

Into the Wind Stream

Free Throw

To clear out the cob webs inside my head
I am prescribed a pill
I take it twice a day
The normal state of mind that it provides is for the best
It helps me stabilize
Keep my worst side at bay

It made me realize I had missed so much
When my legs got tired, life didn't wait for me to catch up
At first I felt like no one cared
But now I know they had their own weight to bear

It took my whole damn life just to face my fears
Admit I need help just to make things clear
I was hoping for applause when I reached out my hand
(Somewhere along the lines, I failed to understand)
Life is a constant perpetual motion
It doesn't stray from its forward devotion

Everything keeps moving
Moving on

I gotta say the strangest part of this is
Catching up with my friends
Learning all about the lives that they've lead
While I was self confined in my head

Brand new jobs and relationships
Houses, marriage and even kids
Travels, hobbies, it's dizzying
Then I got some news
That was hard to grasp
A friend of mine had just passed

I went to the service
To pay my respects
I cried as they lowered
My friend down to rest
Their family had asked us
If we wanted to speak
The first person stood up
Through the tears I could see

They had a smile on their face
And with pride they proclaimed

How our friends whole life they had brought us cheer
Recounted all the stories we had held so dear
It was the rawest form of feelings I'd ever felt
(Somewhere along the lines, I began to understand)
Life is a constant perpetual motion
It never strays from its forward devotion

Everything keeps moving
Moving on
We bring the memories with us
To forget them would be wrong

They keep us strong
Help us all to move along

Everything keeps moving