

## Graham Nash – *NOW* – The Songs In His Own Words

**“Right Now”** – *“Now that I realize just who I am/ When all is said and done, what a life I’ve led/ Trying my best to be the man I know I am/ I’ll try to take it easy, moving right ahead.”*

“This is the most personal record that I’ve done,” says Graham Nash of his new solo album, *NOW*. “TM (Transcendental Meditation) was a gift that my friend David Lynch gave me. And it’s made a very interesting change in my life. I feel more secure. I feel my self-worth has increased tremendously...”

**“A Better Life”** – *“Let’s make it a better life, leave it for the kids/ It’s a lovely place, welcome home to the human race/ We can make it a better life – one we can be proud of/ So at the end of the day, I hope we hear them say/ That we left them a better life.”*

“A great song that I wrote with my friend George Merrill, I knew him as a musician, but I had no idea what kind of hit songs he’d written, until I saw a couple of number ones by Whitney Houston and I thought, I’m writing with this kid? That’s fantastic. So we wrote this little funny song and we liked it a great deal. It’s kind of an extension of ‘Teach Your Children.’”

**“Golden Idols”** – *“I know they’re lying, ’cause their lips are moving ... / They’re trying to re-write recent history/ When the MAGA tourists took the hill/ They will not stand up, ’cause they’re bought and paid for/ Golden Idols control them still.”*

“Claire McCaskill said last night on MSNBC that you know they’re lying because their lips are moving. And that’s the opening line of the song. Very political, yes. It’s very difficult to write about what’s going on, every word is important. It’s a song written for every Republican who is following the Big Lie.”

**“Stars and Stripes”** – *“Stars and Stripes are out there waving/ Goodbye to all that’s true/ But I won’t fall for this illusion/ Just tell me the truth.”*

“Another political song. Once again – just tell me the truth, stop bullshitting and stop lying and stop trying to create division between people all over the world. And just tell me the truth. And the flags, the stars and stripes are actually waving, but they’re waving goodbye to the truth.”

**“Love Of Mine”** – *“Love of mine/ Regretting every word I said to you/ I can’t take them back but I wanted to/ For me and you.”*

“It’s the first song I wrote for my wife Amy. ‘I can’t take them back but I wanted to.’ How many times have we done that?”

**“In A Dream”/“Pastoral”** – *“In a dream, I can see you standing there before my eyes/ In a dream, I can hear my heartbeat lifting me up to the sky.../ In a dream, I can see a future, two hearts beating as one/ All at once I remember who we were/ And who we’ve become.”*

“I’ve always loved the tune Alan Price wrote for a movie called *O Lucky Man!*, an instrumental that he played on piano. I wanted to see if I could write words to the beautiful melody. Because my life is a dream. Since I was eighteen years old, I’ve been able to do exactly what it is that I wanted to do with my life. That’s who I am. I wake up in the morning. I get on with my life, I check the news around the world, and check with my friends, and I write about stuff that I need to write about. I’m a songwriter.”

**“Stand Up”** – *“Stand up for what you believe.../ Stand up, take a stand.../ Rise up, take a stand.../ Wake up, take a stand/ Lend a hand/ If you can.”*

“Yep, take a stand, get into life. Life is about choices. You just have to try and figure out the best choice.”

**“It Feels Like Home”** – *“Back from the road, I can’t wait to hold you near me/ I hope that you can hear me whisper in your ear.../ It feels like home to me/ Every time I step inside our doorway/ And you’re standing there/ I’m coming home to you.”*

“That’s a song I’ve had for a long time with Joe Vitale, CSN’s drummer for 30-odd years. We wrote it together in Seattle, and just made the demo. I didn’t know whether I could sing it, but Todd [Caldwell] cut a really nice country kind of feel to it, and I’m loving it.”

**“Buddy’s Back”** – *“Buddy Holly was who we loved, right from the heart/ His music is still around, believe me, Buddy’s back.”*

“I was singing with my friend Allan Clarke on his new solo record, and I wrote this song about the Hollies’ love for Buddy Holly. He was so cool, he was one of us. He wore glasses, he didn’t shake his ass around like Elvis. It was Christmas, 1962. And we decided that we would call ourselves the Hollies, because we loved his simple music. So this is a very simple song, it’s only got three chords, including the famous F chord from Buddy!”

**“Follow Your Heart”** – *“I just want to tell you things that will make you smile/ Listen to your heartbeat, something you can’t deny/ Right from the start, I saw you follow your heart/ You followed your heart, to me.”*

“That was an old melody that I’d written many years ago, and I always loved. But it didn’t have any words until I began thinking about my relationship with Amy, and how we got together.”

**“I Watched It All Come Down”** – *“I watched it all come down/ To a rock and roll parade, just out of town/ Making music, laying it down, for all these years.../ I watched it all come down/ To reflector shades and telegrams at dawn/ Changing highways on and on/ I’m gone, been there too long.”*

“This is basically about the rise and fall of CSN&Y. The image of the parade that comes to mind is when we played in New Jersey at Atlantic City in the pouring rain, I think about 85,000 people were there. And that’s where I go to when I sing that line – Neil sending telegrams to Stephen about the Stills-Young tour and changing highways. ‘No, go left,’ said Neil. ‘But the gig is right,’ said the driver. Neil said, ‘Go left.’ And that’s what he did.

**“When It Comes To You”** – *“When it comes to you, I have to tell the truth/ You’re the very best thing that’s happened to me.../ I wanna be free from doubt, free from fear/ You’re teaching me all that I thought I knew/ Free from doubt, free from fear/ I know what I need to do/ When it comes to you.”*

“Todd has a grand piano and a small apartment in Brooklyn, and he was playing this set of beautiful changes. No words, no melody, just these changes. I jumped in there. We were talking about girlfriends and wives and I said, ‘well, when it comes to Amy, I have to tell the truth – she’s the best thing that ever happened to me.’ And all of a sudden, now I’ve got a song.”

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