

## **Here's Looking at Me**

**Lyrics and style: Kathy Beasley**

**Music and Vocals created with AI**

Intro: Spoken over Rhodes and soft bass

There is a moment  
when the mirror stops being a surface  
and becomes a witness.

There is a moment  
when the voice within  
sounds stronger than every story told around you.

And in that moment  
you do not perform your life.  
You recognize it.

Here's looking at me.

Verse 1

I have spent years learning the language  
of rooms I was trying to belong in.

I knew how to smile at the right time,  
answer when called,  
hold myself together  
so no one would ask too many questions.

But beneath all of that,  
there was a life moving,  
quiet and certain,  
waiting for me to stop asking the world  
to name what God had formed within me.

I looked again.  
I saw breath.  
I saw story.  
I saw the sacred shape of becoming.

I saw myself  
and I stayed.

Refrain

Here's looking at me.  
I see what Spirit sees.

Here's looking at me.  
I honor what I see.  
Here's looking at me.  
I live the Truth I know.  
Here's looking at me.  
Here's looking at me.

#### Verse 2

I am fearfully and wonderfully made,  
and today those words reach deeper  
than a scripture I have heard before.

They find the places  
where I made myself smaller,  
where I waited for permission,  
where I forgot that my life  
was shaped with meaning  
before anybody had an opinion.

Now I am listening  
to the voice within me  
that speaks without panic,  
without apology,  
without needing applause  
to know it is true.

Something in me remembers.  
Something in me answers.  
Something in me says,  
this is the life I came to live.

#### Refrain

Here's looking at me.  
I see what Spirit sees.  
Here's looking at me.  
I honor what I see.  
Here's looking at me.  
I live the Truth I know.

Here's looking at me.  
Here's looking at me.

#### Verse 3

Now what I see  
has to become the way I move.

It has to enter my words,  
my listening,  
my choices,  
my love,  
my yes,  
my no,  
my next brave step.

Truth cannot stay framed on the wall  
like a beautiful idea.  
It wants breath.  
It wants rhythm.  
It wants my hands,  
my voice,  
my living.

So I walk into this day  
as evidence of what I know.

I am the proof  
that life kept calling.  
I am the answer  
that finally stood up.

Bridge

I see myself clearly.  
I honor what I see.  
I live it out loud.

I see myself clearly.  
I honor what I see.  
I live it out loud.

Let the bass carry it.  
Let the breath carry it.  
Let the soul say yes  
before the mind catches up.

I see myself clearly.  
I honor what I see.  
I live it out loud.

Spoken Word Section

There comes a time  
when you stop rehearsing the old introduction.

You stop presenting the edited version,  
the acceptable version,  
the quiet version,  
the version that learned how to survive  
inside somebody else's expectation.

And you look again.

You see the holy architecture of your own life.  
You see wisdom in the scars.  
You see strength in the softness.  
You see power that never needed permission.

You see the dream  
that kept breathing beneath the noise.

And this time,  
you do more than see it.  
You honor it.  
You let it shape the way you live.

You let your life speak.  
You let your love move.  
You let your Truth take up space.

Here's looking at me.  
Here's looking at the life I now choose to live.

#### Spoken/Sung Affirmations

I affirm the life moving through me.  
I affirm the Truth that has always been within me.  
I affirm the light that is my life.  
I affirm the sacred worth of my own becoming.  
I affirm the wisdom speaking from within.  
I affirm the courage to honor what I see.  
I affirm the love that moves through my words.  
I affirm the power of my yes.  
I affirm the beauty of my own soul.  
I affirm the life I came here to live.

I see myself clearly.  
I honor what I see.  
I live the Truth I know.

#### Final Refrain

Here's looking at me.  
I see what Spirit sees.  
Here's looking at me.  
I honor what I see.  
Here's looking at me.  
I live the Truth I know.

Here's looking at me.  
Here's looking at me.  
Here's looking at me.

And I am still here.  
And I am fully here.  
And I am ready to live.