everywhere." - Abdu'l-Bahá

Song Lyrics:

[Chorus - Colby Jeffers]

When a man turns his face to God he finds sunshine everywhere, yeah, everywhere

When a man turns his face to God he finds sunshine everywhere, yeah, everywhere

[Colby Jeffers]

Sunshine beaming out **in every direction**,

But only surfaces endowed with the **power of reflection**

Will bring the beauty of the **light to your eye**

And then the **sight to your mind**,

You're blind without your **spiritual perception**,

My **eyelid** is the very thinnest part of **my skin**,

Yet I'm **blinded** close my eyes and then **no light in**,

To my **pupil**, just like my spirit, it's **crucial**,

To burn the veils that obscure your soul from seeing everything that's **shining**,

Ay, help the world to see, that's **why I'm rhyming**,

Ay, keep on shining out as long as **I live**,

Ay, reflect the light of God and **glorify Him**,

Ay, serving others that's what a **Baha'i** is, **Ay**

Cuz humanity's my **family**,

Where you're from or what you look like doesn't **matter to me**,

And if I happen to notice a **flaw or two**,

I turn my face to **Who created you**,

[Chorus - Colby Jeffers]

When a man turns his face to God he finds sunshine everywhere, yeah, everywhere

When a man turns his face to God he finds sunshine everywhere, yeah, everywhere

[The Mighty Rhino]

Unh, spittin' the praise of the Blessed Beauty
In the knowledge that every person is precious truly
Every human being, no matter gender or color, gay or straight
We all washed in the Good Lord's amazing grace
Every religion, Jewish, Christian, Muslim, Sikh, or Hindu
Or any other, I hope your journey's peaceful and blissful
Cause you deserve kindness and compassion by default
Colby ad' Rhino, this is our mission, why would we halt
Woo, got me sangin' like Shahnáz Waite
I'ma be servin' the Cause of God 'til my back break
'Cause the purpose of creation
Is for every human soul to acquire virtue that's worthy of their station
And receive affection in a spirit of sacred joy an' love
And when 'Abdu'l-Bahá buoys us from above
Ain't no question we winnin' the race
'Cause when a person turns to God, they find sunshine in E'RY dang place
Woo

[Chorus - Colby Jeffers]

When a man turns his face to God he finds sunshine everywhere, yeah, everywhere
When a man turns his face to God he finds sunshine everywhere, yeah, everywhere

11) Be Calm, Be Strong, Be Grateful (ft. Gregory Stutzer)

Inspiration from the Baha'i Writings:

"Be calm, be strong, be grateful, and become a lamp full of light, that the darkness of sorrows be annihilated, and that the sun of everlasting joy arise from the dawning-place of heart and soul, shining brightly." - Abdu'l-Bahá

Song Lyrics:

[Chorus - Colby Jeffers]

Be calm, be strong, be grateful
Be calm, be strong, be grateful
Be calm, be strong, be grateful, yeah, yeah
And become a lamp full of light
That the darkness of sorrows be annihilated
And that the sun of everlasting joy arise
From the dawning-place of heart and soul
Shining bright
Shining bright
Shining bright, yeah, yeah

[Colby Jeffers]

I know sometimes it's hard for **you to smile**
When your heart is hurt, in pain or **while**
You're getting in your head, **stuck**, can't get outta bed
'Cause all the negative thoughts they just **pile up**
But God is closer than **you know**
Talk to Him, He'll show the **way to go**
Can't just believe in God, you gotta **believe God**
He said He'll never **leave you so**

[Chorus - Colby Jeffers]

Be calm, be strong, be grateful
Be calm, be strong, be grateful
Be calm, be strong, be grateful, yeah, yeah
And become a lamp full of light

That the darkness of sorrows be annihilated
And that the sun of everlasting joy arise
From the dawning-place of heart and soul
Shining bright
Shining bright
Shining bright, yeah, yeah

[Gregory Stutzer]

Uh, look, look, I'm so grateful
You see them over there? Why they so hateful
Currently living the life that I prayed for
I had to put my ego to rest, so thankful
Little did I know, God'll help me reach my goals
Gotta get it, go
Ain't no metaphors, ain't no medal for saving your soul
Now you're in the fold
Colby, go on and let 'em know, ayy

[Chorus - Colby Jeffers & Gregory Stutzer]

Be calm, be strong, be grateful
Be calm, be strong, be grateful
Be calm, be strong, be grateful, yeah, yeah
And become a lamp full of light
That the darkness of sorrows be annihilated
And that the sun of everlasting joy arise
From the dawning-place of heart and soul
Shining bright
Shining bright
Shining bright, yeah, yeah
Be calm, be strong, be grateful
Be calm, be strong, be grateful
Be calm, be strong, be grateful
Yeah, yeah
Yeah, yeah
Yeah, yeah
Thank you Lord
Thank you God, thank you Lord
This is what I prayed for and a little more

12) True Happiness (ft. Shadi Toloui-Wallace, Peyt Spencer, & Karim Rushdy)

Inspiration from the Baha'i Writings:

"True happiness depends on spiritual good and having the heart ever open to receive the Divine Bounty." - **Abdu'l-Bahá**

Song Lyrics:

[Chorus - Shadi Toloui-Wallace]

True Happiness, true happiness
What is true happiness? True happiness

[Colby Jeffers]

True happiness, how do we reach it, it seems
True happiness is the place where we all want to be,
But True Happiness is not so easy to find,
Cuz if you're looking for happiness that's the wrong eye,
True happiness, yeah it starts in yourself,
True happiness can't be bought with material wealth,
Because true happiness depends on the spirit,
And all the bounties and blessings of God, take them or leave it,
But they keep flowing just like the rain, if you wanna receive them,
You've gotta open up your heart so that the water could reach it,
You know, every one of God's Prophets had the same aim,
To sow love into our hearts, for this purpose they were willing to suffer and die,
What does that say about True Happiness?
You don't know why your alive until you know for what, you would be willing to die,
Now go and find...

[Chorus - Shadi Toloui-Wallace]

True Happiness, true happiness
What is true happiness? True happiness

[Peyt Spencer]

True happiness, I seek it for my soul,
A state of being when you know Who's ultimately in control,

True happiness, a lot is on my mind,
Trying to practice detachment, I'm here for a limited time,
True happiness doesn't come or go,
It's to see the present moment as a friend, not foe,
True happiness is a light when things are looking grim,
Like I found a fountain of living waters and took a swim against the tide,
Tell my pride to step aside,
Overlooking others faults 'cause to my own I testify,
Happiness misguided only leads to confusion,
And feelings of anxiety and disillusion,
Evidence all around, way more than enough to prove
True happiness aligns what I say with how I move,
Like harmony between the midday sun,
And a summer breeze under some trees I get shade from,
True happiness

[Chorus - Shadi Toloui-Wallace]

True Happiness, true happiness
What is true happiness? True happiness

[Karim Rushdy]

What is happiness?
Happiness apparently is six-figure incomes,
Being recognized with accolades for brains and my wisdom,
Happiness apparently is life without stress,
Yet, at the same time, managing my complex success,
It seems to be an image where we comply and pretend,
That life isn't filled with pain, suffering, and tests,
But how can we live our lives properly,
Without the knowledge that our soul's a bird trapped in a mesh that is swallowing,
Heaven sent joy in our hearts that we feel,
If our frame of mind isn't way behind a veil of fear,
There's an angel inside every rain drop, that is real,
True happiness is the courage to be,
So here I stand a new man,
Got a vision that I see,
What it means to be human, it's about fragility,
But I'm strong when I'm doing something that isn't for me,
And give in to this peace with my decision to be free and truly happy, hey

[Chorus - Shadi Toloui-Wallace]

True Happiness, true happiness

What is true happiness? True happiness

13) My Spirit

Inspiration from the Baha'i Writings:

"O God! Refresh and gladden my spirit. Purify my heart. Illumine my powers. I lay all my affairs in Thy hand. Thou art my Guide and my Refuge. I will no longer be sorrowful and grieved; I will be a happy and joyful being. O God! I will no longer be full of anxiety, nor will I let trouble harass me. I will not dwell on the unpleasant things of life. O God! Thou art more friend to me than I am to myself. I dedicate myself to Thee, O Lord. " - Abdu'l-Bahá

Song Lyrics:

O God! Refresh and gladden my spirit, yeah yeah, yeah yeah

O God! Refresh and gladden my spirit, yeah yeah, yeah yeah
Purify my heart. Illumine my powers. I lay all my affairs in Thy hand,

O God! Refresh and gladden my spirit, yeah yeah, yeah yeah
Thou art my Guide and my Refuge. I will no longer be sorrowful and grieved, nooo

O God! Refresh and gladden my spirit. yeah yeah, yeah yeah
I will be a happy and joyful being, I will be a happy and joyful being, yee-eeah

O God! Refresh and gladden my spirit. yeah yeah, yeah yeah
O God! I will no longer be full of anxiety, nor will I let trouble harass me, no-o

O God! Refresh and gladden my spirit. yeah yeah, yeah yeah
I will not dwell on the unpleasant things of life, no, no, no-ooooo,

O God! Refresh and gladden my spirit. yeah yeah, yeah yeah
O God! Thou art more friend to me than I am to myself. I dedicate myself to Thee, O Lord

O God! Refresh and gladden my spirit. yeah yeah, yeah yeah