

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 lifeThe 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 inDo 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 behindIf 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 modifiedI'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 reconstructDo you assume a reality existing without our perception

 I don't believe it is so

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