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

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