

**My name is Maureen Martin and this is my final project for Intro to Creativity
It's titled: Life advice for the lost slackers, with Dr. Mo**

Mission Statement:

**I want to help people step away from their worries and stressful lives by making them
laugh and showing them the world in a different light**

Welcome to Therapy with Mo

This song, this day is directed towards all the white middle-upper class kids in my generation often feel lost. Blue and Afloat- The classic embodiment of #firstworldproblems.

Symptoms:

They are privileged, have no unsolvable external sources of suffering, have every opportunity in front of them... but have no tangible life goals, no idea who they are or who they want to be, and feel lost, adrift in a world viewed as either too great or too horrible for them to possibly have a place in. The ones who think, "I'm the worst, I'm useless, I won't amount to anything, I'm not special, I don't matter".

I am one of them, and have grappled with these issues since I learned that Santa wasn't real.

Before I present my own view, I feel obligated to list some classic advice (from a variety of sources) that parents/the Internet have used in the hope that these phrases will help those who are anxious, unmotivated, and require a new perspective.

Phrases Such As:

Keep calm carry on

Stop wishing, Start doing

What defines is how well

We rise after falling

Don't be the same be better

One day at a time

Be grateful for this mountain

Of life we all climb

Horse Shit. Right?

Now I don't know about you, but therapeutic clichés and guilt trips never were successful as a wake up call

If those don't get you through the day, try my mantra:

We all suck and that's ok

Now, obviously the world is beautiful and there are wonderful people in it fighting the system every day (like my classmates, those mission statements blew me away). I should be telling you to "be the change you want to see in the world".

But I am not.

But this isn't addressed to the people who are destined to inspire.

This is for the lazy, the ungrateful, the overwhelmed, the underwhelmed, and the ones who think that their identity needs to mean something.

To you guys, I say: **chill.**

You think you are under a lot of pressure? You think this world as a whole has set a high bar for who you should be?

Look at where we live. Then tell me what your standards

In a world where Kanye is the "man of the year"

Where racism and guns is our reaction to fear

Where "Freegans", dog pedicures, and Pinterest are "cool"

A world of Starbucks, where the basic bitch rules¹

It's a high society

Where "the fault in our stars" is the most common read

Where giving head is expected but getting it's a treat

Where everybody hates you, black or white, fat or thin,

Honestly with free speech there's no way to win

You might say that makes you feel worse. That it's depressing and you feel alone in a dark world. But that is my point. You are not alone. We're all in this

United we suck

Divided we suck

Accept it, embrace it, or don't give a fuck

Its ok if your lost and don't want to be anyone

¹ Am, F, C, G; G/C, G, C/Am, C; C,G,F,C

***That's fine, give up, and try to have some fun!*²**

You might respond with the question: Wouldn't that make me an awful person?
My response: maybe but not the most awful person. I mean...

***.... You probably suck but you're not the worst
It's the human condition to feel like your cursed
You feel the weight of the world, evil vs. beauty
Well good news I'm here to show you the joy of apathy***

Truth is:

You can't worry about embarrassing yourself too much in a society...

***...Where the topic at lunch is Donald trumps tweet
Where attempting rape is less jail time than smoking weed
Where we blog, post our selfies, make dick castes as art,
Where no matter what you look like, the Internet will tear you apart***

****Spoken “what about love?”***

***Of love I don't know but of sex I am sure
Now's a special time in history (*Charlie sheen and HIV), the era of the whore
“Online dating is great”
A right swipe, a text, and you're good to go (*wink)
As long as you're ok with creeps jacking off to your photos
But thanks to the Internet,
You'll never know³***

See? There's no pressure! You're not alone! Because...

***United we suck
Divided we suck
Accept it, embrace it, or don't give a fuck***

***Its ok if your lost and don't want to be anyone
That's fine, give up, and try to have some fun!***

So I ask you to

² Bm, D, E/A, E; G,D,A, E

³ F/C, C, G/D, Dm

***Take a step take a breath and see through my eyes
Want to know how this ends? Here's a hint: we all die
But before we go to dust, you might as well smile
Since nothing really matters, just have fun for a while⁴***

The world is both wonderful and horrible. If these perspectives are too heavy to live from, try my perspective. Our society is hilarious. You don't have to inspire, you don't have to solve, you don't have to be impressive, and you don't have to wallow in your own irrelevance. Accepting the ridiculousness of it all, and just floating through looking for joy isn't hedonism; it's just an option for how to spend time without the weight of the world on your shoulders. There is no universal truth/answer to the meaning of existence. You can grapple until you pick an ideology to live by. Or, like me, just wing it with the knowledge that you aren't lost or alone, and the only reality you can honestly strive for is one where you laugh as often possible. Selfish? Yes. Useless? Probably. But there is something to be said for a life of pointless ventures of fun and curiosity. You won't improve society, but you probably won't make it worse. We suck as a race, but we do it together, bonded in our complete and total confusion. And maybe, just maybe, there is some honor in abandoning the quest for enlightenment and just trying to enjoy your time in this absurd realm of existence.

So I say, one more time:

***United we suck
Divided we suck
Accept it, embrace it, or don't give a fuck***

***Its ok if your lost and don't want to be anyone
That's fine, give up, and try to have some fun!***

About the project:

Singing and talking this is more than my two interests (piano and self analysis) it also is meant to illustrate my overall point: why not do something fun, just because you can?

⁴ Am, D/G,D,F/D

It doesn't matter what happens, the beauty in our race is our individual existence alone counts as a contribution. The endless ability to generate information, no matter how useless or silly, may encompass all things good and evil, but it doesn't have to be seen as a simple positive or negative. I believe that those who lack passion, empathy, are apathetic to the plight of others, don't have to hate themselves for these perceived personality failures. Rather, it gives them the ability to view the world for what it is, a hilarious mess. I've considered suicide before, like any angst teenager before open carry, but I have realized that (given A. I always have that option and B. death will happen eventually) I might as well do things I like just for the hell of it. I used to question the ideals of blogging, self help books, instagram, because of the uselessness of the information being shared and the fact I don't care about the photos people post of their pets or their meals. However, this class has taught me that this process is the best part of our society; we each can vomit pointless information into the void with no point other than pure self-gratification. Whatever I do, whoever I become, I don't matter. While, this used to depress me, I now see it as a freedom to just try to have as much fun as possible. Why does life have to have a point?

Deleted Lyrics:

If life has no meaning, you got no passion or goals
Why not just do drugs killing time till your old?