

Parabola

Tool

We barely remember who or what came before this precious moment
We are choosing to be here, right now
Hold on, stay inside
This holy reality
This holy experience
Choosing to be here inThis body, this body holding me
Be my reminder here that I am not alone in
This body, this body holding me
Feeling eternal, all this pain is an illusionAlive, IIn this holy reality
In this holy experience
Choosing to be here inThis body, this body holding me
Be my reminder here that I am not alone in
This body, this body holding me
Feeling eternal, all this pain is an illusionTwirling round with this familiar parable
Spinning, weaving round each new experience
Recognize this as a holy gift and celebrate this chance to be alive and breathing
The chance to be alive and breathingThis body holding me reminds me of my own mortality
Embrace this moment, remember
We are eternal, all this pain is an illusion

Songwriters

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