

## 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

[Lead: Allenmark]

Do you assume a reality...