Too much information
Need to calm down, let go
Breath in peace
Worry and anxious feelings
Need to close your eyes, let go
Breathe and release

All of a sudden the people, the talking, the telephone, all fades away You visit a place in a timeless dimension where all of your fears are at bay

You can fly away
Fly like a bird
Across the sky
Above the clouds so high
Moon and the stars
Light up the sky

Presence fights illusion
It's not all as serious as
your mind
Wants you to think it is
Unsure of your future
Need to focus on,
what you want
And something will come
your way

All of a sudden the negative voices and weaknesses all fade away
You visit a place in a timeless dimension where all of your fears are at bay

You can fly away
Fly like a bird
Across the sky
Above the clouds so high
Moon and the stars
Light up the sky

Sun sets low across the bay A beautiful light Closes the day You can visit anytime It's always there Just close your eyes [repeat]

(You know, you know, you know, you know, you know If you wanna be, home free, just breathe

You know, you know, you know, you know, you know
If you wanna be, home free, just breathe
You know all you need, all you need, all you need, is to feel connected
You know all you need, is to be connected
Slow down, slow down, what you rushing for)