

# The Spiral Goes Down

Nasum

Push yourself to the limit of exertion!  
Push yourself!

No need to kick back  
No time for ignorance  
Motionless stupid fucks!  
Your discountenance is repulsive

Push yourself to the limit of exertion!  
The spiral goes down and you will follow  
Push yourself to the limit of exertion!  
The spiral goes down, and you with it

No need to kick back  
No time for ignorance  
Motionless stupid fucks!  
Your discountenance is repulsive