

# Your Mind Has Left Your Body

[\*\*Paul Kantner\*\*](#)

You have left your body, be aware if you care  
Your mind has left your body, and for this one moment  
You are under the polar ice cap, in a place we call home  
How is it there... white bear, like that, where you growNow all of you come back to here and now  
Elsewhen to there, and move on out the other way  
Where.... do you find yourself, floating, growing, thereRiders of the rainbow  
Let it grow, let it growYou can exercise your mind, on where you want to go  
And you can see the city lights flashin' two thousand miles below you  
You can feel the sands of Zanzibar, or pierce the nearest sun  
Find out what... and who you are, and if you need to runRiders of the rainbow  
Let it grow, let it grow  
Riders of the rainbow  
Let it grow, let it growThere is one moment in your life, and it can come at any time  
And you remember all of what went on, from the instant you were born  
Through your early yearsAnd if you can fasten on that moment, and expand through the afterglow  
You can reverse your mind in time, and travel back to whenThe earth was formed  
The sky was born  
And the universe beganRiders of the rainbow  
Let it grow, let it growYou have left your body  
Return when you maySave it for another day, beyond you

Song Discussions is protected by U.S. Patent 9401941. Other patents pending.

Lyrics provided by  
<https://damnlyrics.com/>