

# Everybody's Free (To Wear Sunscreen) (edit)

Baz Luhrmann

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 fantasize 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

Songwriters

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