

# The Lifting

R.E.M.

Grounded, 5 a.m.  
The night light is comforting  
But gravity is holding you Once settled into sleep  
You have watched  
On repeat the story of your life  
Across the ceiling and in review You've said the air was singing  
It's calling you, you don't believe  
These things you've never seen Good morning, and how are you?  
The weather's fine  
The sky is blue  
It's perfect for our seminar Now close your eyes and start to breathe  
Allow the noise to recede  
Allow yourself to drift and fly away  
But you just stay You've said the air was singing  
And it's calling you, you don't believe  
These things you've never seen  
And never dreamed Did 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 you This conceit, these systems of belief  
Your counselor agrees  
You always mark these boundaries  
Now you're free and with relief You'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 dreamed You've said the air was singing  
It's calling you, you don't believe  
These things you've never seen Never  
Never  
Never Now 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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