Rest

half•alive

It was something I believed in
Ain't no rest until the bank account's peakin'
They say the city never sleeps in
But living busy isn't giving you your worth
Slowing down is fighting back
The time you take is given back
Shifting gears is saving gas

Hiding in the quiet is a world of wisdom
Slow it down and see it

Rest is a secret
I start to believe in

This city's built on blood and muscle (Yeah, yeah)
Skyscrapers held up by philosophy of hustling
But Saturday is my cathedral
A day to stop and rest is holding up the steeple
This might be news for all the people
Living busy isn't giving you your worth

Slowing down is fighting back
Hiding in the quiet is a world of wisdom
Calming all the noise so you can finally listen

Rest is a secret
I start to believe in (Start to believe in)
Stopping the motion
To process the moment
(Why don't we stop just to process)

Can I take a minute, maybe a breath to breathe
Can I take a second, I'm craving clarity
So lost in the thought of what one day I could be that
I forgot to take some time to make a richer me
I searched around to find myself a mental cure
I took a break that's probably what I was looking for
What once was lost has finally got me reassured

Leaving room for greater paths
Letting go and kicking back
Reading books and taking baths
Slowing down is

Rest is a secret
I start to believe in (Start to believe in)
Stopping the motion
To process the moment
(Why don't we stop just to)

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