

# Messages

Soja

Our Mother Nature's telling Nature when to sleep  
When to rise, when to fight, when to eat  
When we need shelter from the storm that's getting cold  
When to run away, or never run at all  
How to lose a loved one, and how to grieve it  
She lets you cry, 'cause they were all you ever needed  
Writhing this world, there is a balance, you can feel it  
We tune it out and then wonder why we are bleeding... but

I'm trying to feel it in the messages- it's in the wind that blows, it's in  
the storm ahead  
I'm trying to make it like it used to be- before society, before anxiety  
I can feel these little messages  
It's in the water's flow, it's in the fires breath  
I'm trying to make it like it used to be  
This world is crying out  
I hear it quietly  
I hear it in the messages  
I can feel it in these messages  
And I can hear it in these messages  
I can see it in these messages

Every answer on this earth is all around you  
"Protecting yourself-" it just surrounds you  
And all the truth, it loses track of where it found you  
You start to lose all meaning  
And something grows inside you every single year  
And depression is the representation of all your fear  
You take prescription, make your mission disappear and  
You start to lose all feeling  
But

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Amid the noise and haste  
There's beauty in the silence  
And I can hear it in these messages

Amid the noise and haste  
There's beauty in the silence  
It's all there in the messages  
I feel it in the messages