

I am becoming increasingly aware
Of the spoon
Invisible plate
And the feeding hand
Rely on the spoon
Invisible plate
And the feeding hand

Tell me how much can I convince you to stomach
I am focused
Iron focus
Eye in focus
I am almost here
I am focused
Iron focus
I am here

Eye on the spoon
Invisible plate
And the feeding hand
Keep your eye on the spoon
Invisible plate
And the feeding hand
I own the spoon
Invisible plate
And the feeding hand