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WGS367: The Politics of Gender and Health

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### Music and Health: A Journey

As this project gave us some creative liberty, not everything discussed might be expected. Thus, I have included below a list of content warning of potentially triggering content discussed in this document.

I attached the full lyrics to each piece of music chosen after the discussion of all songs, in case the extra context and content is needed or preferred. For songs which are not in English, I included both original lyrics and a translation into English. Hence, there are no in-text citations for the lyrics, as they are provided and quoted in full.

You can access the playlist [on YouTube here](#), or [on Spotify here](#). Throughout the writing, I have linked each individual YouTube video to the annotations as I discuss each song as well. The Spotify playlist cover is a photo of an illustration from an IUD (Intrauterine Device, a contraceptive) manual, hinting at a person taking care of and taking charge of their reproductive health.

### **Content Warnings:**

Explicit lyrics, self-harm, depression, police brutality, racial profiling, audio excerpts of violent yelling, death, usage of the word “queer” as an umbrella term for LGBTQ+.

## Playlist by Tracks

- 1 [本草纲目 Chinese Herbal Manual](#) - 周杰伦 Jay Chou
- 2 [莉莉安 Lilian](#) - 宋冬野 Song Dong Ye
- 3 [That Inferior Feeling](#) - From Your Balcony
- 4 [Trouble In Town](#) - Coldplay
- 5 [Juicy](#) - Doja Cat, Tyga
- 6 [idontwannabeyouanymore](#) - Billie Eilish
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## 1 [本草纲目 Chinese Herbal Manual](#) - 周杰伦 Jay Chou

To start the project off, I introduce you to one of my all-time favourite artists, Jay Chou. I grew up listening to his music, so this is nostalgic in a silly, child-like way to me. Throughout the song, Jay Chou discusses how proud he is of Traditional Chinese Herbal medicine, and artistically honours some of the herbs by naming them and rhyming them into his verses. He calls out people who obsess over Western modernity, and playfully names the phenomenon as a disorder. “Let us blend a folk medicine / To specially treat your inner injury of fawning on foreign powers / The Chinese prescription that has already been rooted for a thousand years / Have powers other people don't know about.” What I did not realize when listening to this song many years ago as a child, was that the disorder of “fawning over foreign powers” is a unique flavour of white supremacy which is indeed still very prevalent in Asian countries. As part of the racist narratives of modern science and medicine, Western medicine is held up as the only valid way of living, while medical practices of other cultures are fetishized and minimized. Musically, Jay Chou’s style was “ahead of his time.” He has arguably brought this newer type of fast-paced rap music into mainstream Chinese pop music, thus ironically and cleverly using a “modern” style to protect and praise a “traditional” practice.

## 2 [莉莉安 Lilian](#) - 宋冬野 Song Dong Ye

Song Dong Ye is a Chinese folk artist from Beijing, my hometown. This song for me has two layers of meanings. The official meaning behind the lyrics is a story of a woman with Dissociative Identity Disorder who has lost one of her partners, and who longs to just hear from them without needing to have them back. There is not much positive, casual representation of DID in mainstream media, and to sing a beautiful song about a simple love story is a step

towards the humanization of mental disorder patients and the de-stigmatization of mental disorders themselves. From a personal standpoint, the song is nostalgic in a bittersweet way. The lyrics, which paint a beautiful picture of a seashore and a lonely person travelling out to sea and returning from a journey abroad, remind me of my own journey as I prepared to leave Beijing and study abroad - literally overseas. While the accompaniment manages to stay relatively relaxed and not too sombre, the lyrics tell a melancholy story: “in a land very far away from here, there is a beach / The lonely one is at sea, holding up his sail.” Loneliness and social isolation are things that have accompanied me very much throughout the next stages of my life.

### **3 [That Inferior Feeling](#) - From Your Balcony**

Speaking of lonely feelings, when I first moved to North America, “inferior” described a lot of what I was feeling. It describes a sad, isolated, and dark feeling. I had a lot of internalized racism from being exposed to American culture, which took years of unlearning. As children are very impressionable, I was made aware of the fact that I was not white but lived in a predominantly white country. The other topic at hand here is self-harm. “Your favourite rite; a candlelight; your skin, a knife; a growing scar.” A lot can be said around self-harm, and its damages as well as benefits to one’s health. Self-harm should not be as stigmatized as it currently is. If one copes by self harm but does so in a responsible way such that wounds are properly treated, then it is a valid coping mechanism. Sometimes the world seems bleak and too-much, and one deserves to use the most accessible and effective way to cope without being judged and further marginalized by society.

### **4 [Trouble In Town](#) - Coldplay**

While I grew as a person in North America, conversations around race inevitably became more and more important to me. *Trouble In Town* by Coldplay discusses police brutality and racial profiling. It is simultaneously poetic and straightforward. In the first verse of this song, for example, the lyrics state: “trouble in town... because my sister can’t wear her crown.” This could be referring to the discrimination against Black women for wearing their hair naturally, or also the cultural disapproval of hijabs in many places of the world. It is important to note that it is precisely this type of explicit violence, which is demonstrated by recorded audio clips in the bridge of the song, that also warrants the many more types of historical implicit injustices such as abuse of the bodies of people of colour for medical advancement, whose achievements live and breathe through medicine today. Effects of racism, even to a “model minority” like me, have lasting effects which include heightened levels of stress and burn-out. Trying to enter the American or Canadian borders, for example, has always been an event of significant stress, because I hear so many intimidating stories about friends and family in China being pulled into a separate “interrogation” room at the borders for no significant reason, but none of these stories from my white friends, even from non-American countries.

## **5 [Juicy](#) - Doja Cat, Tyga**

To switch up the scenery, I diverge into another topic related to youth health: body image and self confidence. Doja Cat’s song, *Juicy*, is about her butt, which she describes as fat but of which she is proud. When she says “I keep it juicy juicy, I eat that lunch,” this encourages young people of whichever body shape to eat lunch regularly, thus conveying the message that eating food and enjoying your own body is simultaneously achievable. As discussed in lecture, “The Fat Child” is a narrative which demonizes and Otherizes child obesity. For young people and

young children to grow up in a culture obsessed with beauty standards which prioritize thin bodies, it is particularly relevant to have music in mainstream pop culture that promote precisely the opposite of the exclusive anti-fat culture, but repeats a catchy melody with lighthearted feel-good lyrics that advocates for not just the “juicy” body type, but in general any body type.

## **6 [idontwannabeyouanymore](#) - Billie Eilish**

On the opposite end of someone who is proud of their body and themselves, is one who struggles with self love and confidence. A classic Billie Eilish hit, [idontwannabeyouanymore](#) describes a young person who does not want to be themselves anymore because of who they perceive themselves to be. We learn, throughout the song, that she has consistently felt this way for a long time now, and that the feeling is getting old. When she sings, “Don't be that way / Fall apart twice a day / I just wish you could feel what you say,” we can hear her exhaustion from constantly pretending to be someone she is not. This reminds me of how burnout is so prevalent in today's society, where capitalism and profit takes over all aspects of our lives and health is merely a luxury. She even explicitly states that she “got a mood that you wish you could sell,” which further highlights the prioritization and emphasis of the world around her on profit and buy-and-sell.

## **7 [Cello Suite No. 2 in D Minor: Prelude](#) - Johann Sebastian Bach**

(Note: the piece is performed by Eva Lymanstull in the YouTube playlist and Yo-Yo Ma in the Spotify playlist.)

I had to include this piece by Bach, because it is so heartbreakingly beautiful. As the opening piece of the second cello suite by Bach, this piece is sombre, stately, and harmonically

balanced, and sets the tone for the rest of this suite in the D Minor key, which is commonly known as a very “sad” key. Despite starting calmly and slowly, the piece rises and falls at different sections, accelerating and escalating to a louder and more intense section at 3:09 in the Spotify version and 2:32 in the YouTube version, and eventually quieting down to a satisfying ending. During high school and the beginning of university, playing cello was a very fun activity for me where I connected with other musicians. This was one piece that I often listened to for cathartic effects and aesthetic appreciation, especially when I feel down.

## **8 [Astronomia](#) - Vicetone & Tony Igy**

Following that cathartic cleanse, as we discuss the various factors at play for health, it is inevitable that we also consider the scenario in which there is a lack of health - the ultimate consequence of which is death. Although commonly mourned, death can be, in some cultures, a natural stage of life that can be celebrated. While the track Astronomia does not inherently imply much about death, music sometimes creates meaning outside of itself. In this case, the original piece became a viral hit when it was placed on top of a “Coffin Dance” video, popularized around the time of the COVID-19 outbreak. Originally, these “Coffin Dancers” are a group of Ghanaian men, appearing in a documentary shot by BBC News, who are performing a local tradition in which they celebrate death and what is to come in the afterlife by dancing. While some can argue that internet memes are an important coping mechanism during these difficult times of social isolation, we also need to assess how much an internet joke can rely on taking musical performances of other cultures out of context and turning it into laughing stock without it being a form of violence and appropriation - not at all, I suspect.

## 9 [Rainbow](#) - dodie

Rainbow by dodie discusses what it is like to be queer and grow up under pressures of heteronormativity, and how much “pride” and symbolism such as the rainbow empowers young queer folks. She discusses how difficult it is to find empowerment as a member of the LGBTQ+ community, because even her “titles just talk over [her], [she] never even asked to be this way.” The song has an intimate accompaniment which features soft and imperfect guitar plucking, as well as atmospheric and flowy strings in the back. We know queer children face a disproportionate amount of pressures and stress growing up, such as not being allowed to play sports on a team as a trans youth. Indeed, queer youths are always “so used to feeling wrong” and are “not to be trusted.” As I sit at the intersection of my racial identity and queer identities and stare at the assemblage which is myself, this soft little song holds a special place in my heart.

## 10 [天敌 Natural Enemies](#) - 郑钧 Zheng Jun

“我们是最相爱的天敌 We are enemies who are most in love.”

Speaking of queerness, pride, and loving whomever we love, what’s a playlist without at least one love song? The song Natural Enemies by Chinese rockstar Zheng Jun describes the feelings and dichotomies of falling in love. He describes how, at times, we feel that our partner can willingly give up everything for us, but at other times, their only purpose for existing is to torture us, which lightheartedly captures the beautiful small moments of happiness in the everyday life. This song always makes me feel energized and full of love. Yes, managing relationships and grappling with inequitable societal structures is hard at times, but we do have love. Even though love, especially when in obsessive and toxic relationships, may seem bleak and hopeless at times, it is so wonderfully playful and flexible.



## 11 [寂静的天空 Silent Sky](#) - HAYA哈雅乐团

This is a song that my yoga teacher in China would always play for us when we are cooling down from a yoga session. The lyrics are beautiful and peaceful, so this song always fills my heart with peace and joy. The soft instrumentals mimic the lyrics in describing a beautiful scenery of a calm sky, with soft guitar throughout, and an interlude string solo. I cannot help but associate this song with yoga and mindfulness techniques that I grew up practicing. Whenever I was sick or emotionally upset, my mother would always tell me to notice how I was feeling, to notice the soft blowing of the wind and to observe the gentle warmth of the fireplace. I feel grateful to have experienced a side of mindfulness practice which is not based in appropriation and corporate scheming, but is rooted out of genuine respect and peace and a sincere desire to pursue a happier life. I hope all can come to mindfulness practices with respect and find as much peace in their practicing as I find in this song, even despite how unbelievably busy and inhumane our work schedules are in today's world.

## 12 [哎玛吽 Ai Ma Huo](#) - 郑钧 Zheng Jun

To finish the project, this is one of my favourite feel-good songs. Ai Ma Huo, in the context of Tibetan Buddhism, is a phrase of exclamation at significant revelation and inspiration from a rare sight. The artist who wrote and performed the song is a practicing Tibetan Buddhist who believes in the power of healing in our ability to selflessly give a vast amount of love and compassion. The lyrics roughly outline a ceremony in which the dead and tortured souls are released from their sufferings, and in the middle section Zheng Jun “raps” the “Hundred Syllables Mantra”, which is commonly recited during one of these rituals. I often wonder

whether it is appropriation on the singer's part for performing, as an ethnic Han, a piece of Tibetan Buddhist culture in a popularized and mainstream way, or whether he is paying his respects towards the religion as a member of the religious community by making it more digestible and tangible for the general public. Nevertheless, the arrangement and performance of the song are aesthetically highly enjoyable, and send good vibes to its listeners, which I consider to be sufficiently good for a piece of music.

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## Lyrics

1

Mandarin:

如果华佗再世 崇洋都被医治  
外邦来学汉字 激发我民族意识  
马钱子决明子苍耳子 还有莲子  
黄药子苦豆子川楝子 我要面子  
用我的方式 改写一部历史  
没什么别的事 跟着我念几个字  
山药当归枸杞 GO  
山药 当归 枸杞 GO  
看我抓一把中药 服下一帖骄傲  
我表情悠哉 跳个大概  
动作轻松自在 你学不来  
霓虹的招牌 调整好状态  
在华丽的城市 等待醒来  
我表情悠哉 跳个大概  
用书法书朝代 内力传开  
豪气挥正楷 给一拳对白  
结局平躺下来 看谁厉害  
炼成什么丹 揉成什么丸  
鹿茸切片不能太薄  
老师傅的手法不能这样乱抄  
龟苓膏云南白药 还有冬虫夏草  
自己的音乐自己的药 分量刚刚好  
听我说中药苦 抄袋应该更苦  
快翻开本草纲目 多看一些善本书  
蟾酥地龙 已翻过江湖  
这些老祖宗的辛苦 我们一定不能输  
就是这个光 就是这个光 一起唱  
(就是这个光 就是这个光 Hey~)  
让我来调个偏方 专治你媚外的内伤  
已扎根千年的汉方 有别人不知道的力量  
我表情悠哉 跳个大概  
动作轻松自在 你学不来  
霓虹的招牌 调整好状态  
在华丽的城市 等待醒来  
我表情悠哉 跳个大概  
用书法书朝代 内力传开  
豪气挥正楷 给一拳对白  
结局平躺下来 看谁厉害  
蹲 小僵尸 蹲 小僵尸 蹲  
又蹲 小僵尸 蹲 暗巷点灯  
又蹲 小僵尸 蹲 钻萝卜坑  
又蹲 小僵尸 蹲 念咒语哼  
蹲 小僵尸 蹲 小僵尸 蹲  
又蹲 小僵尸 蹲 暗巷点灯  
又蹲 小僵尸 蹲 钻萝卜坑  
又蹲 小僵尸 蹲 念咒语哼  
啦啦啦啦啦 (啦啦啦啦啦)  
啦啦啦啦啦 (啦啦啦啦啦 嘿~)  
啦啦啦啦啦 (啦啦啦啦啦)  
啦啦啦啦啦 (啦啦啦啦啦)

English:

If Hua Tuo was reincarnated again  
People who blindly worship foreign things will  
be cured  
Foreigners will come and learn Chinese  
Stimulating our national consciousness

Semen Strychni  
Cassia Tora  
Fructus Xanthii  
As well as Lotus Seed  
Rhizoma Dioscoreae Bulbiferae  
Sophora alopecuroides  
Szechwan Chinaberry Fruit  
I want face (respect)  
Use my way  
To change history  
Nothing much really  
Follow me  
Read aloud a few words  
Common Yam Rhizome  
Angelica  
Lycium Barbarum  
Go  
Common Yam Rhizome  
Angelica  
Lycium Barbarum  
Go  
Look at me pick up some Chinese medicine  
Take a dose of pride  
My expression is free from restraint  
Jump an approximate  
My movement is relaxed and free  
You can't learn it  
The signboard of the rainbow  
Adjusts to a good state  
At the gorgeous city  
Waiting to wake up  
My expression is free from restraint  
Jump an approximate  
Use calligraphy in the dynasty's books  
The inner force spreads  
The heroic air wipes away the regular script  
Give a punch of dialogue  
Ending lying flat on the ground  
See who's fierce  
Refine what cinnabar  
Kneaded into what pill  
The slices of antlers cannot be too thin  
The technique of the old master cannot be  
messily copied like this  
Turtle jelly  
Yunnan white drug-powder  
And there is also cordyceps (Chinese caterpillar  
fungus)  
My own music, my own medicine  
The quantity is just right  
Listen to me, Chinese medicine is bitter  
Plagiarism should be even bitterer  
Quickly flip open Compendium of Materia  
Medica  
Read more of these rare books  
Chansu  
Lumbricus (earthworm)  
Has already turned over river and lakes  
These are the hard work of our ancestors

We definitely mustn't lose  
It is this light  
It is this light  
Sing together  
(It is this light  
It is this light)  
Let us blend a folk medicine  
To specially treat your inner injury of fawning  
on foreign powers  
The Chinese prescription that has already been  
rooted for a thousand years  
Have powers other people don't know about  
My expression is free from restraint  
Jump an approximate  
My movement is relaxed and free  
You can't learn it  
The signboard of the rainbow  
Adjusts to a good state  
At the gorgeous city  
Waiting to wake up  
My expression is free from restraint  
Jump an approximate  
Use calligraphy in the dynasty's books  
The inner force spreads  
The heroic air wipes away the regular script  
Give a punch of dialogue  
Ending lying flat on the ground  
See who's fierce  
Crouch  
The little vampire crouches  
The little vampire crouches  
And crouches  
The little vampire crouches  
A light is lit in the dark alley  
And crouches  
A light is lit in the dark alley  
Enter Luo Bo Keng (landmark at Zhong Shan)  
And crouches  
The little vampire crouches  
Reading out curses and humming

2

她发现孤独的人准备动身  
She discovers the lonely one, prepares to leave  
于是就祷告著 黄昏  
So she prays, at dusk  
直到夜里她转头听见  
Until in the night, she turns around  
悲伤的呜咽  
And hears the mournful  
一个善良的女子 长发垂肩  
A kind woman, hair down to her shoulders  
她已跟随黄昏 来临  
She had followed the sunset, arrived  
翠绿的衣裳在炉火中 化为灰烬  
Jade green coloured clothes in the fireplace,  
turning into ashes  
升起火焰一直烧到 黎明  
Rising flames burning until dawn

一直到那女子 推开门离去  
 Until the woman pushes the door and leaves  
 她自言自语  
 As she whispers to herself

在离这很远的地方 有一片海滩  
 In a land very far away from here, there is a beach  
 孤独的人他就在海上 撑著船帆  
 The lonely one is at sea, holding up his sail  
 如果你看到他 回到海岸  
 If you see him returning to shore  
 就请你告诉他你的名字 我的名字  
 Please tell him your name, my name

她已 来临  
 She has arrived  
 翠绿的衣裳在炉火中 化为灰烬  
 Jade green coloured clothes in the fireplace,  
 turning into ashes

升起火焰一直烧到 黎明  
 Rising flames burning until dawn  
 一直到那女子 推开门离去  
 Until the woman pushes the door and leaves  
 她自言自语  
 As she whispers to herself

在离这很远的地方 有一片海滩  
 In a land very far away from here, there is a beach  
 孤独的人他就在海上 撑著船帆  
 The lonely one is at sea, holding up his sail  
 如果你看到他 回到海岸  
 If you see him returning to shore  
 就请你告诉他你的名字 我的名字  
 Please tell him your name, my name

在离这很远的地方 有一片海滩  
 In a land very far away from here, there is a beach  
 孤独的人他就在海上 撑著船帆  
 The lonely one is at sea, holding up his sail  
 如果你看到他 回到海岸  
 If you see him returning to shore  
 就请你告诉他你的名字 我的名字  
 Please tell him your name, my name

莉莉安  
 Lilian

3  
 Your favourite rite  
 A candle light  
 Your skin, a knife  
 A growing scar  
 You feel guilty  
 Please lean on me  
 Just ask yourself  
 What makes you deaf  
 Outside, it's war

You hate this noise  
 These cut and dried opinions  
 This flowing crowd who moves about  
 You just don't dare to come and talk  
 You look guilty  
 So far from me  
 Like Bukowski...  
 Alone, with everybody

4  
 Trouble in town, because they cut my brother down  
 Because my sister can't wear her crown  
 There's trouble, there's trouble in town  
 Blood on the beach, oh my goodness  
 There's blood on the beach  
 Lore of the jungle, or the lore of the street  
 There's blood on, there's blood on the beach  
 And I get no shelter, and I get no peace  
 And I never get released  
 Trouble in town, because they hung my brother brown  
 Because the system just keep it down  
 This trouble, this trouble in town  
 And I get no shelter, and I get no peace  
 And I just get more policed  
 And I get no comfort, and I get no name  
 Everything is getting strange  
 Best friends  
 What's that?  
 What's his name?  
 X (Standby, sir)  
 Alright, is that X your middle name?  
 Of course, it's on a vehicle ID, right?  
 You gettin' smart? 'Cause you'll be in a fucking car with him  
 Fucking smartass (just tellin' you)  
 I'm asking you what the X is, is that your middle name?  
 Of course, what is it?  
 Don't come back with the "what is it?" fucking shit  
 Talk to these fucking pigs on the street that way  
 You ain't talking to me that way  
 I don't talk to nobody in the streets, I don't hang with nobody  
 Well then don't come to fucking Philadelphia, stay in Jersey  
 I have family out here  
 Everybody thinks they're a fucking lawyer and they don't know jackshit  
 Are you supposed to grab me like this?  
 Grab you up? I'll grab you any way I got to  
 You're not protecting me while I'm trying, while I'm trying to go to work  
 Why don't you shut up?  
 Jikelele, jikelele  
 Jikelele, jikelele  
 Jikelele, jikelele  
 Jikelele, jikelele

5  
 I keep it juicy, juicy, I eat that lunch (yeah)  
 She keep that booty, booty, she keep that plump (yeah, yeah)  
 That natural beauty, beauty, yeah, yeah  
 If you could see it from the front  
 Wait 'til you see it from the back  
 Back, back, back, back (wait 'til you see it from the)  
 Back, back, yeah, back, back, back (wait 'til you see it from the)  
 Back, back, back, back, back (wait 'til you see it from the)  
 If you could see it from the front, wait 'til you see it from the back  
 He like the Doja with the cat, yeah (cat, cat, cat)  
 He like it thick, he like it fat, yeah (fat, fat, fat)  
 Like to keep him wantin' more  
 He ask me "Doja, where you at, huh?" ("Doja, where you at, huh?")  
 And all the n---as wanna know  
 How long it take to pull my pants up  
 Broke a fingernail and then some  
 Tryna squeeze into my True Religion denim  
 Sell it b don't want a sell-you-light (I don't want your sell-you-light)  
 I don't buy it, where the cellulite? (yeah, where that, where that at?)  
 He said the body unbelievable  
 Can't trust a big butt and a Gemini-i-i-i

I keep it juicy, juicy, I eat that lunch (yeah)  
 She keep that booty, booty, she keep that plump (yeah, yeah)  
 That natural beauty, beauty, yeah, yeah  
 If you could see it from the front  
 Wait 'til you see it from the back  
 Back, back, back, back (wait 'til you see it from the)  
 Back, back, yeah, back, back, back (wait 'til you see it from the)  
 Back, back, back, back, back (wait 'til you see it from the)  
 If you could see it from the front, wait 'til you see it from the back

Bring that ass over, Doja, bring it back, back, back  
 I'm a big dog, trynna eat the kitty cat, cat  
 I'mma slide in, the way it fit, I can tell we match  
 All about my racks, hella cheese, I don't fuck with rats  
 Big crib in Hollywood, I don't even act  
 Call me lax, let a n---a tap, hit you on the app  
 Take a lil', with the, wipe the pain away  
 Juicy and it's tighter than a virgin, like Madonna say  
 I love when you give in, I love when you don't (sometimes)

Hit me with the threesome, and sometimes you  
won't (sometimes)  
You told me don't fuck with no bitches you  
know (nah)  
You got it, yeah, you got it baby, bust it on the  
floor (ay, ay)

I keep it juicy, juicy, I eat that lunch (yeah)  
She keep that booty, booty, she keep that plump  
(yeah, yeah)  
That natural beauty, beauty, yeah, yeah  
If you could see it from the front  
Wait 'til you see it from the back  
Back, back, back, back (wait 'til you see it from  
the)  
Back, back, yeah, back, back, back (wait 'til you  
see it from the)  
Back, back, back, back, back (wait 'til you see it  
from the)  
If you could see it from the front, wait 'til you  
see it from the back

He like it plump, he need that  
Need the rump and need the thighs, he eat that  
Eat that up, and in the night, he see that  
In the dark, and in the ride he keep that  
Keep it running, like it plump, he need that  
Need the rump and need the thighs, he eat that  
Eat that up and in the night, he see that  
In the dark, and in the ride he keep that  
Keep it running

I keep it juicy, juicy, I eat that lunch (yeah)  
She keep that booty, booty, she keep that plump  
(yeah, yeah)  
That natural beauty, beauty, yeah, yeah  
If you could see it from the front  
Wait 'til you see it from the back  
Back, back, back, back (wait 'til you see it from  
the)  
Back, back, yeah, back, back, back (wait 'til you  
see it from the)  
Back, back, back, back, back (wait 'til you see it  
from the)  
If you could see it from the front, wait 'til you  
see it from the back

6  
Don't be that way  
Fall apart twice a day  
I just wish you could feel what you say  
Show, never tell  
But I know you too well  
Got a mood that you wish you could sell  
If teardrops could be bottled  
There'd be swimming pools filled by models  
Told "a tight dress is what makes you a whore"  
If "I love you" was a promise  
Would you break it, if you're honest?  
Tell the mirror what you know she's heard  
before

I don't wanna be you, anymore  
Hand, hands getting cold  
Losing feeling is getting old  
Was I made from a broken mold?  
Hurt, I can't shake  
We've made every mistake  
Only you know the way that I break  
If teardrops could be bottled  
There'd be swimming pools filled by models  
Told "a tight dress is what makes you a whore"  
If "I love you" was a promise  
Would you break it, if you're honest?  
Tell the mirror what you know she's heard  
before  
I-I don't wanna be you  
I don't wanna be you  
I don't wanna be you, anymore

9  
I was brought up in a line  
But I seem to walk in circles  
It's getting hard to navigate  
When every map was never made for me  
And I thought it would feel good  
To understand why I was different  
But my title just talks over me  
I never even asked to be this way  
But to say that I'm a rainbow  
To tell me that I'm bright  
When I'm so used to feeling wrong  
Well, it makes me feel alright  
I didn't think it fair  
I was not to be trusted  
Oh, how can I be proud of  
What a million people shout at me? I'm not  
So please step inside my soul  
I'd love to watch you gasp  
You'd understand in minutes  
And I'd like to think you'd miss it  
'Cause so would I  
So say that I'm a rainbow  
And tell me that I'm bright  
When I'm so used to feeling wrong  
Well, it makes me feel alright  
Oh, so say that I'm a rainbow  
And tell me that I'm bright  
When I'm so used to feeling wrong  
Well, it makes me feel alright

10  
我们是最相爱的天敌 没有之一  
We are the most in love natural-enemies  
Not "one of"  
想要做对方的主人  
We want to become the other's owner  
却成了她的奴隶  
But became their slave instead  
你永远也搞不清  
You can never make it out  
这是什么样的梦  
What type of dream this is

她是想陪你永生  
Do they want to spend eternity with you  
还是想陪你下地 耶耶  
Or go down with you? Yeah yeah  
这不合逻辑 这不合逻辑  
This doesn't follow any logic  
This doesn't follow any logic  
可是爱 它从不会跟你讲道理  
But love, it doesn't reason with you  
可是爱 它让人如此疯狂着迷  
But love, it makes you crazy, obsessed  
有时候 我相信这是爱情  
Sometimes, I believe this is love  
值得庆幸  
Worthy of celebration  
有时候 我怀疑这是报应  
Sometimes, I suspect this is karma getting back  
命中注定  
Meant to be  
转眼之间她能  
In the turn of an eye, they can  
为你把一切牺牲  
Sacrifice everything for you  
转眼之间她能  
In the turn of an eye, they can  
说出最恶毒的话语  
Say the most evil words  
这不合逻辑  
这不合逻辑  
This doesn't follow any logic  
This doesn't follow any logic  
可是爱 它从不会跟你讲道理  
But love, it doesn't reason with you  
可是爱 它让人如此疯狂着迷  
But love, it makes you crazy, obsessed  
我们是最相爱的天敌 没有之一  
We are the most in love natural-enemies  
Not "one of"  
生当做彼此的食物  
Born to be each other's food  
死亦是对方的幸福  
Die to be each other's happiness  
在她面前我会 突然把自己打碎  
In front of them, I would suddenly shatter  
myself  
在她面前我会 莫名其妙有罪  
In front of them, I would suddenly be guilty of  
charge  
这不合逻辑  
这不合逻辑  
This doesn't follow any logic  
This doesn't follow any logic  
可是爱 它从不会跟你讲道理  
But love, it doesn't reason with you  
可是爱 它让人如此疯狂着迷  
But love, it makes you crazy, obsessed  
我们就像两个量子一样  
We are like two quantum particles  
彼此纠缠不休  
Bound with each other  
我们就像两个量子一样

We are like two quantum particles  
 因为对方存在而存在  
 Existing because you each other's existence  
 爱 它从不会跟你讲道理  
 Love, it doesn't reason with you  
 让人如此疯狂着迷  
 Makes you crazy, obsessed  
 让人如此疯狂着迷  
 Makes you crazy, obsessed

11

Mongolian-translated-to-Mandarin, Verse 1:

日升月落  
 生生不息的世界  
 永恒的远方  
 你的轮廓在夕阳中融化  
 找到一种幸福足以悲伤  
 沈默的祈祷只为安撫執著的靈魂  
 當一切歸還於寂靜  
 我別無渴求

Mandarin, Verse 2:

在那風吹的草原  
 有我心上的人  
 風啊 你輕輕吹  
 聽他憂傷的歌  
 月亮啊 你照亮他  
 火光啊 你溫暖他

English, both verses:

Sunrise, Moonset  
 The ever-alive world  
 The faraway land forever  
 Your silhouette melting into the sunset  
 Finding a happiness, enough for sadness  
 Silent prayers for soothing an insistent soul  
 When everything returns to quiet  
 I have no other wishes

In the breezy plains  
 Lives the one on my heart  
 Wind, you blow softly  
 Listen to his sorrowful songs  
 Moon, you light up his way  
 Fire, you keep him warm.

12

游牧者的夕阳下  
 Under the nomad sun  
 令人心悸的少女  
 The young girl that makes one's heart palpitate  
 叫囂桑瑪  
 Her name is Ge Sang Ma  
 她在唱颂着 慈母的歌谣  
 She is singing the song of the compassionate  
 mother (a buddha)  
 那是人世间 最美的祈祷  
 That is the most beautiful prayer in our  
 humanly world  
 一切 颠沛流离的人们  
 All turbulent and lost people

一切 走投无路的灵魂  
 All souls at the end of their roads  
 快快归来吧  
 Quick, come back to us  
 放下眼泪和重担  
 Put down your tears and heavy loads  
 回到我身边  
 Come back next to me  
 享受这平等的盛宴  
 Enjoy this feast of equality  
 哎玛吹 哎玛吹 哎玛吹 哎玛吹  
 Ai ma huo  
 哎玛吹 哎玛吹 哎玛吹 哎玛吹  
 Ai ma huo  
 游牧者的夕阳下  
 Under the nomad sun  
 令人心悸的少女  
 The young girl that makes one's heart palpitate  
 在起舞  
 Starts to dance  
 阵阵铃鼓声 敲打着天地  
 The sounds of the drums, beating the sky and  
 the ground  
 凄厉的骨号 是孩子们在哭泣  
 The stern trumpeting of the bones, are the cries  
 of the children  
 一切 颠沛流离的人们  
 All turbulent and lost people  
 一切 走投无路的灵魂  
 All souls at the end of their roads  
 快快归来吧  
 Quick, come back to us  
 放下仇恨和偏见  
 Put down your hatred and prejudice  
 回到我身边  
 Come back next to me  
 住于这平等的乐园  
 Stay in this garden of equality  
 哎玛吹 哎玛吹 哎玛吹 哎玛吹  
 哎玛吹 哎玛吹 哎玛吹 哎玛吹  
 哎玛吹 哎玛吹 哎玛吹 哎玛吹  
 Ai ma huo  
 把能给予的 都给予了  
 Take all that you can give, and give them all  
 让狂乱的心 都平息呀  
 Let your frantic heart, rest