

Liberation

Ryan Cassata

Liberation starts within the mind I say.
Free yourself from the pretentious kind,
You're coming down high.Look within yourself and what do you see?
The world coming clean.
Try to brace yourself, you're free
You are the king.
It's only actual and real if you just be.Mediation will make you wise I say.
"We're human beings nothing more" - what lies!
Your soul has a mind.Look what's on your shelf and breathe,
Your soul has a body.
Don't tense up now release,
You were always free.
It's only actual and real if you just be.What is it to be?
To fully live your life.
What is it to feel?
To touch your own life.Liberation starts within the mind I say,
"We're human beingsYour soul had a mind.
nothing more" - what lies!
Your soul has a mind.Look what's on your shelf and breathe,
Your soul has a body.
Don't tense up now release,
You are the king.
It's only actual and real if you just be.

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