

# Down Inside Yourself

David Wilcox

Somewhere deep in the Midwest  
There's a middle aged man in a mid-size car  
Driving down the middle of the road  
In the middle of the night He's in the middle of his mid-life crisis  
And he just decides that he can't go home So he turns the car around and he drives to the airport  
He flies to New York City where he makes connections for London  
Where he makes connections for India  
Where he gets on a train to go to the mountain To see the wise man  
You know the one  
The one with the answer for that hole in his heart Well anyway, he climbs the mountain  
And he sees the wise man come out of the village to greet him  
He's no dummy, he knows he was coming  
And he musters up all his fear and anguish  
And he says Help me shake this nightmare  
The funk has found my heart  
I need to move my spirit  
But I don't know where to start I need to fill this empty  
But I can't find the missing part  
I'm just down inside myself And the wise man says, "Ah, I used to think  
The blues were strong because they're true  
And when they come to get you, there's nothing you can do  
But now I think that's nonsense and I've got news for you  
You're just down inside yourself" There's times when you've been hopeful  
And times when you were strong  
Now you say that's foolish  
Like your happiness was wrong It's like you've never seen the sunshine  
When a gray sky comes along  
You're just down inside yourself And the middle-aged man, he'd heard some, you know  
But he had some questions  
And he was just about to speak  
When he was interrupted again Well, never mind the questions now  
You don't have to be so wise  
Hey, your problem ain't philosophy  
So get it down to size Right now it's physiological  
In a logical disguise  
You're just down inside yourself But the blues is not your final judgment  
It's no deep or evil power  
Hey, the cure is very simple  
And it works in half an hour Get some sleep, eat some broccoli

Run a mile, take a shower  
You're just down inside yourself  
You're just down inside yourself

Songwriters

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