

Ur Alive

Illenium

Do you remember
When we were kids and we were running free?
Have we forgotten
What it feels like to feel the sun beneath our skin?
Why are you hiding
All that you are and all that you've got to give?
I know you're tired
From all your hurting, I know this life can sting

Slow it down, take a breath, it's alright
Look around, don't forget you're alive
Look around, don't forget you're alive
Don't let the little things pass you by, this is the gift of time
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When you feel burnt out and it gets heavy
When all is lost and you feel so empty
Can you listen to what is really true?

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All we have is this moment
All we have is right now
All we are are these bodies
Feel your feet on the ground
And if your heart is beating
Know it is for a reason
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All we have is right now