

The Lifting

R.E.M.

Grounded, 5 a.m.
The night light is comforting
But gravity is holding you
Once settled into sleep
You have watched
On repeat the story of your life
Across the ceiling and in review
You've said the air was singing
It's calling you, you don't believe
These things you've never seen
Good morning, and how are you?
The weather's fine
The sky is blue
It's perfect for our seminar
Now close your eyes and start to breathe
Allow the noise to recede
Allow yourself to drift and fly away
But you just stay
You've said the air was singing
And it's calling you, you don't believe
These things you've never seen
And never dreamed
Did you hear these voices calling?
Did you hear these voices calling?
Did you hear these voices calling you?
Locked into a conference room
We're only what our minds assume
And rationale is leaving you
This conceit, these systems of belief
Your counselor agrees
You always mark these boundaries
Now you're free and with relief
You've said the air was singing
It's calling you, you don't believe
These things you've never seen
And never heard, and never dreamed
You've said the air was singing
It's calling you, you don't believe
These things you've never seen
Never
Never
Never
Now once you had a dream
Of oceans and sunken cities
Memories of things you've never known
You have never known

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