

Jack Foster III, Heart And Mind

And you already know what you should do
love your neighbor as yourself, the golden rule:
do unto others as you would have them do
and love the Lord with heart and mind

Understanding --
it's not something you believe
not something can be spoon-fed down a throat
feed your mind
as you nourish hungry hearts
giving them the start everyone should have

And don't let no Hitler tell you what to do
And don't let no Stalin tell you what to do
No left, no right, can know the center of you
be true to what's inside

Toss your Bible
if it keeps you from the truth
the Qur'an and Torah too if you read them wrong
your survival depends on thinking for yourself
your own religion is your health inside your heart

And don't let no preacher tell you what to do
No imam or rabbi what to think or do
unless they tell you what you already know is true
the one true religion you already know

I love Jesus
He said blessed are the meek
turn the other cheek and walk away
And wherever you go
I will always be with you
forever as true as blue is to the sky

And no one should have to tell you what to do
love your neighbor as yourself, the golden rule:
do unto others as you would have them do
and love the Lord with heart and mind
and love the Lord with heart and mind
and love the Lord with heart and mind
It's as simple as that
in my mind's eye