

HARD TO KILL

by Cathy Couture

Album Released May 2025

Frequency

VERSE 1

Going down a rabbit hole, searching for answers
Building big fires and joining the dancers
Thinking deep thoughts til the head starts to hurt
Touching the flames and getting burnt

CHORUS

**Where do they go, the things eaten by flame
Do they get another life, do they come back the same
How far does transmutation take us
What are we really made of**

VERSE 2

If it all started with sound, a bang or a word
A frequency disturbing the void
Keep asking the questions looking for the truth
What if it's been here with undervalued worth

CHORUS 2

**Where do they go, the things eaten by flame
Do they get another life, do they come back the same
How far does transmutation take us
What are we really made of**

BRIDGE

Oh frequency, so little of you we hear
Yet you are present in every molecule
Shaking every string, you are the base for everything

VERSE 3

Where is the truth, From zero to infinity
Is it for the moment or for eternity
What is the number, the vibration, the tribe
Do we need to know or can we just be alive

Fire Song

VERSE 1

I woke up this morning and I'm feeling high, Birds are singing and the sun's in the sky
No worries or troubles 'bout getting by, No worries or troubles 'bout getting by

PreChorus

The day can change and my attitude too, What starts out good can turn bad
with no clue

But I can take that mood and make it new, With fire, with fire, with fire

Chorus

Fires can cleanse (echo), Fire can heal (echo)

It can transform, (echo). It can change how you feel

VERSE 2

I write it down and say it out loud, It burns in a flame and it goes to a cloud
It no longer lives to bother me, It no longer lives to bother me

PreChorus

The day can change and my attitude too, What starts out good can turn bad
with no clue

But I can take that mood and make it new, With fire, with fire, with fire

Chorus

Fires can cleanse (echo), Fire can heal (echo)

It can transform, (echo). It can change how you feel

SOLO

VERSE 3

Burning stuff makes a bad day seem better, a card, some sage, a note or a letter
I can control what I hold onto, I can control what I to hold on to

Chorus

Fires can cleanse (echo), Fire can heal (echo)

It can transform, (echo). It can change how you feel

OUTRO

.....I woke up this morning and I'm feeling high

Super Superficially Fantastic

CHORUS

**He is super superficially fantastic, He will tell you what he thinks you want to hear
He looks great from a distance, but things fall apart when he's near**

VERSE 1

He will deny, he will attack, you can't count on him to have your back
He'll be the victim while he still offends there's only one way on his track.

CHORUS

**He is super superficially fantastic, He will tell you what he thinks you want to hear
He looks great from a distance, but things fall apart when he's near**

VERSE 2

If he's wrong you'll never know it, cause you'll be getting blamed
His view of reality is well and truly strange

SOLO

Bridge

There's no way to help him, you can't make him change
Just safely keep your distance and watch him on his stage

VERSE 3

He's in his own kind of hell, never sure who's on his side
and he needs to hear how great he is ALL THE TIME

CHORUS

**He is super superficially fantastic, He will tell you what he thinks you want to hear
He looks great from a distance, but things fall apart when he's near**

CHORUS

**He is super superficially fantastic, He will tell you what he thinks you want to hear
He looks great from a distance, but things fall apart when he's near**

Everest

VERSE 1

You sit with me on the sofa watching movies
You walk with me when it's scary at night
Keeping me safe from danger
And your bark is worse than your bite

VERSE 2

I buy your food and pay your bills
I take care of you when your ill
make sure you get exercise too
There isn't much that I won't do

CHORUS

Oh... your kisses are sloppy And you make quite a mess
You're not good at dancing and Don't know how to dress
But you're my big ... white ... dog yeah, my big white dog

BRIDGE

You don't fetch a stick or chase a ball
Most doggie things you don't do at all
but when you wander away and I call
You smile as you run ...to me

VERSE 3

The day I found you at the pound was the best of days
I'm learning about you and you're learning my ways
We've had some ups and downs but you're here to stay
There isn't much I can deny you...

CHORUS

Oh... your kisses are sloppy And you make quite a mess
You're not good at dancing and Don't know how to dress
But you're my big ... white ... dog yeah, my big white dog

OUTRO: with ad lib

"kisses are sloppy and you make quite a mess"
"not good at dancin' and don't know how to dress"

You're No Good for Me

VERSE 1

You're like a piece of chocolate, so creamy and rich
But if I taste you, I'll get quite the itch,

PRECHORUS

And you're no good for me ...and you're no good for me

CHORUS

**You're no rock candy, solid and hard // You're not a challenge like a big sour ball
You might be a dud, a sucker or a nerd /You might not taste sweet at all**

VERSE 2

You're like a piece of brittle sticky to touch
Pretty to look at but chock full of nuts

PRECHORUS

And you're no good for me ...and you're no good for me

BRIDGE (spoken)

You're like a red vine that has no spine
You're so good with the twist and the bend
It's hard to find the middle, the beginning, or the end

CHORUS

**You're no rock candy, solid and hard // You're not a challenge like a big sour ball
You might be a dud, a sucker or a nerd /You might not taste sweet at all**

VERSE 3

You're a sweet and sour candy can't make up your mind
Sometimes you're red hot Other times cool as ice.

PRECHORUS

And you're no good for me ...and you're no good for me

CHORUS

**You're no rock candy, solid and hard // You're not a challenge like a big sour ball
You might be a dud, a sucker or a nerd /You might not taste sweet at all**

OUTRO

"You're no good for me x 3" "can't touch this"

Helping of Hope

Chorus

I need a helping of hope, And it needs a side of action
We all get scared and angry, but a hate's a bad reaction

VERSE 1

Another mass shooting, the middle east is crashing
Women disappearing and nobody is asking

VERSE 2

Homeless populations grow rental costs increase
Your shoes are now political is there any peace

Chorus

I need a helping of hope, And it needs a side of action
We all get scared and angry, but a hate's a bad reaction
I need a helping of hope, And it needs a side of action
We all get scared and angry, but a hate's a bad reaction

VERSE 3

All the isms make me sick we all bleed the same color
When did we forget... to love one another

BRIDGE

Nothing will change if all we do is pray
We have to change the things we do each day
Bottom line it isn't us or them
Its me and its you

Chorus

I need a helping of hope, And it needs a side of action
We all get scared and angry, but a hate's a bad reaction

I need a helping of hope, And it needs a side of action
We all get scared and angry, but a hate's a bad reaction

I need a helping of hope, And it needs a side of action
We all get scared and angry, but a hate's a bad reaction

It's Over

VERSE 1

It was good until it wasn't and when it turned it turned real bad
No easy way to fix things, we couldn't get back what we once had

PRECHORUS 1

I've forgiven a lot, most of it mine,
I've forgiven a lot now I'm left with time

CHORUS

**So now I'm done, it's over, it's finished
I won't be doing this again
I'm done, it's over, it's finished
I'm gonna walk away, I won't stay a friend**

VERSE 2

Lovin is easy when everything's fine
When all the ducks walk in a pretty straight line

PRECHORUS 2

But stir the pot..... or make some waves
And all of a suddenthere's nothing to save

CHORUS

**So now I'm done, it's over, it's finished
I won't be doing this again
I'm done, it's over, it's finished
I'm gonna walk away, I won't stay a friend**

BRIDGE

I cooked your food and cleaned your house, you were the cat and I was the mouse
But even a mouse knows when to quit You had a long leash and you hung yourself with it

VERSE 3

Some hurts run too deep..... and scar too hard
getting together..... isn't in the cards

PRECHORUS 3

Your charm won't work, I see right through,
wouldn't trust your shadow to stay with you

CHORUS x3

**So now I'm done, it's over, it's finished
I won't be doing this again
I'm done, it's over, it's finished
I'm gonna walk away, I won't stay a friend**

Hard to Kill

VERSE 1

Salt pills in the summer heat So I could play all day
Codeine under the bathroom sink Kept insomnia away
There was a lack of supervision No seatbelts in the car
I could ride my bike She didn't care if I went far

Chorus

**My momma says I'm hard to kill I asked if she'd been tryin'
We've had a lot of ups and downs Some screamin' and some cryin'
It was an epic test of wills, but I'm \ too\.....hard to kill**

VERSE 2

The concrete ditch was our slip n' slide on a rainy day
Third degree burn from the metal slide when the sun was ablaze
Testing the limits of the swing set to see if we could fly
Pennies in our pocket for when the train came by

Chorus

**My momma says I'm hard to kill I asked if she'd been tryin'
We've had a lot of ups and downs Some screamin' and some cryin'
It was an epic test of wills, but I'm \ too\.....hard to kill**

BRIDGE

Car accidents that left me standing Surgeries I survived
Freezing cold while I was camping..... Even I'm surprised to be alive

VERSE 3

She tells me now she loves me That I've been through a lot
She wishes she could be like me I tell her to be glad she's not

Chorus

**My momma says I'm hard to kill I asked if she'd been tryin'
We've had a lot of ups and downs Some screamin' and some cryin'
It was an epic test of wills, but I'm \ too\.....hard to kill**

It was an epic test of wills, but I'm \ too\.....hard to kill

The Other Side

VERSE 1

Standing on the line with my hand on the veil
There's so much I don't know so much to reveal
Can't take this body on this journey
Once I step over / I'll be pure energy

CHORUS

What's on the other side...who can tell me
What's on the other side... how will I know,
What's oooooon the other siiiiide... someday I'll
seewhat's on the other side

VERSE 2

So many questions things not yet known
My first five senses will be gone
Left with intuition will I see reality
To finally feel what it's like being free?

CHORUS

What's on the other side...who can tell me
What's on the other side... how will I know,
What's oooooon the other siiiiide... someday I'll
seewhat's on the other side

Bridge (doubletime feel)

Some view death with fear and denial
Some see it ending with a moral trial
Some see it coming with curiosity
What will change, will I still be me?

VERSE 3

That's where faith comes in, the stories we tell
Reincarnation, heaven, purgatory, and hell
Saviors and teachers preach and pray
But no one really knows the way

CHORUS

What's on the other side...who can tell me
What's on the other side... how will I know,
What's oooooon the other siiiiide... someday I'll
seewhat's on the other side

Not Gonna Fall

CHORUS

The fire is hot and the beer is cold
It's all right 'cause you're right here
I've got my heart wrapped up tight and
I'm not gonna fall, I'm not gonna fall

VERSE 1

I used to think you were the one
But you were playin' havin' fun

CHORUS

The fire is hot and the beer is cold
It's all right 'cause you're right here
I've got my heart wrapped up tight and
I'm not gonna fall, I'm not gonna fall

VERSE 2

We play the game and we play it good
I often wonder if we should

BRIDGE

Sometimes it hurts so bad
Sometimes it burns me mad
Sometimes I feel so sad
About the love we could've had

CHORUS

The fire is hot and the beer is cold
It's all right 'cause you're right here
I've got my heart wrapped up tight and
I'm not gonna fall, I'm not gonna fall

I'm not gonna fall... again