

We Can Heal Ourselves

Piano Vocal Guitar

Words and Music by Daniel Johan Johnson

Arranged by Jeremy Borum

♩ 80

Piano

The piano introduction consists of three measures in 4/4 time. The first measure has a Dm chord and a bass line of G2, Bb2, D3. The second measure has an Eb/G chord and a bass line of Eb2, G2, Bb2. The third measure has a Bb6/D chord and a bass line of Bb2, D3, F3. The right hand plays a melody of quarter notes: G4, A4, Bb4, C5, Bb4, A4, G4.

Dm Eb/G Bb6/D

Verse 1

Eb Dm Eb/G

You were there

The first system of Verse 1 contains three measures. The first measure has an Eb chord and a vocal line with a whole rest. The second measure has a Dm chord and a vocal line with a quarter rest. The third measure has an Eb/G chord and a vocal line with a quarter note G4. The piano accompaniment continues with the same bass line and right-hand melody as the introduction.

Bb6/D Eb Dm Eb/G

and you were hur - tin' I was fly - ing

The second system of Verse 1 contains three measures. The first measure has a Bb6/D chord and a vocal line with a quarter note G4. The second measure has an Eb chord and a vocal line with a quarter rest. The third measure has a Dm chord and a vocal line with a quarter rest. The piano accompaniment continues with the same bass line and right-hand melody as the introduction.

Bb6/D Eb

but I felt so cer - tain that

The third system of Verse 1 contains three measures. The first measure has a Bb6/D chord and a vocal line with a quarter note G4. The second measure has an Eb chord and a vocal line with a quarter rest. The third measure has an Eb chord and a vocal line with a quarter note G4. The piano accompaniment continues with the same bass line and right-hand melody as the introduction.

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Chorus 1

B \flat F B \flat Dm E \flat /G

we could heal_ our - selves. We held_ hands,_

The first system of the chorus features a vocal line and piano accompaniment. The vocal line starts with a whole note 'we' on a B \flat chord, followed by a half note 'could' on an F chord, and a half note 'heal_' on a B \flat chord. The piano accompaniment consists of a steady eighth-note pattern in the right hand and a bass line in the left hand.

B \flat ⁶/D E \flat

fa - ces I ___ don't_ re-call. We were

The second system continues the vocal line with a half note 'fa - ces I ___' on a B \flat ⁶/D chord and a half note 'don't_ re-call.' on an E \flat chord. The piano accompaniment continues with the same rhythmic pattern.

B \flat F B \flat

cer-tain that we could heal ___ our selves

The third system features a vocal line with a half note 'cer-tain' on a B \flat chord, a half note 'that we could' on an F chord, and a half note 'heal ___ our selves' on a B \flat chord. The piano accompaniment concludes the chorus with a final chord.

Instrumental

B \flat F E \flat B \flat

The instrumental section consists of four measures of piano accompaniment. The first measure is on a B \flat chord, the second on an F chord, the third on an E \flat chord, and the fourth on a B \flat chord. The right hand plays a melodic line, and the left hand plays a bass line.

We Can Heal Ourselves

First system of musical notation. The treble clef staff contains a melodic line with eighth and sixteenth notes. The bass clef staff contains a bass line with eighth notes. Chord symbols F and Bb are placed above the treble staff.

Second system of musical notation. The treble clef staff contains a melodic line with eighth and sixteenth notes. The bass clef staff contains a bass line with eighth notes. Chord symbols Dm, Eb/G, Bb6/D, and Eb are placed above the treble staff.

Third system of musical notation. The treble clef staff contains a melodic line with eighth and sixteenth notes. The bass clef staff contains a bass line with eighth notes. Chord symbols Bb, F, and Bb are placed above the treble staff.

Verse 2

First part of Verse 2. The treble clef staff contains a vocal line with lyrics. The bass clef staff contains a bass line. Chord symbols Dm, Eb/G, and Bb6/D are placed above the treble staff. Lyrics: "Come on___ in, I've had___ my sleep".

Second part of Verse 2. The treble clef staff contains a vocal line with lyrics. The bass clef staff contains a bass line. Chord symbols Eb, Dm, and Eb/G are placed above the treble staff. Lyrics: "in this dus-ty life".

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B \flat /D **E \flat**

where I ___ re treat.

This system contains the first line of music. The vocal line starts with a whole rest, followed by a quarter note G \flat and a quarter note F \flat tied to the next measure. The piano accompaniment features a steady eighth-note bass line in the left hand and a more active melody in the right hand.

Chorus 2
B \flat **F** **B \flat**

I know that we can heal our - selves. ___ |

The first system of Chorus 2. The vocal line begins with a quarter note G \flat , followed by quarter notes F \flat and E \flat , and a quarter note D \flat tied to the next measure. The piano accompaniment continues with a consistent eighth-note bass line and a melodic right hand.

F **B \flat**

know I've learned that we can heal our - selves.

The second system of Chorus 2. The vocal line starts with a quarter note G \flat , followed by quarter notes F \flat and E \flat , and a quarter note D \flat tied to the next measure. The piano accompaniment remains consistent with the previous system.

Outro
Dm **E \flat /G** **B \flat /D** **E \flat molto rit.** **B \flat**

This section consists of five measures of piano accompaniment. The first measure has a Dm chord, the second E \flat /G, the third B \flat /D, the fourth E \flat with the instruction 'molto rit.', and the fifth B \flat . The piano part features a steady eighth-note bass line and a melodic right hand.