

# Leaving the Spirit Behind

## Anata

Did you ever feel it's like you're hanging over an abyss?  
Your hands are tied, you can't break loose  
You're still hanging only because your teeth  
Have grasped the outermost twig of life  
The only that keeps you from falling  
Is that you keep your teeth clenched  
Your body can struggle but you just can't scream  
You know you'd be crushed hitting the floor of reality  
You suffer on and feel soon you're about to give in  
Do you assume a reality existing without our perception  
I don't believe it is so  
The notion of reality is just a conception  
Created by senses and mind leaving the spirits behind  
If you view reality  
As existing without the persistence of minds  
Then keeping teeth clenched may be what is right  
But if reality is created by you  
Realize this image can also be modified  
I'm speaking of bringing the ground closer to your feet  
Reducing the distance between you and reality perceived  
Let go and land in this image of your consciousness  
Ready to reconstruct  
Do you assume a reality existing without our perception  
I don't believe it is so  
The notion of reality is just a conception  
Created by senses and mind leaving the spirits behind

Lyrics provided by

<https://damnlyrics.com/>