Say your name, look at me
Relax your body and mind
There's something you want to
Get away right now
I feel this is how
You will learn to let it go
You'll feel like someone new

Do you see in the dark
Who's the boy there by the river
It is you, is it me
The little boy seems very eerie
Why, Why, Why, Why, Why

Going under, feel the freedom Going under, feel the freedom

How'd you feel, call me now
Follow the beat of your heart
The ghost inside no longer exist in you now (say my name)
I feel this is how
You will learn to let it go (alright)
You'll feel like someone new

Count of three open eyes
Wake yourself and get on with it
Move yourself feel the breeze
Fear no longer rule your body
Why, Why, Why, Why, Why

Going under, feel the freedom Going under, feel the freedom Going under, feel the freedom Going under, feel the freedom

This is when I touch you This is when I touch you This is when I touch you