

Down  
The  
Rabbit Hole



2024



Alice blows the Dandelion clocks  
Swirling twirling ticks & tocks  
Seeds of time in a beautiful mind  
Hopes & dreams entwined

Spinning silk on an endless breeze  
She's letting go of all she believes  
Ascending towards the heavens  
Time is of the essence

Soaring on a flight of fancy  
Whirling winds of pure fantasy  
Spinning seeds of imagination  
Moments of revelation

Imagination drifts into fascination  
Fantasy into sensation  
Feelings into believing  
Alice is dreaming



Down  
The  
Rabbit Hole

Alice is falling down the rabbit hole  
She's looking for her long-lost soul  
Roots are growing out from the walls  
Grasping for the root Alice falls

The roots of where she's from  
The roots of where she belongs  
The roots of where she begins  
The roots of all things

Grasping for something to make her whole  
Empty handed she's falling down the hole  
She's letting things slip  
She's lost her grip

Falling deeper underground  
Spinning round & round  
She's falling fast  
All her life is flashing past

Rose gardens & grand halls  
Lavish banquets & masked balls  
Sirs, lords & dames  
Tea parties & parlour games

Silver spoons go spinning by  
Golden candlesticks flying high  
Champagne bottles pop their corks  
Dancing knives & forks

Teapots go flying past  
Plates of cakes spinning fast  
A Cheshire cat with a grin  
Teacups & saucers in a spin

Jars of jam pass her by  
A spinning apple pie  
Chocolate cakes with cream  
Alice begins to scream

Alice keeps on falling  
Deep inner calling  
Falling deeper within  
All her world is in a spin

Great expectations  
Deep-rooted frustrations  
No sense of belonging  
A life of endless longing

She's always pretending  
The lies are never ending  
Spinning with every lie  
She's someone she can't deny

Tied tight with tradition  
Bound up with inhibition  
She's tied in a knot  
Who is she? & Who is she not?



Candles spinning round & round  
Lighting the way all the way down  
Those flickering flames of doubt  
Alice is trying not to blow them out

Ticking clocks go flying past  
The hands of time spinning fast  
Shadows dancing on the walls  
Crying porcelain dolls

A music box playing melodies  
Diaries full of memories  
A book of magic tricks  
Rosary beads & a crucifix

A crystal ball goes spinning by  
Playing cards flying high  
A cuckoo clock begins to chime  
Alice is losing her mind

Alice is entirely bonkers, all the best people are  
She's letting the madness out of the jar  
She's falling into doubt  
She's pouring it all out

All those things that consume her  
Every whisper & every rumour  
All those thoughts inside her head  
Every word they've ever said

All those times she had to pretend  
Driving herself around the bend  
All her personalities  
Wild fantasies

All those memories  
All those worries  
All those fears  
Bottled tears

Alice is wondering who she is  
Does she truly exist?  
She's someone but who?  
She's falling into yOu

'Who am I to be?  
I am someone but not me  
All that doubt  
Turning myself inside out'

'Twisting & turning  
Longing & yearning  
Wanting to be free  
Trying to be me'

'I am someone I am not  
I am tied in a knot  
I cannot see  
Who is truly me?'

It's dark up above and so below  
She's never being so low  
Falling through the earth's core  
She's falling forever more

In the darkness she's losing her way  
All her dreams are fading away  
She's all alone  
Falling into the unknown

Alice keeps on falling  
Nobody can hear her calling  
She's in the dark  
She's lost her spark

In the darkness she doubts she's here  
She's beginning to disappear  
It's the end of everything  
She's come to nothing

Spinning round & round  
Falling all the way down  
There is nothing to believe in  
Alice must start dreaming

In the darkness she sees a light  
Wonderful ideas shining bright  
Burning with fascination  
Glowing in her imagination

She's dreaming of impossible things  
Ten thousand wonderful things  
She's creating a land of wonder  
A land deep down under

Another world begins to reveal itself  
A Wonderland deep inside herself  
A place of magic and dreams  
Where nothing is as it seems

Something is awakening  
A wonderful feeling  
A new beginning  
Alice is dreaming

# Wonderland

The rabbit checks his watch  
His mind is playing hopscotch  
Hopping around in his own mind  
He's hopping mad all of the time

His mind flashes a curious state  
'Oh dear, oh dear, I will be late'  
Illumination & revelation  
Not a moment's hesitation

A sudden realisation  
He takes a leap of the imagination  
He's looking for a long-lost soul  
In a flash he's down the rabbit hole

Alice lands with a crash into a long dark hall  
It's the end of the fall  
The White Rabbit goes hopping by  
'Your late' she hears him cry

'You're lost in a world of wonder  
You have fallen deep down under  
You have fallen far  
Wondering who you truly are?'

'You've been wandering around in you  
Wondering who's who  
You do it every day  
Wondering which is the best way?'

'It's time to find you  
It's the only way through  
Don't delay  
You must be on your way'



The Rabbit hops around the hall  
'Follow the truth' She hears him call  
Off he hops with a leap & a bound  
The long dark hall goes round & round

Alice follows closely behind  
The rabbit is playing with her mind  
She's listening to all he has to say  
He's telling her the best way

On he hops around the hall  
'Know yourself' she hears him call  
Off he hops with a leap & a bound  
The long dark hall goes round & round

Alice is running just as fast as she can  
Always finding herself back where she began  
She's going round the bend  
It never seems to end

The rabbit must be on his way  
'Be yourself' She hears him say  
Off he hops on & on  
In a flash he's gone

Alice suddenly stops  
A small cake in a glass box  
It say 'EAT ME' on the top  
She's eating it & she just can't stop

She's eating all the cake  
She's beginning to shake  
She's feeling strange  
She's beginning to change

She's full of her own self-importance 'Eat Me'  
She's putting on quite the performance 'Eat Me'  
She really thinks she's someone 'Eat Me'  
She's looking down on everyone 'Eat Me'

She's filled with pride  
She's can't keep it inside  
Bite after bite she's eaten it all  
She's grown too tall

Alice walks around the dark hall  
Low lights glow on every wall  
A hundred doors big & small  
She's lost in the middle of it all

She's looking for the truth within  
A place where she can begin  
Somewhere she can be whole  
A doorway to her soul

A glass table stands in the hall  
A golden key to open them all  
She can open only one door  
She must be sure

Behind the curtain a tiny door  
This is the one she's sure  
Through the keyhole she can see  
She tries her golden key

Outside a wonderful garden  
Hopes of entering start to darken  
The tiny door is too small  
Alice is too tall

A glass bottle stands on the table  
It says 'DRINK ME' on the label  
Alice takes a drink  
She's beginning to shrink

She's drinking all she's thinking  
Into herself she is sinking  
She's drinking her whole self in  
She's drinking everything

All those memories 'Drink Me'  
All those worries 'Drink Me'  
All those fears 'Drink Me'  
All those tears 'Drink Me'

She keeps on drinking  
She's still shrinking  
She's drunk it all  
She's so very small

## The Garden

Alice goes through the door  
A wonderful garden to explore  
Passing through to the other side  
A wilderness of dreams outside

The long grass whispers in the breeze  
Sunlight shimmers in the trees  
A dark golden sky  
Dragonflies go racing by

Bumblebees pass with a zoom  
Wildflowers burst into bloom  
Sweet exotic perfumes  
Strange magic mushrooms

Giant foxgloves rise up above  
Passionflowers burn with love  
Morning glories brightly glow  
The dandelions blow

Alice walks through the long grass  
All her dreams have come to pass  
Wandering deep down under  
She's in a world of wonder

Golden rays dance across the sky  
Dark clouds go wandering by  
A warm restless breeze  
Ancient twisted trees

Alice is wandering deeper within  
No idea where she's going  
She's been walking for hours  
Strange wildflowers

Wild roses stare with curious eyes  
Dahlias look on with surprise  
Violets blink in the breeze  
The tiger lillies begin to tease

'Who are you?' They call  
'You're very small  
Do you know where you are?  
Have you come far? '

'I'm lost' said Alice in a cross voice  
'I can't make a choice  
I don't know which way to go  
I need help if you know'

'That depends' said the wild rose  
'If you're going the way we knows  
This is a place full of wonder  
You must be careful where you wander'



'I'm looking for me said Alice sadly  
I'm someone else you see  
I'm not who I used to be  
I'm someone but not me '

'I see' said a Tiger lily  
'You're very tiny  
You couldn't possibly be you  
You're too small to be a who?'

'You have shrunk too far  
You are not who you truly are  
You must learn to grow  
That's the only way to go'

'Only the violets shrink  
Be careful what you think  
Be like the Foxglove  
Grow with love'

'Follow the light' advises the wild rose  
'That's the way everyone grows  
Nature will show you the way  
Be careful not to stray '

'Let your true nature grow  
Grow with all you know  
Follow the truth in you  
It's the only way through'

'Nature grows all around you  
It grows deep within you  
It grows forever more  
Gather enough until you're sure'

'Grow towards the light  
You're so very bright  
Grow straight & true  
Grow into you'

The wild rose knows the way she goes  
A journey through all she knows  
She's reaping all she sows  
That's how the truth grows

'You're going on a wonderful adventure  
You must find your true nature  
You will get there sooner or later  
There is nothing greater '

'It's nature's call  
There's Love in us all  
Keep growing into you  
Let the love shine through'

'You must grow with strong roots  
Love grows with green shoots  
Keep growing every hour  
The truth will flower '

## The Caterpillar

The caterpillar is all knowing  
He knows where everyone is going  
He sees who's who within & without  
He's seeking them all out

He sits on his mushroom blowing smoke rings  
Dreaming of impossible things  
Smoke spirals into the haze  
Alice is lost in a daze

Bubbles bubble in his hookah  
He takes a closer look at her  
She is open to suggestion  
He asks Alice a question

'Who are you?'

Alice doesn't know  
She just isn't so  
Wondering who's who  
She's fallen into yOu

The caterpillar looks Alice in the eye  
They don't see I to I  
'You are not you  
You are someone but who?'

'You Alice are a mystery  
You are not who you imagine yourself to be  
You are trying to be one of every kind  
There are too many people in your mind'

'You are trying to be all things to all people  
You are unbelievable  
You are someone you are not  
You are tied in a knot'

'You are a dream in a dream  
You are not who you seem  
You are someone for sure  
Who? Is the question you can't ignore'

‘Sometimes I’m several different people  
I find myself unbelievable  
I have no meaning  
Nothing to believe in‘

‘Today I am someone new  
Tomorrow I could be someone like you  
Yesterday I was someone I didn’t know  
Now if only I could grow into someone just so‘

‘I’m someone I can’t ignore  
I’m wrestling with every flaw  
I’m so unsure  
I want to be more  
I want to be less  
I’m restless‘

‘I’m turning myself inside out  
I’m full of self-doubt  
Who should I be?  
Who could I be?  
Who would I be?  
I’m a mystery‘

Alice has been so many different people  
She's unbelievable  
She must learn to be wise  
The caterpillar gives her some good advice

'Most people are other people they know  
They never really grow  
They don't know who to be  
They pretend to be'

'Most people think of peculiar things  
In their mind the cuckoo sings  
Their world is very small  
Most people exist and that's all'

'Most people are full of other people's opinions  
Their minds are like pickled onions  
They sleep & never awaken  
Be yourself Alice everybody else is taken'



The caterpillar keeps on smoking  
He never stops talking  
Blowing smoke into the air  
Alice is becoming aware

Smoke swirls in a whirl  
Whirling in an endless twirl  
Twirling in a swirl  
She's in another world

'You are not one person or another  
You are someone other  
You are somewhere in-between  
You are just a dream'

'You are tied in a knot  
Being someone you are not  
You must learn to see  
You keep pretending to be'

'There is no escaping you  
You are there in all you do  
Don't pretend  
Who will you be in the end?'

The caterpillar is beginning to disappear  
In a moment he won't be here  
He's slowly drifting away  
Before he goes he has something to say

'Be honest with yourself everyday  
Get to know yourself in every way  
Try to be honest in all you say & do  
That's the way to be truly you'

'Being someone is quite something  
Being sure of who you are is everything  
Don't give up trying  
It's only you you're denying'

'Try a little modesty  
It requires self-honesty  
Know who's who  
Just be you'

## The White Rabbit

The White Rabbit is in a race against time  
Alice is surely losing her mind  
She's going round the bend  
Soon this dream will end

The Rabbit begins to hop  
All this madness must stop  
He tells Alice straight  
She's going to be late

'You are running out of time  
Stop changing your mind  
Wondering who's who?  
It's time to be you'

Alice is being honest with herself  
Trying to find herself  
She's losing her way  
Reasoning herself away

'Sometimes I think I know who to be  
I imagine the perfect me  
She is never me  
I am not perfect you see'

'I am not perfect in any way  
My mind is in disarray  
There is no perfect me  
I have too many flaws you see'

'I've tried to be perfect before  
I always find a flaw  
I am never happy with me  
Who am I to be?'

The white rabbit continues to hop  
Alice never knows when to stop  
All her thinking leads to doubt  
She's turning herself inside out

'Nobody is perfect it's true  
You can only ever be the best of you  
Everyone has flaws it's true  
Just try to be the better you'

'Always be honest with you  
Think about what you say & do  
Words mean nothing unless they are true  
It's what you say & do that defines you'

'You can be too honest it's true  
Don't be too hard on you  
Sometimes the truth hurts it's true  
Try to be kind when thinking of you'

'Often you expect too much of you  
If you are honest, you know that's true  
It takes time to be the better you  
You can think too much it's true'

Alice is still being honest with herself  
Looking for her one true self  
Going deeper within  
Looking for somewhere to begin

'All I do is keep on reasoning  
There must be more to believe in  
Reasoning only goes so far  
It doesn't explain who you truly are'

'I reason with myself every day  
Those feelings just won't go away  
In deeper feelings there's doubt  
All that reasoning keeps running out'

'I keep trying to be reasonable  
I find myself unbelievable  
I am somewhere in-between  
I am just a dream'

The Rabbit knows how she's feeling  
She's looking for meaning  
She's gone beyond all reasoning  
She's wants something more to believe in

'It's not what you think, it's what you know  
Those deeper feelings down below  
You must make a decision  
Use your intuition'

'Intuition takes you deeper within  
It's there that reasoning ends & you begin  
It's there you define the truth within  
Who are you? & What do you believe in?'



The Rabbit knows where she's going  
He can see that she's growing  
She's going into the dark wood  
A little advice might be good

'You have been so many different people  
You have made them all believable  
They hide in the dark wood  
They are nobodies up to no good'

'You must face their every lie  
Look them all straight in the eye  
Face the lies within  
Find the truth again'

'There are 'others' in the dark wood  
They too are up to no good  
They gossip all day  
Don't listen to a word they say'

'Go & see the Toad along the way  
He will show you the way  
His wisdom is the wisest  
His school the finest'

## Mystery School

Toad sits on his stool  
Teaching his mystery school  
He's the head of imagination  
The master of transformation

His school is a magic mushroom  
It's a wonderful classroom  
Everyone is wiser as such  
Their muchness is much

He teaches his students the way  
Enlightens them everyday  
Opening their mind  
Teaching them to be loving & kind

He shows them the light  
The deepest insight  
Something to believe in  
A world of meaning

He teaches them intuition  
Some things are beyond definition  
It's a wonderful way of knowing  
The love just keeps on growing

They learn to follow their feelings  
Feelings have many meanings  
Deep sensations  
Wonderful revelations

They follow all they know  
Going deeper down below  
A world of intuition  
An inner vision

Intuitively they know  
They must go with the flow  
It's the only way of knowing  
The love keeps on flowing

His students are bright  
A shining light  
Learning to see in the dark  
They have found their spark

They can see the light  
The deepest insight  
The love within  
Illuminating everything

Shining bright  
It's their inner light  
The deepest meaning  
They are all believing

Glowing with illumination  
It's a wonderful education  
They are so very wise  
They are fireflies

Alice tells the Toad how she's feeling  
She can't find any meaning  
Lost deep within  
She's stopped believing

'I am never happy with my lot  
Always wanting more than I've got  
Forever wanting & needing  
I'm never satisfied deep within'

'I am always eating myself up  
Drinking from every cup  
Growing & shrinking  
I never stop thinking

'I want something to make me whole  
Something to fill the hole  
I need something more  
I want to be sure'

Toad can see Alice needs to lessen  
She needs to learn her lesson  
If she wants to be sure  
Less is more

'Questioning all you know  
Letting yourself go  
You will never be sure  
Less is more'

'Trying to be someone you are not  
Tying yourself into a knot  
You will never be sure  
Less is more'

'Always wanting & needing for more  
More than before  
You will never be sure  
Less is more'

'More or less?  
Nothing to excess  
Know yourself  
Be yourself'

Alice asks toad a question  
He answers without hesitation  
Intuitively he knew  
She wants to know the best way through

'Deep inside you there's a spark  
It's right there in the dark  
Forever shining  
It's the light within'

'It's the love in you  
The good in all you say & do  
The truth within  
It's where you begin'

'It's a wonderful feeling  
The deepest meaning  
All you are knowing  
Love forever flowing'

'Follow that feeling  
Love is revealing  
Put aside your inhibition  
Use your intuition'

'The love in you is true  
The path is hidden in you  
Love will reveal the way  
Stay on the path & don't stray'



'The darkness is coming  
You must be going  
Don't let it hear what you think  
The darkness will make you shrink'

'There is a mirror in the dark wood  
It reflects all that is known & understood  
It will show you the light & the dark  
You will see the spark'

'Some look & see nothing  
Others see everything  
If you want to be  
You must learn to see'

'Face the truth within  
That's where you begin  
Find out who's who  
It is the way to you'

'You must find the light  
Let it shine bright  
Learn to see in the dark  
Find your spark'

## The Dark Wood

Walking through the garden  
The sky begins to darken  
Darkness begins to call  
It's nightfall

Shadows fall all around her  
The darkness has found her  
The night is whispering  
Alice is listening

The darkness is calling her name  
It's calling her again & again  
Dark shadows dance & play  
Trying to lead her astray

There's a dark feeling within  
She's following it all the way in  
It's doesn't feel good  
She finds herself in the dark wood

She's been walking for some time  
The darkness is playing with her mind  
It's listening to her think  
It wants to make her shrink

In the darkness she keeps on walking  
She can hear them talking  
They are up to no good  
She's in the middle of the dark wood

## The Dark Mirror

A dark mirror stands in the middle of the wood  
Reflections of all that's known & understood  
Truth reflects on those who look more closely  
Alice looks through the glass darkly

She looks closely at her own face  
Vanity has her in a deep embrace  
She is beautiful in an instance  
To such beauty she has no resistance

A beauty of such perfection  
She loves her own reflection  
A beauty of such elegance  
Vanity adores such innocence

Beauty has taken possession  
She's got the look of obsession  
Caught in her own gaze  
Such a beautiful face

Alice begins to scream  
It's a terrible dream  
Suddenly she's growing old  
Time has taken hold

The mirror is showing the passage of time  
Every wrinkle & every line  
Beauty is losing its power  
Time begins to devour

Ageing with every passing hour  
She's as pretty as a wilting flower  
Reflections of growing old  
Time has told

Her beauty has worn thin  
Real beauty is deeper within  
The mirror never lies  
True beauty is in the eyes

Alice must look deeper within  
Now she can begin  
Lost in her own self-deception  
Darkness begins to cloud her reflection

Alice looks again into the dark mirror  
The dark clouds begin to disappear  
She wants to see  
Who is truly me?

*Alice is full of her own self importance  
She's putting on quite the performance  
She really thinks she's someone  
She thinks she's better than everyone  
She doesn't listen to anyone  
She tries to impress everyone  
She's a very square affair  
She really doesn't care  
She's refined  
She's over defined  
She's cannot see  
She doesn't know who to be*

'This Alice is not truly me  
She is who I pretend to be  
I cannot believe what I'm seeing'  
Alice starts screaming

Alice has been deceiving herself  
Not being her true self  
Lost in her own self-deception  
Darkness begins to cloud her reflection

Alice looks again into the dark mirror  
The dark clouds begin to disappear  
She wants to see  
Who is truly me?

*Alice has a wonderful mind  
She's loving & kind  
She's reasonably modest  
She's tries to be honest  
She's a great friend  
She's loyal to the end  
She always tries  
She's very wise  
She's happy & free  
She knows who to be  
She can clearly see  
She is truly me*

'This Alice is truly me  
She is who I want to be  
She is the best of me  
She is happy & free'

Alice is tied in a knot  
Being someone she is not  
Lost in her own self-deception  
Darkness begins to cloud her reflection



Alice looks one more time into the dark mirror  
The dark clouds begin to disappear  
She wants to see  
Who is truly me?

*Alice is rather sad  
She's going mad  
She gets angry & cross  
She's getting lost  
She's often in doubt  
She turns herself inside out  
She's someone she's not  
She worries a lot  
She often cries  
She's not very wise  
She cannot see  
She is not me*

'This Alice is not truly me  
She cannot see  
She is lost in the darkness  
Full of sadness'

This is her shadow that always follows  
It's here where she wallows  
Lost in her own self-deception  
Darkness begins to cloud her reflection

Alice is beginning to see  
She's not who she wants to be  
She has lost her way  
Gone astray

'I am tied in a knot  
Being someone I am not  
I am not who I pretend to be  
I can see the sadness in me'

'I have been deceiving myself  
Losing myself  
Wondering who to be  
Trying to find me'

'I know who I want to be  
I want to be truly me  
I want to be free  
Now I can see'

The dark mirror suddenly shines bright  
Alice looks into the light  
She can see the truth deep within  
Somewhere to begin

*It is the light that lets me see*  
*It is the love in me*  
*It is the good in me*  
*It is the truth in me*

*It's the good feeling within*  
*The deepest meaning*  
*It sets me free*  
*It lets me be*

*It makes me whole*  
*It is my soul*  
*It shines in the dark*  
*It is my spark*

Alice tries to grasp the light  
It fades out of sight  
Lost in her own self-deception  
Darkness begins to cloud her reflection

Alice has seen the spark  
Shining in the dark  
The truth within  
Somewhere to begin

Tied in a knot  
She's someone she's not  
She must undo what is done  
Become one

She must face the darkness within  
Find her spark again  
Let it shine bright  
See the light

## Alice's Personalities

In the deep dark wood  
Darkness is up to no good  
Dark shadows fall on this eve  
The darkness deceives

It's a deadly shade of night  
Shadows dance in the moonlight  
Alice goes where no one goes  
She goes where the darkness grows

Darkness is drawing near  
It's a dark wood of fear  
Shadows of doubt fall all about  
All her fears are calling her out

Dark secrets are whispering  
Silence is listening  
Doubt is near  
Fear can hear

Alice can feel the fear  
It's always here  
It wants to lead her astray  
Make her lose her way

Dark shadows appear  
Fear is near  
The darkness within  
She must never give in

A fear of who's within  
A fear of not fitting in  
They are calling her out  
Those shadows of doubt

She's scared of being me  
Everyone can see  
She must dare to be  
Learn to see

The fear keeps on growing  
She must keep on going  
She must find the spark  
Let it shine in the dark

In the darkness hides her former selves  
Secrets of the past she never tells  
In dark shadows they dwell  
Lies they tell

All her other personalities  
All those other realities  
The people she's pretended to be  
The lies that refuse to set her free

Secrets deep inside her  
She thought they would never find her  
They are right there behind her  
Those lies have found her

The darkness is closing in  
She can hear them whispering  
Questioning all she believes  
The darkness deceives



They are all whispering  
Laughing & giggling  
Getting louder & louder  
Making fun all about her

'We made you think our way  
Bending & twisting you in every way  
We made you behave as expected  
All your feelings rejected'

'We tied you in a knot  
Made you into someone you are not  
Tangled you up in thinking  
Forever growing & shrinking'

'We have tied you tight  
Making you just right  
Bound you up with inhibition  
Tied you up with tradition'

'Do as we do  
Think only of you  
Don't reflect  
Be perfect'

They all want Alice to stay  
Trying to make her go their way  
Keeping her in the dark  
They don't want her to find her spark

'You must play the game  
You must be the same  
Do as we do  
Be perfect too'

'You must lie to be the best  
You must lie to impress  
You must lie to fit in  
You must lie to win'

'Never be truly you  
That just won't do  
Lie until the end  
You must pretend'

'You must be one of us  
You really must  
Try to please everyone  
Become someone'

'You must play by the rules  
Love is for fools  
You must do as we say  
Go our way'

Alice begins to shout  
She's letting it all out  
She's getting cross with them all  
They make her feel very small

All those lies must end  
She's going round the bend  
She has learnt her lesson  
She has learnt to lessen

She faces every lie  
Looks them all in the eye  
She's done with all their lies  
She's growing wise

She lets them all know  
She's letting them all go  
They exist only in the past  
All those lies will be their last

Alice is growing wise  
There is a sparkle in her eyes  
She's finding her spark  
Learning to see in the dark

She's seeing things in a new light  
She knows their thinking isn't right  
They tie each other into a knot  
Being someone they are not

She's not going to play their game  
She doesn't want to be the same  
Finding herself deep within  
She's getting to know herself again

She's making light of dark thoughts  
Untying knots  
Looking on the bright side  
Shining a light on the darkness deep inside

She can feel that good feeling within  
It's growing again  
In the darkness she's learning to see  
No more pretending to be

## The 'Others

There are 'others' in the dark wood  
They too are up to no good  
Gossiping about everyone  
They do it for fun

Their minds are very small  
They gossip & that's at all  
They are rather dim  
Only darkness within

They try to pull everyone into the mud  
It makes them feel good  
Squelching about in their own sadness  
Lost in the darkness

Talking about Alice  
They do it with malice  
Never a good thing to say  
They gossip all day

'Alice is a real disappointment  
A fly in the ointment  
Her thinking isn't right  
She's not very bright'

'She will never amount to much  
She is useless as such  
We can't see it in her  
She is not a winner'

'She will never change  
We find her very strange  
Always peculiar  
She's a loser'

They like to get inside her head  
Nastiness in every word that's said  
Hissing & spitting away  
Poison in all they say

'She doesn't look right  
A dreadful sight  
She's not trying her best  
She never fits in with the rest'

'She's way too thin  
Very pale skin  
Her bum is too fat  
She's as mad as a bat'

'Her head is too big  
A face like a pig  
Breath of a hog  
The eyes of a frog'

'She's got a funny nose  
Awfully big toes  
Sticky out ears  
She's nearly in tears'



Alice is holding back the tears  
They've been saying these things for years  
She's heard every word they've said  
It's going round & round inside her head

That's how they make you think  
They want you to shrink  
Stuck in the mud  
It makes them feel good

They are never happy with their lot  
Only happy when others are not  
Filling people's minds with nasty thoughts  
Tying everyone into knots

Alice is getting cross  
She has had enough of been lost  
No more listening to what the 'others' say  
She keeps on walking her own way

Alice is getting stronger  
She doesn't care what they call her  
They are nobody's friend  
They are just nasty without end

She is making light of all they say  
They are going the wrong way  
Lost in the mud  
They will never be any good

That good feeling continues to grow  
Alice is beginning to know  
There's love deep within  
She's letting it flow again

The light is shining brighter within  
She's growing wiser again  
Learning to see in the dark  
She's finding her spark

## The Jabberwocky

The Jabberwocky is waiting for Alice  
Twisted with malice  
Hiding in the dark  
He wants her spark

Eyes glowing red  
Vicious teeth inside his ugly head  
Claws sharp as a razor  
A fire breathing hellraiser

He's burning with desire  
A raging fire  
The need within  
Devouring everything

He must feed  
An endless need  
The desire for more  
More than before

He drives her too madness  
Feeds on her sadness  
Drinks her soul  
He's there deep down in the hole

Alice can hear him breathing  
The fear deep within  
He's there in the emptiness  
He's restless

The Jabberwocky knows all her fears  
He's been watching her for years  
Everywhere she goes he follows  
Hiding in the shadows

'Alice's soul is mine  
She's losing her mind  
Wondering if she exists?  
Doubting who she truly is'

'I can feel the fear  
She knows I am here  
All that emptiness inside  
It's there in the darkness I hide'

'Longing & yearning  
Twisting & turning  
Burning with desire  
She's playing with fire'

'All that need  
That's how I feed  
She wants to be free?  
She belongs to me'

The Jabberwocky looks Alice in the eye  
He roars with a piercing cry  
'Stay right there  
You are going nowhere'

'It's me that makes you do what you do  
All those feelings running away with you  
Pushing & shoving you around  
Turning your world upside down'

'It's me who created all your personalities  
All those other realities  
Fooling you into believing you were perfect  
Making you my obedient subject'

'It was me that made you desire  
Turning you into a liar  
Making you want & need  
Filling you with greed'

'All that jealousy  
Green with envy  
Can't you see  
It was all me me me'

'I am the dark seed  
Want & need  
Needing to feed  
It's all my greed'

The Jabberwocky roars with flames  
Blood boiling in his veins  
A raging thunder in his heart  
A desire to tear Alice apart

The rage within  
It keeps on burning  
A wild despair  
A terrible nightmare

Out of the darkness he appears  
Alice's darkest fears  
Wild fury in his eyes  
Flames scorching the skies

He charges raging with fire  
A blazing desire  
He's going to devour her whole  
Swallow her soul

Alice must face her fears  
No more tears  
It's time to fight  
She's shining bright

She's believing in herself again  
The spark shining deep within  
The Jabberwocky must cease to be  
A hideous monstrosity

He is made of lies  
She can see it in his eyes  
They are burning red  
His soul is dead

A soul of darkness  
Feeding on sadness  
She must show him the light  
She must fight



The Jabberwocky is charging  
Vicious teeth snapping  
Roaring flames of fire  
Burning with desire

Alice shows him the light  
She's shining bright  
Scorching his skin  
Burning his soul within

The Jabberwocky keeps on coming  
He's going to tear her apart  
Alice keeps on running  
She's going to rip out his heart

Lightning flashes across the sky  
Someone is going to die  
Darkness & light  
The endless fight

Alice charges straight for his heart  
The light is tearing him apart  
He screams & roars out loud  
Exploding into a dark cloud

There she stands  
His black heart in her hands  
One foot on his head  
The Jabberwocky is dead

Fires burn all around  
Nobody makes a sound  
Everyone has stopped talking  
Alice keeps on walking

The Jabberwocky is dead  
He's lost his heart & his head  
The 'Others' stand quietly in the mud  
All those other personalities have gone for good

No more playing with fire  
No more burning desire  
No more wants & needs  
No more dark seeds

The night sky is turning red  
Moonlight lights the way ahead  
Walking in the dark wood  
Alice is feeling good

## Alice Is Growing Wiser

The White Rabbit appears in a flash  
Hopping towards her in a dash  
Quickly he comes to a stop  
His mind continues to hop

'You are finding your spark  
Learning to see in the dark  
The truth deep within  
It's shining bright again'

You have come so very far  
Getting to know who you truly are  
You are finding your soul  
Making yourself whole'

'You're becoming more believable every day  
Growing wiser in every way  
Keeping the darkness at bay  
Walking your own way'

'You must keep going a little longer  
Let your love grow stronger  
You are nearly here  
Getting closer everyday my dear'

'It's not what you think but what you know  
Those deeper feelings down below  
All these experiences help you grow  
As above so below'

'Never forget who you truly are  
Don't let your thinking drift too far  
Learn to make up your mind  
Let it be loving & kind'

'Stay on the path & don't stray  
There is no other way'  
Just one more knot to be undone  
Then you are done'

## The Message

The radio is turned on & purring  
Something is occurring  
A strange & distant sound  
A message inward bound

The Hatter's mind is full of interference  
He's lacking coherence  
His eyes are glowing bright then dim  
Someone is tuning him in

He's talking nonsense with great urgency  
Changing station to another frequency  
He's talking French in long wave  
Now it's English in short wave

He's vibrating with sound  
He's inward & outward bound  
The message is arriving soon  
Suddenly he's in tune

*'The truth is in us all  
All in one & one in all  
As above so below  
Let the love flow'*

Suddenly there's interference  
Total incoherence  
With a hiss, a crackle & a pop  
The message has come to a stop

## The Mad Tea Party



The moon is shining bright  
Stars glowing in the night  
A magical feeling  
Everyone is dreaming

The table is laid for tea  
Teapots as far as the eye can see  
Cream cakes and marzipan  
Bread & butter & Jars of Jam

Chocolate éclairs & French Fancies  
Sweet dreams & wild fantasies  
Sticky buns & sherry trifle  
All things delightful

Everyone's eating & drinking  
Their eyes are twinkling  
The tea is magical  
Their thinking wonderful

Living in a world of their own  
Time has left them alone  
Their madness is plain to see  
Moonlight twinkles in their tea

Sitting round the table under the willow tree  
The hatter is brewing another pot of tea  
Everyone's sitting in their favourite place  
Moonlight shining upon their face

The Mad Hatter has a look of surprise  
Madness in his eyes  
He dips his watch in his tea once more  
It's teatime for sure

The dormouse is far out in drowsy bouts  
He's neither here nor thereabouts  
Speaking when he sleeps  
Dreaming when he speaks

The March Hare is staring at the moon  
Trying to catch it on his spoon  
It's his favourite trick  
He's a lunatic

Drinking tea together  
They've been talking forever  
Losing their way  
Letting time slip away

The best of friends  
Their teatime never ends  
Filling their cups to the brim  
They are waiting for time to begin

Time has stopped the clocks  
No more ticks & tocks  
Time has ceased to be  
There is only time for tea

They are all living in the now  
It just happened somehow  
Time is waiting for the world to come  
Now has forever only just begun

In the moment there is only now  
That's all the moment will allow  
The past has gone  
The future is yet to come

With every cup of tea they pour  
The moment flows on forever more  
That's how the dream goes  
The moment flows

The Hatter pours Alice a cup of tea  
The moment is flowing free  
Now is all they know  
They are going with the flow

'Now is so much fun  
Please try a sticky bun  
The sticky buns are stuck in the now  
You can eat them forever if you know how'

'I have been eating cake forever  
It's now or never  
It just appears some how  
That's the wonder of now'

'Those jars of jam never end  
Driving us all round the bend  
Things last forever in the now  
No one knows how'

'The tea keeps on pouring  
We never stop talking  
Talking about this & that  
Endless cups of tea & a wonderful chat'

'We all love tea & chatter  
It's the chatter that drives us madder  
Talking about wonderful things  
That's how it begins'

'We are always wondering why?  
Life is passing us by  
Wondering what it's all about  
We are trying to figure it out'

'We question all that is  
Wondering if we exist  
We question all we know  
Wondering if everything is just so'

'Lost in all we know  
We are going with the flow  
We keep on chattering away  
There is madness in all we say'

'Looking for answers in every teacup  
We try to make our minds up  
The truth comes & goes  
The tea forever flows'

'Conversations flow one into another  
The truth keeps changing into something other  
Losing ourselves in all we say  
We find ourselves lost in the haze'

'We keep changing into one another  
Imagining we are someone other  
Losing ourselves in each other's ways  
We find ourselves lost in a daze'

'We see the truth in each other's eyes  
It never lies  
It's wonderful in all its ways  
Looking into the eternal gaze'

'We can see forever on a clear day  
That's the way  
The truth flowing on & on  
The moment forever long'

'Wonderland is forever changing  
Dreams rearranging  
Thoughts coming & going  
Forever flowing'

'Dreams drift one into another  
We often change into someone other  
We never truly are  
We drift too far'

'We try our best to persist  
We really do insist  
We resist  
Only in dreams do we exist'

'We are all very familiar  
We are no one in particular  
We are somewhere in-between  
We are living in a dream'

The Mad Hatter begins to mutter  
'I want more jam on my bread & butter  
I wonder who I am  
I think therefore I jam'

'I get jammed every now & then  
Thinking the same thoughts again & again  
It's the jam that makes me who I am  
Too much Jam'

'I have gone too far  
I must put the jam back in the jar  
I don't know who I am  
I'm in a jam'

A mind full of confusion  
He butters his own delusion  
He likes it thick & evenly spread  
The jam is inside his head



The Hatter makes a fresh pot of tea  
He's brewing his wildest fantasy  
A tea to make them think  
A wonderful drink

Alice likes fancy teas  
He likes fantasies

She likes her tea in a teacup  
He likes his tea in a hiccup

She likes her tea with cream  
He likes his tea with a dream

She likes tea & biscuits  
He likes tea & misfits

The Hatter makes a wonderful brew  
Brewing it just for you  
Not too weak or too strong  
Never leaving it too long

He adds a little cream  
A dark golden cloudy dream  
Light swirling into the darkness  
Happiness sinking into sadness

Dark thoughts whirling round & round  
Madness twirling all the way down  
Deeper into the brew  
Losing you

He adds a spoonful of wonder  
Sinking deep down under  
Beginning to stir  
The magic starts to occur

Wonder stirring deep within  
Stirring sadness into happiness again  
Your world is in a spin  
Love rising up again

Stirring with love  
Happiness rising back up above  
Stirring the darkness into the light  
A lovely cup of tea made just right

The March Hare drinks his tea  
Suddenly he can see  
His mind is stirring  
Something is occurring

He's thinking of impossible things  
Inside his head a tiny bell rings  
He's having a moment of clarity  
A flash of sanity

'You must get done what you can't do  
It's possible if you believe in you  
Don't be discouraged by anyone  
That's how impossible things get done '

'The impossible is possible if you believe  
It's very simple to conceive  
Believe the unbelievable  
Think the unthinkable '

'Think of impossible things  
That's how a dream begins  
Reach beyond the limit  
See the dream & grab it '

He takes another drink of his tea  
He's lost his grip on reality  
This moment of clarity is at an end  
In a flash he's going back around the bend

The Mad Hatter takes a drink of his tea  
Wondering who he might be?  
He can't stop thinking  
He keeps on drinking

He's thinking of the wild things  
That's how it begins  
It's his own fault  
Too much salt

A mind like quicksilver  
Eyes burning like sulphur  
A fire blazes within  
He's changing

His imagination is a wilderness  
Alive with all things dangerous  
Fire breathing red dragons  
Hungry green lions

Wild beasts roaming within  
They keep on chasing him  
He shouts & screams  
Such terrible dreams

He's changing colour  
Black, white then red all over  
He's changing into someone other  
In a moment it's all over

The hatter checks his reflection in his tea  
Wondering who he might be?  
He changes with every cup  
Trying to make his mind up

'I always drink too much  
Losing myself as such  
Lost in someone else's way  
My mind keeps slipping away'

'I was the Hare last week  
I didn't realise until I tried to speak  
I was nutty as a fruit cake  
A dreadful mistake'

'I was the Rabbit the week before  
I kept hopping more & more  
I was hopping mad  
The strangest experience I've ever had'

'I was the dormouse the week before that  
Falling asleep in my own hat  
Lost in a terrible dream  
I woke myself up with a scream'

'You can lose yourself in a cup of tea  
Now I always check to see who is me?  
You must be careful what you think  
Consider how much you drink'

The dormouse sleeps in a teacup  
He is beginning to wake up  
He is beginning to stir  
Everything is a blur

His eyes are dreamy  
His tea is creamy  
He is ready to appear  
He is almost here

His eye's blink  
He starts to think  
A little shake  
He's wide-awake

Sitting up in his teacup  
He's making his mind up  
He takes another drink  
He's beginning to think

‘Wisdom begins in wonder  
It’s found deep down under  
In the deepest depths of the soul  
Down the rabbit hole’

‘You have opened the door  
You have found so much more  
A place to begin  
The truth within’

‘Truth is the golden key  
It opens the doors that sets us free  
Behind every door there’s hidden treasure  
Use this wisdom with good measure’

‘Never take the truth lightly  
Consider your life wisely  
Let the wisdom grow  
It’s a wonderful way to know’

'Truth is only for those who seek it  
You must find it & keep it  
Seek it high & low  
Find it and you will grow'

'Seek the truth within  
That's the first place to begin  
Seek the truth without  
That's what life is all about'

'Wonder what's good & bad  
Wonder what makes you sad  
Wonder what makes you glad  
Wonder what drives you mad'

'Be wise  
Open your eyes  
Open your mind  
Seek and you shall find'



The Dormouse takes a sip from his teacup  
He's still making his mind up  
Considering all he's thinking  
Everything he's drinking

'When we are happy with our thinking  
We are joyful in our drinking  
Forever hopeful  
Our cups are always half full'

'If sadness clouds our thinking  
It's hopeless but we keep on drinking  
Doubting we will ever be happy  
Our cups are always half empty'

'If we are wise with our thinking  
There's wisdom in all we are drinking  
Satisfied deep within  
Our cups are filled to the brim'

'Often we can't stop thinking  
Madness in all we are drinking  
We can't keep it all in  
Our cups are spilling over the brim'

'We all love a cup of tea  
That's how we learn to see  
Letting our minds wander  
Losing ourselves in a world of wonder'

'We are always drinking  
Drinking all we are thinking  
Drinking ourselves in  
Pouring ourselves out again'

'Our minds are always brewing  
Thoughts stewing  
Filling up our teacup  
We drink it all up'

'Some of us sip  
Some of us dip  
Some of us gulp it all down  
Some of us stir it round & round'

'We drink in what's best  
Pouring out the rest  
Always thinking  
Forever drinking'

'Please have another cup  
Drink it all up  
Let the thinking begin  
Drink it all in'

'Be wise with your drinking  
Consider all you are thinking  
Teacup after teacup  
Try to make your mind up'

'Drink in the best of you  
All those things you love to do  
All those wonderful things you know  
All those things that make you just so'

'Pour out what's troubling you  
All those things you don't like to do  
All those things that make you sad  
All those things that drive you mad'

'Know what you like & like what you know  
Let your wisdom grow  
Go with the flow  
Be just so'

The Mad Hatter is always drinking  
He never stops thinking  
Letting his mind go astray  
He likes to drink his tea the same way

'I like my tea hot  
Fresh out of the pot  
I like to sip  
Then I like to dip'

'A dark chocolate biscuit  
I like to risk it  
Dipping it all the way down  
Trying not to drown'

'I'm always dipping  
Sometimes licking  
I keep on sipping  
My mind slipping'

'Dipping in the deep end  
I go round the bend  
Back up the spout  
Pouring myself out'

'Letting it all out  
I scream & shout  
The madness begins  
All those wild things'

'Those wild creatures hunting me down  
Bats flying round & round  
Vicious animals trying to eat me alive  
Drinking tea is the only way I survive'

'Those strange beasts of desire  
Dragons raging with fire  
Sabre tooth tigers eating my cake  
A hissing mysterious snake'

'Mad monkeys dipping bananas in my tea  
Those crazy hyenas laughing at me  
Red squirrels cracking nuts  
A wise owl tuts'

The hatter begins to scream  
'What does it all mean?'  
He pours himself another cup  
Trying to make his mind up

The March Hare never makes his mind up  
There's only madness in his cup  
His mind is forever wandering free  
He's always drinking tea

He pours himself another cup  
Stirring it all up  
His madness stirring  
Something is occurring

He begins to ramble  
His cup has no handle  
Shouting & screaming  
'This world has no meaning'

Drinking & drinking  
He can't stop thinking  
Pouring it all out  
Splashing it all about

The madness within  
Spilling over the brim  
Stirring it round & round  
He gulps it all back down

'My cup is always spilling over the brim  
I keep pouring more & more in  
I should have less but I always have more  
I am never sure'

'I hop from one crazy idea to the other  
Leaping from one conclusion to another  
Jumping into every conversation  
Running wild with my imagination'

'Teacup after teacup  
I drink it all up  
Full of madness  
I sink into sadness'

'I keep on drinking  
Divisive in my thinking  
Thinking nobody cares  
I am always splitting hares'

'Divided in two  
I drink for a few  
One too many  
I am more than plenty'

The Dormouse has made his mind up  
Growing wiser with every cup  
He knows what he likes & likes what he knows  
That's how his wisdom flows

He likes to sip  
Occasionally he may dip  
A little stir & nothing more  
Just enough until he's sure

He fills his teacup to the brim  
Satisfied deep within  
He likes to share all he knows  
That's how his wisdom grows

'Some people are always wondering why?  
They can't stop no matter how they try  
Questioning all they know  
Until nothing is so'

'They question what it's all about  
Turning their world inside out  
Losing all meaning  
Nothing to believe in'

'They question who they are  
Going too far  
Forgetting who to be  
Wondering who is me?



The hatter looks Alice in the eye  
She's still wondering why?  
She's not made her mind up  
He fills up her teacup

'Life is not a problem to be solved  
It's a dream to be dissolved  
Another spoonful in your tea?  
Life my dear is a mystery'

'Life is for drinking & not sipping  
Don't take the biscuit without dipping  
Have another cup of tea  
A fresh brew will help you see'

'Life is full of hiccups  
The answer is always in teacups  
It's all in the brew  
You will soon see it's true'

'Don't take life too serious  
You will end up delirious  
Life is mysterious  
Serious will be the end of us'

Alice pours herself another cup of tea  
She's drinking all she can see  
Teacup after teacup  
She's trying to make her mind up

A mind full of wonder  
She begins to wander  
Drifting away  
Going astray

She's thinking too much  
Going mad as such  
Drinking it all in  
Thinking of everything

Drifting in & out  
She's beginning to doubt  
Letting go of who she is  
Wondering if she exists

Alice keeps on drinking  
She can't stop thinking  
Her world is in a spin  
Stirring deeper within

Her mind is a blur  
Suddenly she's unsure  
Doubting she is here  
She's beginning to disappear

She is not as she appears  
She is the faintest of ideas  
She's losing all meaning  
She's stopped believing

She's little more than a rumour  
You can see right through her  
She's losing her way  
She's fading away

The Mad Hatter begins to panic  
He's rather manic  
Alice doesn't know  
She's beginning to let go

'You are questioning your own existence  
You must stop this instance  
You must exist  
We insist'

'Existence or non-existence  
You must show more persistence  
You have no resistance  
You'll be gone in an instance'

'Alice starts to resist  
She must persist  
She insists  
She exists'

The Hatter is teaching Alice a lesson  
Teaching her how to lessen  
She keeps wondering too much  
Losing herself as such

'You have drunk too much tea  
Forgotten who to be  
Letting your mind wander  
You're lost in a world of wonder'

'You are spilling over the brim  
You must learn to stop pouring it in  
All the wonder is spilling out  
You are pouring yourself into doubt'

'You must learn to keep it in  
Only fill it to the brim  
Don't splash it all around  
Some of us will drown'

'Pour just enough wonder in  
Then keep on drinking  
Only wonder until full  
That way everything is wonderful'

Alice remembers who she is  
She knows she exists  
She had lost her way  
Gone astray

'I am not what I think but what I know  
Those deep feelings down below  
I believe in me  
I know who to be'

'That good feeling deep within  
That's where I begin  
That's how I feel  
I want to be real'

'I am tied in a knot  
Being someone I am not  
I want to be me  
I want to be free'

The Hatter takes a drink of his tea  
He thinks Alice is ready to see  
He's going to tell her everything  
Show her the whole truth within

'Only I can set you free  
Help you see  
You must try to understand me  
It's the only way you can truly be'

'It was you who tied the knot  
Made us both into someone we are not  
Now there's you & me  
That's how we came to be'

'I was at the end of my tether  
You took it & tied us together  
You tangled us up into a knot  
Until I was someone you were not'

'Tied in two  
You are me & I am you  
I end where you begin  
I am the madness within'

'I am the one that loves you madly  
Worries for you gladly  
Thinks for you sadly  
Feels for you badly'

'I am your conscience deep within  
Trying to make sense of all your thinking  
Considering all your thoughts  
Trying to untie your knots'

'I think of you everyday  
Worry about you in every way  
You are always on my mind  
We are two of a kind'

'I have considered you from every angle  
Your mind is in a tangle  
Looping the loop over & through  
I am tangled up in you'

'We are tied in knot  
Being someone we are not  
We are not one but two  
We must undo you'



'Sometimes you would think of me  
Just for a moment let me be  
I tried telling you every time  
Alice, you are losing your mind'

'All the people you imagined yourself to be  
They all became me  
I was not one but a crowd  
Your conscience speaking out loud'

'All that worry & doubt  
Turning yourself inside out  
Listening to no one  
Pretending to be someone'

'All those thoughts you didn't want to hear  
That was me my dear  
All my concerns you ignored  
You wouldn't believe you were flawed'

'All those sad feelings within  
You denied them again & again  
Losing your spark  
Getting lost in the dark'

'We belong together  
Always & forever  
We are one soul  
The whole truth that makes you whole'

'We are the light & the dark  
Without one another there is no spark  
Together we can see everything  
The truth deep within'

'You are the light that keeps on shining  
The love within  
The happiness that rises above  
True love'

'I am your shadow forever following  
The madness within  
The sadness you have come to know  
The darkness deep down below'

'We must look out for one another  
Stop changing into someone other  
We must be as one  
Every knot undone'

'Your light keeps the darkness at bay  
Making the sadness fade away  
You can see in the dark  
You are the spark'

The Mad Hatter can see it in her eyes  
She's beginning to realise  
She's found her long lost soul  
Now she wants to be whole

'Deep down in the hole there is wonder  
Stay too long and your mind will wander  
You must be careful my dear  
Everyone is mad around here'

'You can wonder forever it's true  
Sooner or later you have to do  
Whatever you do you must be you  
Nobody else will do'

'One last knot  
We are someone we are not  
We must undo what is done  
Become one'

The Hatter brews another pot of tea  
A fresh brew so Alice can see  
He's making a special brew  
A brew that will make her true

Alice is shrinking in size  
It's happening before their eyes  
She's tied in a knot  
He drops her inside the teapot

He's going to let her stew  
Deep in his special brew  
Pouring in all the things she forgot  
He's brewing a storm in a teapot

He's mixing in a whirlwind  
He's stirring up a headwind  
He's whipping up a storm  
He's pouring in a thunderstorm

Thunderbolts & lightning  
It's all very frightening  
Hurricanes in a spin  
Dark storms brewing within

Dipping her in & squeezing her out  
He's mixing & stirring her all about  
All her dreams he's mixing in  
All her fears he's stirring in

A spoonful of the light & dark  
A whole spark  
A dash of happiness  
A splash of madness

Alice is in a whirlpool in a spin  
Going deeper within  
Spinning round & round  
Trying not to drown

He's tinkering with her thinking  
Her eyes are twinkling  
She's drinking all he's thinking  
Into herself she is sinking

She's still unwinding  
Ties are unbinding  
She's coming undone  
He won't stop until she's done

Alice is a tempest in a teapot  
She's losing the plot  
She's going up the spout  
She's inside pouring herself out

All those fears  
Endless tears  
All that doubt  
It's all pouring out...

All those memories  
Endless worries  
All that longing  
She keeps on pouring

All that sadness  
A swirling madness  
Every scream & shout  
She's poured it all out

Inside the teapot  
She's untying the knot  
She's drinking all the tea  
She's drinking all of me

The tea is brewing  
She's undoing  
The love is growing  
She's all knowing

Brewing & brewing  
Her mind is undoing  
Making up her mind  
She is loving & kind

She can see the light  
It's shining bright  
The knot is undone  
Alice is one

## Tweedledee & Tweedledum



Tweedledee & Tweedledum

Together they are one

They love to play

That's their way

The twins give each other a hug

With a laugh and a chuckle they shrug

Holding hands they dance in a ring

Round & round the merry go round they sing

'Tis love that makes the merry-go-round

Tis love that makes the mind sound

Tis love with which our souls are bound

Tis love with which we are lost & found'

The twins love one another

They couldn't imagine it any way other

They are the best of friends

Their love never ends

They believe in one another

They need no other

They are just so

They go with the flow

'We are one divided into another  
He is one & I am the other  
We are one soul  
We are the sum of the whole'

'We couldn't exist without one another  
One defines the other  
We are the same in the opposite way  
We are like night & day'

'We seek the truth in one another  
We think the opposite of each other  
We disagree to agree  
That's how the truth came to be'

'The truth is forever flowing  
Always coming & going  
It's more than you will ever know  
It is the endless flow'

'It flows through everything  
Flowing deep within  
It ebbs & flows  
Onwards it goes'

'There's no end to knowing  
The truth keeps on flowing  
It's everywhere one looks  
It's always in flux'

'The truth is all we know  
The truth is just so  
Let yourself go  
Go with the flow'

Alice is whole  
There is love in her soul  
The twins can see it in her eyes  
A love that nobody denies

'Love is all you need  
That's the seed  
It's the light that shines within  
It's where reasoning ends & you begin'

'It's nature's call  
There's love in us all  
The love between family & friends  
A love that never ends'

'It's the love of you  
It's the love of the things you do  
It's the love that lasts a lifetime or just a few days  
It's the love of life in all its wonderful ways'

'Love is a wonderful feeling  
It's something to believe in  
Your love is true  
It's truly you'

'Love is full of meaning  
Deep believing  
It's the truth of all you know  
Your love is just so'

'Love shines in the dark  
It is the spark  
It tells no lies  
There is love in your eyes'

'Love is revealing  
It knows every feeling  
A deeper kind of knowing  
Your love is forever flowing'

Alice is glowing  
The love is growing  
The deepest meaning  
She's believing

She can see the light  
It's shining bright  
Deep sensations  
Wonderful revelations

Waves of happiness  
Waves of bliss  
Waves of wonder  
Waves of love deep down under

She's changing in wonderful ways  
Emotions passing in waves  
She's going with the flow  
Alice is just so

## The Cheshire Cat

A cat slowly begins to appear  
First a grin & then an ear  
Two eyes, a nose & another ear  
The Cheshire Cat is here

He has a wonderful imagination  
It's a glorious emanation  
On closer examination  
He's quite the manifestation

His presence is very familiar  
He's everywhere & nowhere in particular  
All seeing & all knowing  
Forever flowing



Alice is very curious  
Life is mysterious  
She wants to know beyond all doubt  
'What is life all about?'

The cat smiles with a big grin  
'Where do I begin?  
There are so many questions my dear  
The truth isn't always clear'

'Why is there something rather than nothing?  
Why is there smiling & laughing?  
Why do we cry?  
There are so many questions why?'

'Why do we love?  
What's up above?  
What's down below?  
What do we really know?'

'Why are we happy & sad?  
Why is there good & bad?  
Is life just a fad?  
It could all drive your mad'

'Why are we here?  
Is the end near?  
Isn't life odd?  
Is there a God?'

'What would life be without wonder?  
The answers lie deep down under  
The truth goes beyond all words my dear  
Eventually all will become clear'

'It's wonder that keeps you going on  
Without it your curiosity would be gone  
You wouldn't stay here for long  
That's why the truth goes on & on'

'I rarely interfere  
The choice is always yours my dear  
You are free to do as you please  
The truth is what everyone believes'

'Intuitively you will know  
Some things are just so  
Other things are meant to be  
Sometimes you have to wait & see'

'The truth is difficult to grasp  
Keep searching until the last  
Not all things are as they seem  
It's all just a wonderful dream'

Alice asks the Cheshire Cat who he is  
Does he really exist?  
Is he part of her imagination?  
She would like an explanation

The Cheshire Cat begins to grin  
'I am the truth within  
I am whatever you want me to be  
I am your curiosity'

'I am the moment forever long  
I am infinity on & on  
I am one divided into many  
I am plenty'

'I am not one thing or another  
I am something other  
I am in the middle  
I am a riddle'

'The Cheshire Cat keeps on grinning  
His eyes twinkling  
Off he flows on & on  
In a flash he's gone

## Muchness

Smoke swirls & twirls into the air  
The caterpillar is out there  
Drifting somewhere near  
In a puff of smoke, he begins to appear

'You have opened your mind  
All in good time  
Your muchness is much  
You are truly you as such'

'Now you must learn to keep your balance  
Wonderlands greatest challenge  
Less of a much & you're not as such  
More of a much & you're much too much'

'You must grow the proper way  
Be wise in every way  
Think about what you say & do  
A little wisdom will help you through'

'Always be wise with your thinking  
Stop growing & shrinking  
Don't think too much  
You will go mad as such'

'Try to be more positive  
Not so negative  
Try a little modesty  
Remember to look at yourself honestly'

The caterpillar gives Alice some mushroom  
'Be careful how much you consume  
One side will make you grow taller  
The other side will make you grow smaller'

'There are two sides to everyone you know  
You must be careful how you grow  
You must grow the proper way  
Don't get carried away'

'A mushroom to grow and shrink  
A mushroom to make you think  
Be careful how much you consume  
You could consume all of you too soon'

Alice takes a bite from the right side  
Something is happening deep inside  
A strange feeling within  
She's growing again

She's contorting & distorting  
She's bending & warping  
She's a twisted contortion  
She's growing out of all proportion

Her head is beginning to swell  
It's not going well  
She's got her head in a cloud  
She's feeling proud

She's full of her own self-importance  
It's quite the performance  
She really thinks she's someone  
She's looking down on everyone

She's growing too tall  
She's going to fall  
She's much too much  
She's unbearable as such

Alice quickly takes a bite from the left side  
She's sinking deeper inside  
She's beginning to think  
She's beginning to shrink

She's starting to doubt who she is  
Wondering if she exists  
Thinking too much  
She's shrinking as such

She's beginning to go mad  
Feeling sad  
All the wrong thinking  
She keeps on shrinking

She tries a little modesty  
More self-honesty  
Hoping for the best  
She's shrinking less & less

She tries to be positive  
Not so negative  
She's being wise  
She's stopped shrinking in size

She's eaten from both sides  
She's shrunk to the right size  
Her muchness is much  
She is wiser as such



The caterpillar takes a puff on his hookah  
He takes another look at her  
Blowing smoke into the air  
Alice is aware

'You have faced the challenge  
Found your balance  
Your muchness is much  
You are wiser as such'

'You have learnt to grow the proper way  
There is wisdom in all you do & say  
Don't get too big for your boots  
Remember your roots'

'Be careful how you grow & shrink  
Be careful how you think  
Believe in all you know  
Be just so'

'Now you have found your own way  
There is no other way  
Keep going all the way through  
Always try to be truly you'

Smoke swirls up above  
Alice has found love  
The caterpillar can see  
Alice is free

'There is love in your eyes  
You have grown so very wise  
You have found new meaning  
Something to believe in'

'Go & see the Queen  
Try not to be mean  
She's high up above  
Show her your love'

Alice takes one last bite from the middle  
She begins to giggle  
She's feeling wonderful inside  
She can see far & wide

Suddenly she's ascending  
She's never ending  
She goes on forever  
She's forever now or never

Rising higher & higher  
Nobody can deny her  
She is free  
As far as the eye can see

She can feel the love  
Rising up above  
Endless emotion  
True devotion

She can see the light  
Shining bright  
Infinity on & on  
In a flash she's gone

## The Queen of Hearts

Cool fountains ascend towards the heavens  
Roses bloom in her majesty's presence  
Hedges in spirals twist round & round  
Cherry blossom falls gently to the ground

Grand avenues run in every direction  
Lawns cut to perfection  
Rows of trees stand tall & true  
The Queen's face is on every statue

Wild roses climb the wall  
Rose trees growing tall  
Roses growing in rows  
Everywhere the rose it grows

Ivory towers rise to the sky  
Heart shaped clouds go wandering by  
A castle built of glass & stone  
The queen of hearts lives all alone

The Queens rose garden is hidden  
No one must enter, it's forbidden  
In the middle grows the tree of good & evil  
All the apples have been eaten by all the people

They have eaten all the apples to the core  
Even the rotten ones that fell to the floor  
No more apples would ever fall  
They have eaten them all

Its branches are bare & barren  
How could such a thing happen?  
Banished from the rose garden  
The skies in Wonderland began to darken

In the beginning was the word  
They kept writing until their world was absurd  
Their minds had gone rotten  
Nobody could stop them

They reasoned with the mind until thoughtless  
They reasoned with the law until lawless  
They reasoned with happiness until sad  
They reasoned with sadness until mad

They reasoned with love until love died  
'Love is beyond all reason' the people cried  
They reasoned with God until he was denied  
'God is beyond all reason' the people cried

All good reason has gone bad  
Reason has driven them all mad  
On this day all good reason died  
'Reason is treason' the Queen cried

The Queen is very unreasonable  
She's unbelievable  
She says what she's feeling  
Always shouting & screaming

She's Wonderlands sovereign ruler  
All her emotions rule her  
She blows hot & cold  
Everyone must do as they are told

A queen of furious passion  
Blind fury without compassion  
An inner child grown wild  
A child reviled

It's a very passionate affair  
Passion rules everywhere  
Emotions above all reason  
To think otherwise is treason



Alice and the queen play croquet  
Every player plays their own way  
It's a game of trouble & strife  
Every player plays with their life

The players run in all directions  
They are playing for the queens affections  
It's a game of many dimensions  
Winning is something nobody mentions

The Queen whacks the hedgehog with her mallet  
The hedgehog flies like a bullet  
Through the arch on & on  
The game is on

Alice hits the hedgehog straight as an arrow  
It hits every ridge & furrow  
It's not a level playing field  
To the Queen all must yield

The Queen is bursting with emotion  
She's creating a commotion  
Making scorching remarks  
Shouting with sparks

She has a wicked tongue of fire  
She's fuelled with cruel desire  
Calling names with flames  
Playing dangerous games

She is malicious in every way  
Vicious in a delicious way  
Her hair blazes red  
Off with their head

Alice is winning  
Trouble is beginning  
The Queen must never lose  
Winning is not an option to choose

'I win said Alice'

'I scored more than you  
You scored none and I scored two  
Therefore I win and you lose again  
I win the game'

'All reason is treason said the Queen  
I don't know what you mean  
Nonsense is what you said  
Off with her head'

'I win said the Queen'

'You're mad Alice cried  
Reasoning must not be denied  
Don't let your emotions rule you  
They are making a fool of you'

'All reason is treason said the Queen  
I don't know what you mean  
Reasoning is not in the heart it's in the head  
Off with her head'

'Nonsense said Alice turning red  
Without reasoning you're off your head  
You don't make any sense  
Your talking nonsense'

'Reasoning leads to realisation said the Queen  
That will be the end of the dream  
All reasoning is dead  
Off with her head'

'Your head is in a cloud said Alice out loud  
A little love would make you less proud  
I must be cruel to be kind  
You are out of your mind'

'Love is beyond all reason said the Queen  
I don't know what you mean  
Love is dead  
Off with her head'

Alice knows the Queen is sad  
It was reasoning that drove her mad  
Love is beyond all reasoning  
She stopped believing

'Love needs no reasoning  
It is the deepest feeling  
Don't be so naive  
You just need to believe'

'Love gives you meaning  
Something to believe in  
Loving one another  
Believing in someone other'

'Love sees the truth within  
For better or worse it keeps on loving  
Love is what it is  
It truly exists'

'I will give it some thought said the Queen  
I have a feeling I know what you mean  
In the meantime, all love is dead!  
Off with her head'

Alice is growing tired of living in a dream  
She's getting cross with the Queen  
The Queen is very unreasonable  
Wonderland is unbelievable

'I want to be believable  
Anything else is inconceivable  
You are unbelievable  
You can't be reasonable'

The Queen thinks Alice is absurd  
That's the strangest thing she's ever heard  
The Queen wants to be unbelievable  
Anything else would be too reasonable

'All reason is treason  
You must be careful not to reason  
Reasoning results in realisation  
That's a crime in a land of imagination'

The Cheshire Cat begins to appear  
Any moment he will be here  
First his eyes & then his nose  
Next is tail & then his toes

He's flowing into being  
Appearing as a dream  
Coming & going  
Forever flowing

He's smiling with a grin  
Twirling in a spin  
He's quite the vision  
A wonderful apparition

The Cheshire cat can clearly see  
Alice wants to be  
She believes in who she is  
She really wants to truly exist

'If you want to be believable  
Then be more reasonable  
Stop going round the bend  
Reasoning will bring this dream to an end'

'We all need a little reasoning to get along  
We all need a little reasoning to carry on  
We all need a little reasoning to agree  
We all need a little reasoning to be'

'Remember Alice never reason too far  
Only love knows who you truly are  
Love makes you be a better person  
It's the only way to be certain'

'You have found the love within  
That's where you begin  
You have made up your mind  
You are loving & kind'



The Cheshire Cat knows it's time for Alice to go  
She has learnt all she needs to know  
It's time to be reasonable  
She wants to be believable

'You have come a long way  
Listened to all we had to say  
You have found the way  
There's no need for you to stay'

'We will miss you when you're gone  
Don't stay away for too long  
Think of us every now & then  
We will see you again'

'Everyone here is your friend  
We will be waiting for you until the end  
We will always be here in the in-between  
All you have to do is dream'

Alice is beginning to realise  
Reality is starting to materialise  
She's being more reasonable  
Becoming believable

It's time to be leaving  
She's found something to believe in  
She's stopped letting things slip  
She's getting a grip

The clocks have started to tick  
Things are happening quick  
All is becoming clear  
The end is near

The light is beginning to change  
Everything looks so strange  
Shadows dance & play  
Wonderland is fading away

The White Rabbit whispers in her ear  
The end is here  
We have taught you all we know  
It's time to go

'You are no longer someone other  
You are yourself & no other  
You know who you truly are  
You have come so very far'

'The love in you is true  
There is no other you  
Love the things you do  
Remember to love you'

'Love is revealing  
Follow your feelings  
Love will show you the way  
Stay on the path and don't stray'

'This dream has come to an end  
You've gone all the way round the bend  
Your mind is open  
You have awoken'

## **Mother Nature**

The eyes of the day are open  
She has awoken  
Sun shines in her imagination  
The light of illumination

A living presence  
She's nature's essence  
Her true beauty precedes  
The dreamer believes

Hidden & concealed  
She will be revealed  
Just one glance  
She is the eternal dance

The spirit in us all  
She's nature's call  
A light within  
The truth in everything

Dreaming the dream  
She's nature's Queen  
A beautiful revelation  
A wonderful creation