

# The Lifting

## R.e.m.

Grounded, 5 a.m.  
The night light is comforting  
But gravity is holding youOnce settled into sleep  
You have watched  
On repeat the story of your life  
Across the ceiling and in reviewYou've said the air was singing  
It's calling you, you don't believe  
These things you've never seenGood morning, and how are you?  
The weather's fine  
The sky is blue  
It's perfect for our seminarNow close your eyes and start to breathe  
Allow the noise to recede  
Allow yourself to drift and fly away  
But you just stayYou've said the air was singing  
And it's calling you, you don't believe  
These things you've never seen  
And never dreamedDid 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 youThis conceit, these systems of belief  
Your counselor agrees  
You always mark these boundaries  
Now you're free and with reliefYou'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 dreamedYou've said the air was singing  
It's calling you, you don't believe  
These things you've never seenNever  
Never  
NeverNow once you had a dream  
Of oceans and sunken cities  
Memories of things you've never known  
You have never known