

vital

Poppy

My heavy mind
Sinks lower by the minute
I can barely stand it
I tear through the lines
Seeking absolution
Can a fragile heart decide?

Will it end in tears?
Will I let the fear win?
Take the ride or die while trying
Have I seen it all?
Why am I so divisive?
I can't fight it

Underneath, over me
We're spinning in a spiral
You hold me in a vicious cycle
You lie to me casually
And I'm dying in denial
It still feels vital

I want to believe
There's a motivation
In negative spaces
Head over feet
I'm following the feeling
While my fragile heart takes time

Will it end in tears?
Will I let the fear win?
I can't fight it

Underneath, over me
We're spinning in a spiral
You hold me in a vicious cycle
You lie to me casually
And I'm dying in denial
It still feels vital

Have I read the signs?
I've been everywhere and back again, don't know
If I read it right
I've been real discerning at my heart's request
But everything you are is vital

Underneath, over me
We're spinning in a spiral
You hold me in a vicious cycle
You lie to me casually
And I'm dying in denial
It still feels vital

Underneath, over me
Over me
Underneath, over me
Yeah
You lie to me so casually, and I'm dying in denial

It still feels vital
Still feels vital